

**Try Our Everything Everything!**  
with Seeds Baked Inside & Outside the Bagel!

**Bagel Balls & Bagel Sticks**  
3/\$1.00  
**Novelty Bagels**  
Custom Shapes Available  
\$2.00 - \$3.00



**NOW AVAILABLE**  
**Thumanns Gluten Free Meats**  
Ham • Roast Beef • Turkey  
Corned Beef • Pastrami • Hot Dogs

**GLUTEN FREE MENU**

See our Sandwich Board or Make your Own Sandwich with Gluten Free Bread or Wraps  
**Pancakes(DF)**  
w/Powdered Sugar .....\$9.50 w/Meat...\$11.50  
**Waffles (DF)**  
w/Powdered Sugar .....\$9.50 w/Meat...\$11.50  
**GF Chicken Quesadilla**  
Grilled Chicken, Onions, Peppers & Spinach ..... \$12.00  
**French Toast (DF, NF)**  
Made Fresh w/Bread .....\$9.50 w/Meat...\$11.50  
**Spinach & Manchego Omelette**.....\$9.50 w/Meat...\$11.50  
3 Eggs, Spinach, Manchego Cheese & Sundried Tomatoes  
**Pesto Grilled Cheese** .....\$8.50  
Mozzarella or Manchego Cheese w/Pesto, Basil & Sundried Tomatoes

**Bagels**  
Bagels \$1.25 ea. • \$15 dz. • Minis \$0.75ea.  
Flagels \$1.50ea. • Gluten Free Bagel \$3.00 • Twists \$1.75

Cream Cheese .....	\$2.81
Flavored Cream Cheese .....	\$3.79
Butter or Margarine .....	\$2.34
Peanut Butter .....	\$2.81
Fresh Sliced Lox .....	\$7.50
Fresh Lox & Cream Cheese .....	\$8.50
Fresh Lox & Flavored Cream Cheese .....	\$9.50
Smoked White Fish Salad .....	\$9.95
Add Tomato .....	\$0.50
Add Onions .....	\$0.50
Add Capers .....	\$0.50
Add Jelly .....	\$0.50
Substitute Vegan Cream Cheese .....	\$1.25

**Paramus Pancakes or French Toast**

Served w/Maple Syrup & Butter

2 Buttermilk Pancakes or French Toast .....	\$6.75
w/Meat .....	\$8.75
2 Specialty Pancakes or French Toast .....	\$8.75
w/Meat .....	\$10.75
Eggs Additional .....	\$2.00

**Paramus Egg Platters**

Egg Platters Include: 3 Eggs, Toast or Bagel & Hash Browns

3 Eggs .....	\$6.49
w/Meat .....	\$8.49
3 Egg Whites (3) .....	\$6.99
w/Meat .....	\$8.99

**Add Everything Seeds to ANY Platter for no charge**

**Paramus Breakfast Burritos.....\$7.99**

**Route 4 Wrap**  
2 Eggs Scrambled w/Hash Browns, Melted Cheddar Cheese, Crispy Bacon & Salsa in a Tortilla Wrap  
**Route 17 Wrap**  
3 Egg Whites, Fresh Spinach, Peppers, Onions & Salsa in a Tortilla Wrap  
**Paramus Road Wrap**  
3 Egg Whites, Turkey, Melted Swiss Cheese w/Tomato in a Tortilla Wrap  
**Midland Ave Wrap**  
2 Scrambled Eggs, Taylor Ham, Sausage & Melted Pepper Jack Cheese in a Tortilla Wrap

**Paramus Omelettes**

Includes Toast or Bagel

<b>Cheese Omelette</b> .....	\$6.95
Simply 3 Eggs & Cheese .....	\$7.99
<b>Western Omelette</b> .....	\$7.99
3 Scrambled Eggs, Ham, Peppers & Onions .....	\$7.99
<b>American Omelette</b> .....	\$7.99
3 Scrambled Eggs, Bacon, Peppers & Onions .....	\$8.99
<b>Healthy Omelette</b> .....	\$8.99
3 Egg Whites, Mushrooms, Onions & Tomato .....	\$9.99
<b>"Power" Veggie Omelette</b> .....	\$9.99
3 Eggs or Egg Whites, Ham, Turkey or Chicken, American Cheese, Feta, Tomato, Spinach & Broccoli .....	\$9.99

