

STRATHMORE BAGELS



4095 state road 7
wellington, fl
561.357.0044

www.strathmorebagels.com

breakfast ALL day! omelettes*

All omelettes are made with fresh eggs and served with your choice of home fries, grits, oatmeal, or tomato. You may also choose one of the following: bagel, bialy or toast with butter or cream cheese. Add 1.00 extra if wrapped in tortilla. Add 1.00 extra for Egg Beaters or egg whites.

Plain omelette	
The perfect, fluffy omelette you'll tell all your friends about!	7.45
Cheese omelette	
Choose from one of the following items: American, Swiss, Muenster, Cheddar, Pepper Jack, plain cream cheese, Mozzarella.	7.95
Spinach omelette	
Healthy omelette made with fresh spinach.	8.45
Spanish omelette	
Onions, bell peppers and salsa.	9.45
"LEO" omelette	
Belly [salty,] eggs and onions! What could be better?	10.95
"NEO" omelette	
Okay! Maybe nova, eggs, and onions are better!	10.95
"Wild West" omelette	
Ham, bell peppers, onions and cheese. Yummy!	9.45
Vegetable omelette	
Mushrooms, onions, peppers, and tomatoes make this omelette extra special.	8.95
One meat omelette	
Choose one of the following: ham, turkey, salami, bologna, bacon, pastrami or corned beef.	9.45
With tongue or turkey off the frame.	10.45
Add 2.50 for an additional meat.	
Add 1.00 for cheese.	
Scallion CC omelette	
A perfect omelette made even better!	8.45
Philly Cheese Steak omelette	
Beef, pepper, onions, provolone.	9.95

* Add 1.50 extra for Alpine, Feta, or Farmer cheese to any of the above omelettes.

strathmore bagels



specialties



Matzo brie

With applesauce. **7.95**

With onions. **7.95**

With belly [salty] and onions. **10.95**

With nova and onions.

10.95

Kippers and eggs **10.95**

Add 1.00 extra for Egg Beaters or egg whites.

Trio of potato pancakes

With sour cream or applesauce.

7.95

Trio of blintzes

Served with sour cream or applesauce. Choose one: cheese, blueberry cheese, cherry cheese, or potato.

8.95

Add 1.50 extra for fruit topping.

* griddle favorites

Light and fluffy like you wouldn't believe!

Pancakes

Three heavenly pancakes.

7.95

Belgian waffle

Simply scrumptious!

7.95

Add fresh, delicious blueberries, strawberries, bananas, or chocolate chips.

Add 1.50 extra.

Challah French toast

Made with challah bread and sprinkled with powdered sugar.

7.95

Add 1.50 extra for granola or almond topping.

Short stack

Two pancakes.

5.95

waist watchers

Half cantaloupe melon with a scoop of cottage cheese, served with bagel chips.

7.45

3

bagels and such

Bagelwiches

Two delicious eggs served **ON** a bagel, bialy, or toast. **4.25**

Served with canadian ham, bacon, or sausage. **5.25**

Sub Egg Beaters or egg whites. **1.00 extra**

Add 1.00 for American, Swiss, Provolone, or cream cheese.

Bagel schmeers

Yummy toppings for our homemade bagels!

Unsalted butter. **2.00**

Cream cheese. **2.50**

Nova spread. **4.25**

Plain, poppy, sesame, whole wheat everything, everything, multigrain, onion, egg, super egg onion, salt, pumpernickel, garlic, cinnamon raisin, sundried tomatoes, honey whole wheat, caraway, French toast, chocolate chip, honey oat, asiago, sunflower, marble. and flagels. Also, whole wheat bialys, bialys, loafs, discs and salt sticks.

Gourmet specialty* cream cheese.

3.25

Our growing list of gourmet cream cheeses include: olive, sun dried tomato, cinnamon raisin walnut, scallion, vegetable, strawberry, or lite cream cheese. Add 1.00 for loaf or disc.

hungry for eggs*

Served with your choice of home fries, grits, oatmeal, or tomato and a bagel, bialy, white, wheat, or rye bread.

