

SALADS 1/2 PORTION AVAILABLE

SPINACH SALAD Chicken, apples, strawberries, tomatoes, bleu cheese, & candied pecans on a bed of spinach. Raspberry vinaigrette on the side.

CHEF SALAD Romaine lettuce, turkey breast, ham, shredded cheddar cheese, hard boiled egg, bacon, diced tomatoes. Ranch dressing on side.

BOSTON SIGNATURE SALAD Romaine lettuce, field greens, roasted chicken, diced tomatoes, bacon, toasted walnuts, cranberries, apples. Balsamic vinaigrette on side.

THE COBB Romaine lettuce, roasted chicken, hard boiled eggs, bacon, diced tomatoes, blue cheese crumbles, honey mustard dressing on side.

CAESAR SALAD Romaine lettuce, shredded parmesan, roasted chicken. Caesar dressing on side.

ASIAN SALAD Fresh shredded lettuce, roasted chicken, toasted candied almonds, green onions, mandarin oranges. Our own Asian dressing on side.

ESPRESSO
drinks

ESPRESSO SHOT

Single / Double

CAFE MOCHA

Grande / Venti

WHITE CHOCOLATE MOCHA

Grande / Venti

CAPPUCCINO

Grande / Venti

CARAMEL MACCHIATO

Grande / Venti

HOT CHOCOLATE

Grande / Venti

CAFE LATTE

Grande / Venti

CHAI LATTE

Grande / Venti

DON'T FORGET YOUR
BOX OF SWEETS
OR
BAGEL BOX

COOKIES

/ each

/ ½ dozen • / dozen

- WHITE CHOCOLATE OATS & CRAISINS
- DARK CHOCOLATE OATS & PECANS
- COOKIES N CREAM CHOCOLATE CHUNK
- BLUEBERRY OATS PECAN DARK CHOCOLATE
- OAT CHOCOLATE CHUNK / WALNUTS
- WHITE CHOCOLATE MACADAMIA
- SNICKERDOODLE
- REESE'S PIECES
- CHOCOLATE CHUNK
- M&M
- PEANUT BUTTER
- OATMEAL RAISIN



MUFFINS

/ each

- CRANBERRY ORANGE • BANANA NUT
- OAT BRAN • RASPBERRY BLUEBERRY STREUSEL
- LEMON POPPY SEED • BLUEBERRY



TULSA

68th & Yale
(918) 340-7002

37th & Peoria
(918) 743-7400

BAGELS

/ GLUTEN-FREE

/ 1/2 DOZEN • / DOZEN

DON'T FORGET
THE CREAM CHEESE!

Standard : plain, sesame, poppy, onion, garlic, salt, honey oat, everything, pumpernickel, jalapeño, multi-grain, everything jalapeño, every-grain

Deluxe : cinnamon-raisin, blueberry, cranberry-orange walnut, sundried tomato

Premium : asiago, jalapeño cheddar, French toast, spinach parmesan, Bagel of the Month

CREAM CHEESE

/ 4OZ • / 8OZ

• ALL FLAVORED CREAM CHEESE ARE LOW FAT •

plain, low fat, blueberry, honey almond, cinnamon walnut raisin, vegetable, jalapeño salsa, tzatziki, chive & onion, tabouli, garlic herb, sundried tomato, ranchero, strawberry

Lox; / 4oz • / 8oz

HAVE YOUR BAGEL SCOOPED!

BREAKFAST

BAGEL WITH...

- **PLAIN CREAM CHEESE** regular or low fat.
- **LOW-FAT FLAVORED CREAM CHEESE**
- **PEANUT BUTTER & JELLY OR NUTELLA**
- **BUTTER, HONEY-BUTTER, HONEY, OR JELLY**
- **EGG & CHEESE**
- **HAM & CREAM CHEESE**
- **LOX & CREAM CHEESE** tomato, capers, & red onion.

HUEVOS RANCHEROS BAGEL ranchero cream cheese, egg, sliced tomato, & choice of sausage, turkey sausage, ham, or bacon. Side of salsa.

MEATLOVERS BAGEL mixture of bacon, ham, & sausage with egg & melted white cheddar.

WASABI BOMB wasabi cream cheese, cucumber, tomato, onion, & lox.

BREAKFAST BAGEL egg, cheese, & your choice of sausage, turkey sausage, ham, or bacon.

PEPPERJACK BREAKFAST BAGEL jalapeño bagel with pepperjack cheese, egg, & your choice of sausage, turkey sausage, ham, or bacon.

HEALTHY START BAGEL egg whites, fresh baby spinach, tomatoes, ham, & melted white cheddar.

- FRUIT CUP
- BERRY CUP
- PARFAIT
- GREEK YOGURT PARFAIT
- CINNAMON ROLL
- PECAN STICKY BUNS
- CROISSANTS
- OATMEAL

OLD SCHOOL SPECIALTIES

THE REUBEN corned beef, swiss cheese, sauerkraut, 1,000 island dressing on toasted rye bread...\$6.19

COWBOY CLUB roast beef, turkey, american cheese, lettuce, tomato...\$6.19

BRUSCHETTA CHICKEN roasted chicken, parmesan cheese, pesto mayo, served hot...\$6.19

Q'S PIKES PEAK chicken, bacon, swiss, ranch, lettuce, tomato, & onion...\$6.49

FOUR CHEESE BAGEL cheddar, provolone, swiss, mozzarella, & a side of marinara sauce for dipping.

LIL' TURKEY OR LIL' HAM turkey or ham, provolone cheese, lettuce, tomato.

5TH AVENUE turkey, ham, swiss cheese, bacon, lettuce, tomato, red onion.

ASIAGO CHICKEN CAESAR parmesan encrusted chicken with romaine lettuce & caesar dressing on an asiago bagel.

BBQ CHICKEN CLUB chicken, bacon, cheddar, lettuce, tomato, onion, & BBQ sauce.

THE VEGGIE avocado, tomato, fig jam, tabouli cream cheese, candied onions, field greens, white cheddar, roasted red bell pepper, toasted on bagel or bread.

THE SALAD SANDWICHES lettuce, tomato, & chicken salad or tuna salad.

TURKEY & GUACAMOLE turkey, cheddar, guacamole, lettuce, tomato.

PORKY pulled pork, white cheddar, cole slaw, onion, & BBQ sauce.

BLT bacon, lettuce, tomato, & mayo.

BROOKLYN BOMBER hot pastrami, mozzarella, spicy mustard.

PIZZA BAGEL served open faced with pizza sauce & mozzarella.

add ham, pepperoni, or sausage **side of extra sauce**

WALL STREET turkey, chive & onion cream cheese on an everything bagel.

THE ITALIAN ham, salami, banana peppers, provolone cheese, lettuce, tomato, Italian dressing.

EL CUBANO spicy pork, ham, & swiss with cuban sauce & hot relish on a jalapeño bagel.

CREATE YOUR OWN SANDWICH

MEAT

(CHOOSE ONE)

ham, pastrami, salami, corned beef, roast beef, or turkey

CHEESE

(CHOOSE ONE)

american, mozzarella, swiss, provolone, cheddar, white cheddar, or pepperjack

CONDIMENTS

mayonnaise, mustard, spicy mustard, honey mustard, 1,000 island, spicy mayo, pesto mayo, ranch, chipotle ranch

GARNISH

lettuce, tomato, red onion • **cucumber, bruschetta, jalapeños, hummus, banana peppers** (additional cost)

BREAD

white, wheat, rye, sourdough, or bagel • **croissant** (additional cost)