**Add Everything Seeds to ANY Item for no charge**

Add Hash Brown or Home Fries .....	\$1.50
Add Cheese .....	\$0.50
Add Fresh Spinach .....	\$1.00

**Everything Bagel Chips Available on top of all Salads at no extra charge**

**Paramus Salads**

<b>House Salad</b> .....	\$6.45
Iceberg Lettuce, Tomatoes, Cucumbers, Onions, Carrots & Olives, Choice of Dressing .....	\$6.45
<b>Caesar Salad</b> .....	\$6.45
Romaine Lettuce, Grated Parmesan Cheese, Croutons & Caesar Dressing .....	\$7.95
<b>Spinach Salad</b> .....	\$7.95
Fresh Spinach, Tomatoes, Cucumbers, Onions, Carrots, Bacon Bits, Choice of Dressing .....	\$8.45
<b>Chef Salad</b> .....	\$8.45
Turkey, Ham, Swiss Cheese & Boiled Egg over House Salad .....	\$8.45
<b>Antipasto Salad</b> .....	\$8.45
Ham, Salami, Provolone & Roasted Red Peppers over House Salad .....	\$9.45
<b>Cobb Salad</b> .....	\$9.45
Lettuce, Tomato, Bacon, Grilled Chicken, Hard Boiled Eggs & Blue Cheese .....	\$9.45

**Dressings:** Balsamic Vinaigrette, Bleu Cheese, Caesar, Honey Mustard, Oil & Vinegar, Italian, Ranch, Russian • Additional Dressing Add \$0.50

**Add to any Salad:**

Marinated Grilled Chicken Breast..	\$4.00
Tuna, Chicken or Egg Salad .....	\$3.00

**Fresh Fruit Cups...\$4.95**

**Everything Lox Special...\$9.99**

**TOASTED EVERYTHING BAGEL W/FRESH LOX, SCALLION CREAM CHEESE & TOMATO**

**Add Everything Seeds to ANY Sandwich for no charge**

**BCC Special...\$5.49**

**BACON & CREAM CHEESE FLAVORED CREAM CHEESE ADD \$1.00**

**Paramus All Day Breakfast Sandwiches**  
**All Our Sandwiches Served w/Double Eggs**

Double Eggs served on a Bagel, Roll, White or Rye.  
On a Wrap, add \$.50. Meats Available: Taylor Ham, Bacon or Sausage  
On Gluten Free Bagel, Wrap or Bread Add \$3.00

Double Eggs .....	\$4.25
Double Eggs & Cheese .....	\$4.75
Double Eggs w/Meat .....	\$5.40
Double Eggs & Cheese w/Meat .....	\$5.66
Taylor Ham, Bacon or Sausage .....	\$5.40
Add Extra Egg .....	\$0.50
Add Extra Meat .....	\$2.00
Add Extra Cheese .....	\$0.50
Egg Whites .....	\$4.75
Egg Whites & Cheese .....	\$5.25
Egg Whites & Meat .....	\$6.45
Egg Whites, Meat & Cheese .....	\$6.95
Substitute Turkey Sausage, Turkey Bacon or Deli Turkey.....	Add \$1.50

**Double Fried Egg Special...\$6.99**

**Double Fried Eggs, Hash Browns & Cheese on a Roll or Bagel**  
**HOBO w/Taylor Ham**  
**SOHO w/Sausage**  
**BOBO w/Bacon**