Add 1.00 extra to sub Egg Beaters or egg whites.

Two delicious farm fresh eggs

Served any style. **4.75**

Served any style with your choice of bacon, canadian ham, or sausage. **6.45**

Served any style with corned beef hash. **8.45**

for the **VERY** hungry

Three delicious farm fresh eggs served any style, two pancakes, two bacon strips, two sausage links, home fries, and your choice of bagel, bialy, or toast. **10.45**

for the **NOT SO** hungry

One delicious farm fresh egg served any style, one pancake, one bacon strip, one sausage link, home fries, and your choice of bagel, bialy, or toast. **7.45**

classic corner



Hand sliced and served with a bagel or bialy, lettuce, tomato, onion, cucumber, and plain cream cheese. Add 1.00 for specialty cream cheese.

Belly (salty)	9.45	Sable	9.45
Nova	9.45	Sturgeon	12.45
Baked salmon	9.45	White fish	8.45

smoked fish platters

All smoked fish is sliced by hand the old-fashioned way. Each platter is served with lettuce, tomato, cucumber, Bermuda onion, and vegetable garnish. Includes a bagel OR bialy with butter OR cream cheese. Platter also includes your choice of ONE of the following side salads: potato, macaroni, tomato, cucumber, Israeli, or coleslaw.

nova	13.95	pickled herring	9.95
belly [salty]	13.95	[in cream sauce with onions]	
sable	13.95	pickled lox	13.95
whitefish	12.95	[in cream sauce with onions]	
baked salmon	13.95	matjes herring	9.95
sturgeon	16.95	[in wine sauce]	

homemade salad platters

all platters are served with lettuce, tomato, cucumber, Bermuda onion, vegetable garnish, your choice of one of the following side salads: cucumber, potato, macaroni, tomato, Israeli, or coleslaw, and a bagel, bialy, or toast. Add 1.00 for any specialty cream cheese.

egg salad	9.45	seafood salad	11.45
tuna salad	10.45	whitefish salad	11.45
baked salmon salad	11.45	shrimp salad	12.45
chicken salad	10.45	chopped liver	9.45
waldorf salad	10.95	[vegetable or meat]	
chopped herring	9.45	lobster salad	17.95

platters for 2

BAGEL COMBO SALAD • choose any **two** salads from our salad selection. each platter includes three bagels or bialys, any **two** cream cheeses, lettuce, tomato, cucumber, Bermuda onions, and vegetable garnish. choice of **two** of the following side salads: cucumber, potato, macaroni, tomato, israeli, or cole slaw.

For dessert you'll enjoy six pieces of our homemade rugalach. two beverages included. **27.95**

MEAT PLATTER • choose any **two** meats from our sliced meat selections. each platter includes choice of bread, lettuce, tomato, Bermuda onions, and vegetable garnish. choice of **two** of the following side salads: cucumber, potato, macaroni, tomato, israeli, or cole slaw. For dessert you'll enjoy six pieces of our homemade rugalach. **two** beverages included. **26.95**

Sub tongue, off the frame, or first cut *2.00 extra.

SMOKIN' FISH PLATTER • choose any **two** fish items from our smoked fish selections. each platter includes three bagels or bialys, any **two** cream cheeses, lettuce, tomato, cucumber, Bermuda onions, and vegetable garnish. choice of two of the following side salads: cucumber, potato, macaroni, tomato, israeli, or cole slaw. For dessert you'll enjoy six pieces of our homemade rugalach. **two** beverages included. **34.95**

homemade salad * sandwiches

served with your choice of one of the following side salads: cucumber, potato, macaroni, tomato, israeli, or coleslaw. served on your choice of bagel, bialy, white, wheat or rye bread. Add 1.00 for extra cheese or to sub fries for side salad.

egg salad	7.45	shrimp salad	10.45
tuna salad	8.45	whitefish salad	9.45
[white albacore]		baked salmon salad	9.45
low cal veggio tuna	8.45	chopped liver	7.45
chicken salad	8.45	[vegetable or meat]	
waldorf salad	8.95	chopped herring	7.45
seafood salad	9.45	lobster salad	16.45

grilled greats



All sandwiches are prepared on rye, white, or whole wheat bread, served with French fries and your choice of one of the following side salads: cucumber, potato, macaroni, tomato, Israeli, or coleslaw.
*add \$1.00 extra to sub first cut, off the frame, or tongue.

