

Rockville Panini's

THE GODFATHER - Ham, Salami, Mozzarella Cheese, Pepperoni & Pepperoncini **\$7.99**

THE CHICKEN CLUB - Breaded Chicken Cutlet, Bacon, Muenster Cheese, Romaine Lettuce, Tomatoes & Herb Mayo

THE PORTA - Roasted Portabella Mushrooms, Fresh Mozzarella Cheese, Roasted Red Peppers & Basil

OSCAR'S WAY - Grilled Chicken, Bacon, Cheddar Cheese & Ranch

THE BIANCO - Fresh Mozzarella Cheese, Roasted Red Peppers, Artichoke Hearts & Basil Pesto

THE HARBOR GREEN - Smoked Turkey, Cheddar Cheese, Thinly Sliced Green Apple & Honey Mustard

THE ALL AMERICAN - Roast Beef, Oven Gold Turkey, Swiss Cheese, Cole Slaw & Mustard

THE CANADIAN CLUB - Cracked Pepper Mill Turkey, Bacon, Monterey Jack Cheese, Sun-Dried Tomatoes, Lettuce & Olive Oil

THE Z ATTACK - Grilled Chicken, Fresh Mozzarella Cheese, Roasted Red Peppers & Pesto

MARSHAL'S DELIGHT - Ham, Turkey, Roast Beef & American

PHILLY CHEESE - Thinly Sliced Grilled Rib Eye Steak Smothered In Sautéed Mushrooms & Onions With Melted Cheese Of Your Choice

Rockville Signature Sandwiches

HOLE IN ONE - Sliced nova lox, cream cheese tomatoes & onions on a bagel w/ side salad **\$7.99**

THE BIRDIE - Maple turkey, muenster cheese, lettuce, tomatoes, red onions, mayo & mustard

CLUB DRIVE - Baked chicken cutlet, bacon, lettuce, tomatoes & mayo

GREEK GYRO - Grilled Chicken, onion, lettuce, tomato with light yougurt sauce on Pita

THE SCOTTY - Cracked peppercorn turkey breast, pepper jack cheese, leaf lettuce, tomato, honey mustard on an Onion Ciabatta

SOUTH SIDE - Grilled chicken, pepper jack cheese, grilled green/red peppers, chipotle mayo on a Rustic Ciabatta

THE SUNRISE - Grilled chicken, fresh mozzarella, sundried tomatoes, leaf lettuce, honey pesto dressing on a Multigrain Baguette.

LITTLE ITALY - Grilled chicken, fresh mozzarella, prosciutto, leaf lettuce, sundried tomato spread on a Rosemary Ciabatta

THE CUBAN - Ham, melted swiss cheese, onions, pickles, cajun mayo on Ciabatta bread

RUEBEN - Corned beef, pastrami, sauerkraut, melted swiss, spicy mustard on Rye bread

CHICKEN CORDON BLU - Chicken cutlet, ham, swiss cheese and Russian dressing

AVOCADO DELIGHT - Oven Gold Turkey, avocado, mesculin greens, tomato, olive oil/ vinegar

Chopped Salads

Comes with Bagel, Wrap or Pita

REGULAR \$7.49 **LARGE \$8.49**

- | | | | |
|----------------|------------------|-----------------|------------------|
| •Tomato | •Chinese Noodles | •Pepperoncini | •Scallion |
| •Celery | •Portobellos | •Roasted Pepper | •Feta Cheese |
| •Green Peppers | •Corn | •Sweet Pepper | •American Cheese |
| •Carrots | •Broccoli | •Greek Olives | •Mozzarella |
| •Cucumbers | •Walnuts | •Black Olives | •Croutons |
| •Onions | •Dark Raisins | •Green Olives | •Bacon |
| •Mushrooms | •Dried Cranberry | •Sesame Seeds | •Chick Peas |
| | | | •Artichoke |

ADDITIONAL TOPPINGS (EXTRA \$1.00)

Avocado • Goat Cheese • Mozzarella • Candied Walnuts

TOP IF OFF (EXTRA \$2.49)

Grilled Chicken • Pesto Chicken • Chipotle Chicken
Chicken Salad • Teryaki Chicken • Turkey • Tuna

Signature Salads \$7.99

CHEF SALAD - Romaine, Carrots, Peppers, Tomatoes, Cucumbers, Red Onions, Ham, Turkey, Roast Beef, American & Swiss

COBB SALAD - Romaine Lettuce Grilled Chicken, Avocado, Bacon, Tomato and crumbled Bleu Cheese

BABY SPINACH SALAD - Baby Spinach, Red Onion, Boiled Egg, Portobello Mushrooms, Tomatoes, Bacon, Crumbled Bleu Cheese, Grilled Chicken, & Bacon with Bacon Vinaigrette Dressing