**The Healthy Breakfast Special...\$7.99**

**3 Egg Whites, Spinach & Broccoli on a scooped out Bagel**

**Hot Everything Bagel Breakfast Special...\$8.75**

**Double Fried Eggs, Hash Browns, Choice of 2 Meats & Cheese on an Everything Bagel**

**Greg Breakfast Special...\$9.95**

**Double Fried Eggs, Choice of 3 Meats & Cheese on any Bagel**

\*\*\*Please Let Staff Know if you have a Severe Gluten Allergy\*\*\*

**GLUTEN FREE VEGAN by Planted Eats**  
On Vegan Bread or Focaccia Toast

<b>Avocado Toast</b> - Avocado Mash, Onions & Tomato .....	\$11.95
<b>Empanadas</b> - Apple, Pumpkin & more .....	\$4.95
<b>BLT Mash</b> - Avocado Mash, Vegan Bacon, Lettuce & Tomato .....	\$11.95

**Gluten Free Sides \$4.00**

French Fries	Tator Tots
Hash Browns	Sweet Potato

**DEDICATED FRYER**

**Gluten Free Desserts (DF) = DAIRY FREE (NF) = NUT FREE**

Almond Horns(DF) .....	\$5.95
Biscotti(DF) .....	\$17.99 lb
Butter Cookies .....	\$17.99 lb
Crumb Cakes(NF) .....	\$5.00
Cheesecake (indiv)(NF) .....	\$7.99
Eclairs(NF) .....	\$5.99
Linzar Tarts(NF) .....	\$5.00
Large Holiday Cookie(NF) .....	\$4.00
Muffins(NF/DF) .....	\$5.50
Individual Pies(NF) .....	\$8.99
Whoopie Pies(NF) .....	\$5.99
Decorate Your Own Cookie Kits .....	\$5.99
Black & White (NF,DF) .....	\$4.00
Brownies (DF) .....	\$5.99
Cannolis(NF) .....	\$5.99
Carrot Cake .....	\$5.99
Donuts(NF/DF) .....	\$4.00
Fruit Tarts(NF) .....	\$12.99
Lemon Bar(NF) .....	\$6.99
Wrapped Cookie .....	\$4.00
Scones .....	\$5.00
Tricolor Italian Cookies.....	\$19.99 lb

**GLUTEN FREE VEGAN by Planted Eats**

Cookie Bars (peanut/samoan) .....	\$5.95
Blondie Brownie 4 pack .....	\$11.95
Coco Energy Ball.....	\$11.95
Super Breakfast Crumb Cake .....	\$10.95
Apple Cobbler.....	\$10.95
Focaccia Bread.....	\$12.95

**Vegan Bread (reg or Cinnamon Raisin)**  
Small Loaf- 11.95 Large Loaf- 22.95

**The Pizza Flagel**

Panini Pressed Everything Flagel w/Marinara Sauce, Fresh Mozzarella & Oregano  
**\$6.99**



**Paramus Grill Add \$0.75 for Hero**

Hot Dog	\$3.50
w/Relish or Sauerkraut	\$4.00
Combo w/Fries	\$5.50
Hamburger	\$6.45
Deluxe w/French Fries, Lettuce & Tomato	\$8.45
Cheeseburger	\$6.95
Deluxe w/French Fries, Lettuce & Tomato	\$8.95
Pattie Melt	\$7.99
Burger on Toasted Rye, Sautéed Onions, Swiss Cheese & Russian Dressing	
Veggie Burger	\$7.99
Lettuce & Tomato	
Pizzaburger	\$6.95
Melted Mozzarella & Marinara	
Bacon, Swiss Burger w/Mushrooms	\$9.45
Texas Cheeseburger Cheddar & BBQ Sauce	\$7.45
Philly Cheesesteak	\$8.45
w/Sautéed Peppers & Onions, Melted American Cheese	
Turkey Cheesesteak	\$8.45
w/Sautéed Peppers & Onions, Melted American Cheese	
Hot Roast Beef w/Cheese on Roll	\$9.00
Hot Corned Beef or Pastrami	\$8.50
Reuben	\$9.45
Corned Beef, Sauerkraut, Melted Swiss on Toasted Rye w/Russian Dressing w/Cheese	
Chicken Cutlet Parmesan	\$9.95
Grilled Chicken or Breaded Cutlet	\$9.95
w/Lettuce & Tomato on Roll w/Cheese	\$8.95
Buffalo Chicken Wings w/Bleu Cheese & Celery	
6pc...\$6.95 w/Fries...\$8.95 12pc...\$11.95	
Chicken Tenders w/Honey Mustard & Ketchup	
4pc...\$5.95 w/Fries...\$7.95 8pc...\$9.95	
French Fries	
Sm \$3.50...w/Cheese \$4.00 Lg \$5.50...w/Cheese \$6.00	
Mozzarella Sticks	
w/Marinara Sauce 5pc...\$6.45 10pc...\$9.95	
Onion Rings	\$3.99