The Reuben*

Tender, juicy corned beef stacked high with sauerkraut, topped with melted swiss cheese and Russian dressing.

10.95

His better half*

Better known as "the Rachel." Tender, juicy pastrami stacked high with sauerkraut, melted swiss cheese and Russian dressing.

10.95

Gobble-gobble*

Delicious, freshly sliced turkey stacked high with sauerkraut, melted swiss cheese and Russian dressing.

10.95

Chicken breast

Tender grilled or breaded chicken breast served with garden fresh tomato and lettuce.

10.95

Our salad melt

Homemade tuna **OR** chicken salad served with your choice of cheese.

10.95

Classic grilled cheese

Your choice of any of our cheeses!
Add bacon or ham.

7.45

2.50

Monte Cristo

Served with french toast, turkey, ham, swiss, with Amanda's homemade mustard.

11.45

He-man melt*

Roast beef, turkey, **OR** brisket topped with your favorite cheese.

10.95

Turkey club*

Our version of this classic is made with fresh sliced turkey, country bacon, lettuce and delicious tomato.

10.95

The BLT

The classic sandwich made at Strathmore Bagels with country bacon, lettuce, and fresh tomato.

9.45

Chicken fingers

Crispy, juicy chicken served with your choice of barbeque or honey mustard sauce.

9.45

Hot Diggity

Two delicious kosher hotdogs.
Add knocks.

8.45

1.50

Chicken Quesadilla

served with sour cream, salsa, and guacamole.

11.45

Strathmore Bagels' Chef Salad

Our version of a chef salad made with salami, roast beef, turkey and swiss, served with mixed greens, tomato and hard-boiled egg. 11.45

Turkey Chef Salad

Our tender white meat turkey served over crispy mixed greens with tomato, vegetables and hard-boiled egg. 11.45

The Famous Bagel Twins

Generous scoops of whitefish salad and baked salmon salad served with crisp greens and vegetables. 11.45

Our Colossal Garden Salad

Our crispy garden salad served in our oversized bowl of mixed greens and fresh vegetables. 7.45

7.45

Add large scoop of chicken, tuna, or egg salad. 5.00

Fresh Fruit Salad

Seasonal fruit served on a bed of greens. 9.45

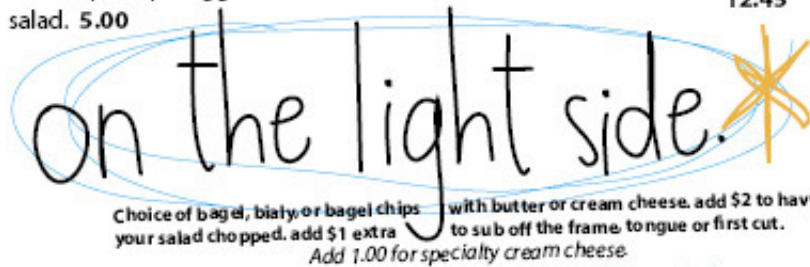
9.45

Add cottage or farmer cheese. 1.50

A Taste of the Orient

Iceberg lettuce, scallions, tomatoes, carrots, mandarin oranges, noodles and chicken, with sesame ginger dressing. 12.45

12.45



Popeye's Big Secret

Fresh spinach, chopped bacon, sliced hard-boiled egg and mushrooms, served with hot bacon dressing. 11.45

11.45

With grilled chicken. 13.45

13.45

Big N' Fat Greek Salad

Served with romaine lettuce, vegetables, and lots of feta cheese. 11.45

11.45

Cobb Salad

Chopped romaine lettuce, tomatoes, eggs, bacon, chicken, blue cheese, & avocado. 12.45