ASIAN DELIGHT SALAD - Romaine Lettuce with Teriyaki Glazed Chicken, Anan Noodles, Cranberries, Mandarin Oranges & Almonds with Sesame Ginger Dressing

BISTRO SALAD - Field Greens, Cherry Tomatoes, Sliced Mangoes, Avocado, Walnuts & Goat Cheese

TOSSED SALAD - Fresh Romaine Lettuce, Cucumbers, Green Peppers, Tomatoes & Carrots

Smoothies

PROTEIN SMOOTHIES - Sm. 16oz \$4.75 • Lg. 24oz \$6.75

COCO(nuts)

Chocolate protein powder, peanut butter, banana, almond milk

Almond Blueberry Oat

Almond butter, almond milk, blueberries, banana, oatmeal

Jumping Java - Coffee, banana, choice of chocolate or vanilla protein powder almond milk or coconut milk

FRUIT SMOOTHIES - Sm. 16oz \$4.75 • Lg. 24oz \$6.75

Berry Dream - Mixed berries, agave, coconut milk, vanilla yogurt

Green Detox Machine - Spinach, kale, pineapple, apple, nonfat yogurt

Sunny Side Up

Pineapple, strawberries, orange juice, coconut milk, nonfat yogurt

Rockin Romance - Mixed berries, banana, agave, coconut milk

Extra Extra's \$1.00

Chia Seeds, Protein powder, peanut butter, avocado + \$2.00



We Deliver

OPEN 7 DAYS A WEEK

Monday-Friday • 5a.m. - 4p.m.

Saturday • 5a.m. - 4p.m.

Sunday • 5a.m. - 3p.m.

We Cater for all Occasions



WWW.ROCKVILLEBAGEL.COM

516-442-3837

Fax: 516-442-3838

**191 N. LONG BEACH ROAD
ROCKVILLE CENTRE, NY 11570**

+ N.Y.S. sales tax • Prices subject to change.

Start Your Day

Bagels & Bialys

- Plain.....1.00 Butter or Jelly.....\$2.10
- Cream Cheese.....\$2.50
- Flavored Cream Cheese.....\$3.80



Lox, Scallion, Vegetable, Cinnamon Walnut Raisin
Chocolate Chip, Vanilla Walnut Raisin, Strawberry
Lite Plain, Lite Vegetable

Baked Goods - \$2.45



MUFFINS - Banana Nut, Blueberry, Carrot Cream cheese,
Chocolate Chip, Corn, Double Dutchchip, Raisin Bran, Cappuccino
CRUMBCAKE • LINZER TART • BROWNIES • ASSORTED COOKIES
BLACK AND WHITES • CHARACTER COOKIES • CROISSANTS

*Please keep in mind that all spreads and muffins can be
beautifully arranged in a Basket or Platter at your request.*

Breakfast Wraps or served on a Platter

Add Avocado on any Wrap or Platter....\$1.50

1. HOME FRIES GRILLED ONIONS,
2 SUNNY SIDE UP EGGS & BBQ SAUCE.....\$5.79
2. HOME FRIES, SAUSAGE, GREEN & RED PEPPERS,
GRILLED ONIONS, CHEESE, & 2 EGGS OVER EASY...\$5.79
3. GRILLED TURKEY, TOMATOES & 3 EGG WHITES.....\$5.79
4. SPINACH, AVOCADO, TOMATOES
& 2 SCRAMBLED EGGS.....\$5.79
5. SPINACH, MUSHROOMS, ONIONS, SWISS CHEESE,
& 3 EGG WHITES.....\$5.79
6. MUSHROOMS, GRILLED ONIONS,
GREEN & RED PEPPERS & 3 EGG WHITES.....\$5.79
7. GRILLED ROAST BEEF, MUSHROOMS, ONIONS,
CHEDDAR CHEESE & 2 EGGS OVER EASY.....\$5.79
8. HOME FRIES, SAUSAGE, MONTEREY JACK CHEESE,
2 EGGS OVER EASY & SALSA.....\$5.79

THESE ITEMS ARE COOKED TO ORDER. CONSUMING RAW OR UNDER-
COOKED FRESH SHELL EGGS OR MEAT CAN LEAD TO FOOD BOURNE
ILLNESS, ESPECIALLY IF YOU HAVE CERTAIN MEDICAL CONDITIONS

Cold Treats

YOGURT FRUIT PARFAIT • FRUIT SALAD
JELLO WITH WHIPPED CREAM • CALIFORNIA SALAD

From the Grill

1. 2 Eggs, Any Style
on a Bagel, Roll or Pita.....\$2.49
w/ cheese.....add.....\$.75
w/ Ham, Bacon, Sausage
or Turkey Bacon.....add.....\$2.00
extra Egg.....add.....\$.75