**Quesadilla of the Day...\$6.95**

**Paramus Sandwich Board**

Choice of Bread: Bagel, Round Roll, Rye, Whole Wheat & White  
On a Croissant \$1.00 On a Hero \$0.75 On a Wrap \$0.50  
On Gluten Free Bagel, Wrap or Bread \$3.00

BLT	\$5.95
Genoa Salami	\$6.45
Tuna Salad	\$6.95
Boiled Ham	\$6.95
Chicken Salad	\$7.45
Cranberry Chicken Salad	\$7.95
Whitefish Salad	\$8.95
Turkey Breast	\$7.95
Turkey Club	\$9.45
Egg Salad	\$5.95
Roast Beef	\$8.50
Corned Beef	\$8.50
Pastrami	\$8.50
Grilled Cheese	\$4.95
Hummus on a Bagel	\$5.00
Additions:	
Cheese	\$0.50
American, Swiss, Muenster, Cheddar, Provolone, Mozzarella, Pepper Jack Cheese	
Fresh Mozzarella	\$1.50
Fresh Tomato	\$0.50

Add Everything Seeds to ANY Sandwich for no charge



**NOVELTY BAGELS**

Prices Subject To Change Without Notice (2019). ALL PRICES SUBJECT TO SALES TAX

**Paramus Panini Grill.....\$9.45**

- 1. Pastrami & Provolone**  
Sliced Pastrami & Provolone Cheese w/Spicy Deli Mustard, Tomatoes & Onions
  - 2. Roast Beef & Swiss**  
Top Round Sliced Beef, Swiss Cheese, Onion & Horseradish Dressing
  - 3. Turkey & Jack Cheese**  
Smoked Turkey, Monterey Jack Cheese, Bacon, Roasted Red Peppers & Ranch Dressing
  - 4. Caprese**  
Fresh Mozzarella, Sliced Tomatoes, Sun Dried Tomatoes, Shaved Parmesan Cheese & Balsamic
  - 5. Authentic Cuban Panini**  
Pork, Ham, Swiss, Pickles & Mustard
- Paramus Wraps & Sandwiches.....\$8.95**
- 6. Villa Roma**  
Marinated Grilled Chicken Breast, Provolone Cheese, Chopped Sun Dried Tomato, Grated Parmesan Cheese, Lettuce & Balsamic Vinegar
  - 7. Grilled Chicken Caesar**  
Grilled Chicken Breast, Romaine Lettuce, Grated Parmesan Cheese & Creamy Caesar Dressing in a Tortilla Wrap
  - 8. The Italian Combo**  
Ham, Salami, Pepperoni, Provolone, Lettuce, Tomato, Onions, Oregano, Oil & Vinegar on a Hero Roll

**Fresh Baked Daily (ALL BAKING ON PREMISES)**

Assorted Muffins	\$3.50
Croissants	\$3.00
Famous Black and White Cookies	\$3.50
Novelty Cookies	\$3.50
Crumb Cake	\$4.00
Butter Cookies	\$15.99lb
Biscotties	\$15.99lb

Planted Eats Vegan Desserts Available



483 Route 17, Paramus, NJ  
Ph. 201-599-9999  
Fax 201-599-9998



[www.everythingbagel.net](http://www.everythingbagel.net)  
**LOCAL DELIVERY! FREE DELIVERY!**  
(for orders \$15 & above)

**HOURS**

Mon-Sat: 4am-4pm  
Sun: 5am-3pm

Scan now to download our app or order at



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**NOW AVAILABLE  
Gluten Free & Vegan Desserts  
by Planted Eats**