12.45

Julius' Caesar Salad

Garden fresh romaine lettuce served in our oversized bowl with parmesan cheese and croutons. 9.45

9.45

Add grilled chicken. 2.50

Individual fish plate

Choose ONE: solid white tuna, skinless and boneless sardines or salmon served on a bed of greens with fresh vegetables and a hard-boiled egg. 11.45

11.45

A Tomato's Delight

Overstuffed tomato with your favorite salad. Choice of ONE: seafood, tuna, chicken, shrimp, egg, whitefish, or baked salmon salad. 10.95

Sub lobster salad. 10.00 extra

10.00 extra

Wycliffe Salad

Romaine, crumbled blue cheese, candied walnuts, raisins, and apples. served with a raspberry vinaigrette. 12.45

12.45

Frozen Yogurt

In a cup 3.95
With fresh fruit 5.95

3.95

5.95



just wraps

Made on a large tortilla served with your choice of one of the following side salads: cucumber, potato, macaroni, tomato, Israeli, or coleslaw. Add \$1.00 extra to sub off the frame, tongue, or first cut of any meat. Sub fries for side salad for 1.00 extra.

Tuna or Chicken
Homemade salad, lettuce, tomato, and Julienne carrots. **9.45**

Low Cal Veggie Tuna
Homemade salad with lettuce and tomato. **9.45**

Shrimp OR Seafood
Homemade salad, lettuce, tomato, and Julienne carrots. **11.45**

Single Meat
Choice of ONE: oven roasted turkey, roast beef, brisket, corned beef, ham, pastrami, or turkey pastrami, lettuce and tomato. **9.95**

Chef's Special
Turkey, ham, swiss, lettuce, tomato and Julienne carrots. **10.45**

Egg Salad
Deliciously prepared homemade egg salad, lettuce and tomato. **8.45**

Versailles
Oven gold turkey, black forest ham, colby jack, lettuce, tomato, and honey mustard. **10.45**

Philly Cheese Steak
Beef, peppers, Provolone. **9.95**

Grilled Veggie
Over stuffed with lots of delicious grilled vegetables. **9.95**

Godfather II
Ham, salami, Provolone, lettuce, tomato, olive oil and vinegar. **10.95**

Irving Taganaki
A taste of Japan with hand sliced nova, wasabi cream cheese, lettuce, scallions and cucumber, sprinkled with sesame seeds. **12.95**

Maine Event
Delicious Maine lobster meat with lettuce and tomato. **16.95**

Wellington roll
Grilled chicken with sliced red peppers, lettuce and tomato. **9.95**

Palm Beach Polo
Roast beef, cheddar cheese, lettuce, tomato, and Horseradish dressing. **10.45**

Waldorf Salad
Homemade chicken salad, with grapes, candy walnuts, apples and celery. **9.95**

"Big Louie"
Fresh Mozzarella, basil, roasted red peppers, tomato and balsamic vinegar. **10.45**

Pebble Beach
Salsalito turkey, Monterey jack, roasted red peppers, lettuce, tomato and mayo. **10.45**

Chicken Caesar
Grilled chicken, romaine lettuce, Parmesan cheese and croutons. **9.95**

Classic BLT
Bacon, lettuce, tomato and mayo with a modern twist! **8.45**

The Sloppy Joe
Corned beef, coleslaw, Russian dressing. More napkins please! **10.45**

Hot Willy
Chicken Tenders with hot sauce, lettuce, tomato, Bleu cheese dressing. **9.95**

Pilgrim Wrap
Oven fresh turkey, stuffing, and Ruby's homemade cranberry sauce. **10.95**

Mushroom barley soup * soups

Cup 3.75
Bowl 4.75

Chicken Soup

Cup 3.75
Bowl 4.75
Add 1.00 extra for matzo ball

Soup of the day

Cup 3.75
Bowl 4.75

Quiche & a cup of soup 8.95
Quiche & half a sandwich 8.95
Quiche & half a salad 8.95