2. Traditional Lox, Eggs & Onions w/ Bagel.....\$6.99
 3. Western Omelette.....\$6.99
 4. Spanish Omelette.....\$6.99
 5. Pancakes.....\$4.99
 6. French Toast.....\$4.99
- Add Bacon, Ham, Sausage or Turkey Bacon.....\$2.00
- Side of Home Fries.....\$2.99
- Oatmeal (16oz).....\$2.99 (24oz).....\$3.99

Grill Specials

EGG SPRESS

2 Eggs on Bagel or Roll with coffee, tea or juice...\$4.25

GOOD MORNING SPECIAL

2 Eggs on Bagel or Roll with choice of meat & cheese
w/ coffee, tea or juice.....\$5.85

HUNGRY PERSON

3 Eggs, ham, bacon, sausage & cheese on Hero...\$6.25

GOLDS - 3 Eggs whites, turkey, Alpine Lace Swiss
in a wrap w/ coffee, tea or juice.....\$5.99

GRAND SLAM

2 Eggs, 2 Pancakes and choice of meat.....\$6.95

Homemade Salads

	Sandwich	1/2 Lb.
Solid White Tuna.....	\$7.49	\$6.25
Chicken Salad.....	\$7.49	\$6.25
Buffalo Chicken Salad.....	\$7.49	\$6.25
Egg Salad.....	\$6.50	\$5.00
Egg, Onion, Mushroom Salad.....	\$6.50	\$5.00
Whitefish Salad.....	\$8.49	\$8.00
Baked Salmon Salad.....	\$8.49	\$8.00
Lite Vegetable Tuna.....	\$7.49	\$6.25

It's a Wrap \$7.49

1. BUFFALO TURKEY BREAST, ROMAINE LETTUCE,
MUNSTER CHEESE & BACON
2. HAM, TURKEY BREAST, SWISS CHEESE,
ROMAINE LETTUCE & BLEU CHEESE DRESSING
3. CRACKED PEPPER TURKEY, SWISS CHEESE, ROMAINE LETTUCE,
TOMATOES, RED ONIONS & HONEY MUSTARD
4. CHAR GRILLED MARINATED CHICKEN, ROMAINE LETTUCE,
BERMUDA ONION, OLIVES, TOMATO & FETA CHEESE
DRIZZLED WITH BALSAMIC VINAIGRETTE
5. TURKEY BREAST, MONTEREY JACK CHEESE, ROMAINE LETTUCE,
TOMATOES, RED ONIONS & RANCH DRESSING.
6. OVEN GOLD TURKEY, COLE SLAW, BACON,
ROMAINE LETTUCE, TOMATOES & RUSSIAN DRESSING
7. OVEN GOLD TURKEY, MUENSTER CHEESE, GRILLED PORTABELLO
MUSHROOMS, BABY SPINACH & HONEY MUSTARD
8. CHICKEN BREAST, PROSCIUTTO, BABY SPINACH, TOMATO
& YOUR CHOICE OF DRESSING
9. ROAST BEEF, CHEDDAR CHEESE, ROMAINE LETTUCE,
TOMATOES, RED ONIONS & RANCH DRESSING
10. GRILLED CHICKEN, PORTABELLA MUSHROOMS, FRESH MOZZARELLA
CHEESE, TOMATOES, PESTO SAUCE & BALSAMIC GLAZE
11. GRILLED CHICKEN, MOZZARELLA CHEESE, SUN-DRIED TOMATOES & LETTUCE
12. BALSAMIC CHICKEN, FRESH MOZZARELLA,
ROASTED RED PEPPERS, TOMATO & LETTUCE

CHICKEN CAESAR - A CLASSIC GRILLED CHICKEN CAESAR SALAD
OR GRILLED CHICKEN CAESAR WRAP

GREEK - CRISP GREEK SALAD, BOAR'S HEAD TURKEY
OR GRILLED CHICKEN, FETA CHEESE & GREEK DRESSING

DAVES CHICKEN GRILLER - MARINATED GRILLED CHICKEN BREAST,
LETTUCE, TOMATOES & HONEY MUSTARD

Veggie Wraps

MOZZARELLA CHEESE, ARTICHOKE HEARTS,
ROASTED PEPPERS & OLIVE OIL

MOZZARELLA CHEESE, ARTICHOKE HEARTS, PEPPERS, BLACK OLIVES,
TOMATOES, RED ONIONS, PARMESAN CHEESE & PESTO

FIRE ROASTED VEGGIES, BABY SPINICH, BALSAMIC

From the Deli

All Sandwiches Include Side Salad or Pickle

BOAR'S HEAD - Choose from: Oven Gold Turkey,
Peppermill Turkey, Maple Glazed Turkey, Ham, Roast Beef
or Genoa Salami.....\$6.50