Soup and half sandwich* 7.95

Half salad and half sandwich* 7.95

Soup and half salad 7.95

* Add 1.00 extra to sub first cut, off the frame, or tongue

Overstuffed * * deli sandwiches

Corned beef*	9.45
Roast beef	9.45
Brisket	9.45
Salami	8.95
Hard salami	9.95
Provolone	6.75
Ham [Black Forest or Boiled]	8.95
Bologna	8.45
Turkey breast*	9.45
Turkey Pastrami	9.45
Tongue	10.95
Pastrami*	9.45
Swiss cheese	6.75
Muenster cheese	6.75
American cheese	6.25
Combo Sandwich [select any two meats*]	10.95

10

All sandwiches are served on a bagel, bialy, white, wheat, or rye bread and your choice of ONE of the following side salads: coleslaw, cucumber, potato, macaroni, tomato, or Israeli. *Add 1.00 for off the frame, first cut, or tongue. Add 50 cents for coleslaw on the sandwich. Add 1.00 extra for cheese or to sub fries for side salad.



side dishes

rice pudding	3.50	stuffed derma	3.00
fresh fruit cup	3.25	small house salad	3.25
cantaloupe half	3.25	hotdog [1]	2.50
bowl of oatmeal or grits	2.75	cucumber or tomato salad	1.95
corned beef hash	3.50	macaroni salad or coleslaw	1.95
stuffed cabbage roll	3.50	israeli or potato salad	1.95
knishes	3.75	overstuffed baked potato	4.00
mushroom barley		french fries or home fries	2.75
or kasha varnishkas	3.50	single potato pancake	1.75
ham steak	3.50	bacon, sausage, canadian ham, or turkey sausage	2.50

thirst quenchers

ask about
our
Coffee Club!

		Fresh Brewed Coffee	2.50
		Regular or Decaf	
		Large Cappuccino	3.25
		Single Espresso	1.75
		Double Espresso	3.50
		Latte	3.25
		Chai Tea	2.75
		Chocolate, Vanilla, Raspberry or Spiced. Served with whipped cream.	
		Hot Tea	2.50
		Regular, Decaf, or green tea	
		Hot Chocolate	2.50
		Regular	
		Iced Tea Unsweetened	2.50
		Pellegrino	2.25
Iced Coffee	2.50		
Regular or Decaf			
Individual Soda Cans	1.50		
Coke, Diet Coke, Sprite, Diet Sprite			
Dr. Brown's Soda	2.00		
Arizona Iced Teas	2.25		
Bottled Water	1.50		
Juices			
Orange, Grapefruit, Apple, Cranberry, or Tomato sm	1.45 lg 2.00		

**treat yourself or your guests at home
by visiting our bakery counter for a
daily selection of fresh homemade
bagels, muffins, and pastries!**

rugalach
 assorted muffins
 black & white cookies
 Lauren's cupcakes
 assorted croissants
 assorted pastries & cookies
 apple turnovers
 crumb cake
 mandel bread
 hamentashen
 brownies
 meltaways
 ...and much more!

ask your server
for assorted cakes
by the slice!

bakery items

*Prices subject to change. Not responsible for typographical errors.

Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions.



[photograph circa 1950. Jakob Frutchman, far right.]

Our family of baking bagels dates back to 1905, when our great grandfather Jakob Frutchman, an immigrant from Austria, arrived on these shores at the age of 11. He started baking bagels in a basement on the lower east side of Manhattan and the rest, as they say, is history.

*Four generations later, we're still doing it Jakob's way. Our mission is simple...we follow family tradition. We use only fresh and natural ingredients, no preservatives. We bake all of our bagels in a hearth stone oven. All of our salads are homemade and made daily. Our smoked fish is hand sliced the old fashioned way. Whether you dine with us, take out, or have us cater your next affair, **we are dedicated to making you part of the Strathmore family.***

florida

new york

- **Gift cards and logo merchandise available**
- **Ask about our catering services**