



**Bottomless
cup of organic
coffee** .. 2.50

BREAKFAST

Served all day, every day

Start your day
with a cup of
**fresh-squeezed
juice** 2.95/3.95
orange or
grapefruit

Bare Naked Granola with banana & raisins 5.50 Fruit & Nut, Apple Cinnamon, Peak Protein, Blueberry Walnut, Chocolate or Peanut Butter	Big bowl steel cut oatmeal with banana, raisins & brown sugar 5.95
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EGG DISHES

Served with potatoes, tomatoes or cottage cheese (sub fruit 1.25), and your choice of bagel, or bread.
Egg Whites or Egg Beaters (\$.95)

Two eggs any style 6.75	Aidell's chicken apple (2) sausages & eggs .8.95
(4) Bacon or (3) sausage & eggs 8.25	Eggs & onions 7.50
Ham steak & eggs 8.95	Lox, eggs and onions 10.95
Corned beef hash & eggs 9.95	Lox on the side (with eggs and onions) ... 12.95
Turkey sausage (4) & eggs 8.95	

SPECIALTIES

- Nosh Breakfast Bagel**
Fluffy eggs with crispy bacon & cheese 5.95
- The Gourmet Breakfast Bagel**
with egg whites, sun-dried tomatoes,
spinach and goat cheese 7.95
- "Hole In One"**
2 hollowed-out slices of bread with eggs cooked over
easy in the center 6.50
- Breakfast Enchiladas**
Egg whites, Pasilla chiles & griddled onions topped
with jack cheese & homemade ranchero sauce.
Served with rice pilaf 8.95

- Breakfast Burrito**
A grande flour tortilla stuffed with scrambled
eggs, crispy bacon and cheese, served with
guacamole & salsa. 7.25
- Cheese Blintzes**
2 for 6.95
or 3 for 7.95
served with sour cream
& strawberry jam



Matzo Brie
served with sour
cream or
strawberry jam
on request 8.50
add .95 for egg
whites

OMELETTES

Served with potatoes, tomatoes or cottage cheese (sub fruit 1.25),
and your choice of homemade bagel or bread. Egg Whites or Egg Beaters (\$.95)

Cheddar, Bacon & Potato Omelette 8.95	Denver Omelette with ham, green pepper & onions 9.50
Rustic Omelette with artichoke hearts, sundried tomatoes, goat cheese and griddled onions .. 10.95	Spanish Omelette with Spanish sauce & topped with jack & cheddar cheese, served with sour cream & guacamole 9.50
Deli Omelette with corned beef & pastrami ... 9.95	Smoky Chipotle Omelette with turkey breast, diced tomato, red onion and our secret smoky chipolte sauce 9.50
Fresh Mozzarella with basil and tomato ... 9.95	Plain Omelette 6.95
Greek Omelette with spinach, red onion, Feta cheese, tomatoes and sliced black olives .. 9.95	
Cheese Omelette with your choice of melted cheese 7.50	

NOSH HEALTHY SCRAMBLES

Cholesterol-Free Chicken Egg whites scrambled together with chicken breast, fresh broccolli and served with fresh fruit ... 9.95	Cholesterol-Free Turkey Egg whites scrambled together with ground turkey & spinach and served with fresh fruit 9.95	Cholesterol-Free Veggie Whipped egg whites and fresh vegetables rolled into an omelette and served with fresh fruit ... 9.95
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BUILD YOUR OWN OMELETTE (\$6.50)

Egg Whites or Egg Beaters (\$.95)

Add cheese (\$.95 each)	Add veggies (\$.95 each)	Add protein (\$1.95 each)
Swiss	Tomatoes	Bacon
Jack	Broccoli	Sausage
Mozzarella	Mushrooms	Turkey Sausage
Jarlsberg	Red Pepper	Chili
Goat cheese crumbles (1.95)	Cauliflower	Roast Beef
Point Reyes Blue Cheese	Jalapeños	Salami (kosher, hard or Italian)
Crumbles (1.95)		Smoked or Roasted Turkey Breast
Feta crumbles (1.75)		Smoked Salmon (2.75)

Breakfast is the most important meal of the day. Whatever you do, don't skip it!

BREAKFAST

Served all day, every day

Add 1.50
for Vermont
maple syrup

SWEET THINGS

PANCAKES

- Pancake Sandwich**8.95
Two fluffy pancakes served with two fresh eggs and your choice of bacon or sausage
- Buttermilk Pancakes**
short stack (3)/Reg. (4) . . . 5.95/6.95
- Dollar Size Pancakes**6.95
- Blueberry or Banana Cakes** . .7.50

FRENCH TOAST

- French Toast Sandwich**8.95
Four triangles of French Toast served with two fresh eggs and your choice of bacon or sausage
- Challah French Toast**6.95
- Cinnamon Loaf French Toast** .7.95

WAFFLES

- Waffle Sandwich**8.95
A golden delicious waffle with 2 fresh eggs & your choice of bacon or sausage
- Plain Waffle**6.50
- Blueberry Waffle**6.95
- Waffle with Fresh Fruit of the Day** 7.95



The Mother of all Waffles8.95
Our delicious waffle smothered with lots of warm apple pie filling, streusel and drizzled with caramel sauce...mom would be proud.
Try it with a scoop of vanilla ice cream!add 2.50



THE NOSH'S SMOKED FISH SELECTION

Served with your choice of bagel with cream cheese, capers tomatoes, red onions, cucumbers, Greek olives and lemon wedges

SANDWICH PLATE

- Hand-Sliced Nova Smoked Salmon** 13.95 . . .14.95
- Nova Smoked Salmon**12.95 . . .13.95
- Whitefish**12.50 . . .13.50
- BBQ Cod**14.50 . . .15.50
- Baked Salmon**12.95 . . .13.95

SMOKED FISH BRUNCH FOR TWO

Nova smoked salmon, whitefish & BBQ cod, cream cheese, tomatoes, red onions, cucumbers, cole slaw, potato salad, three bagels and coffee or tea for two29.95
add 13.95 for each additional person

FRESH FROM THE OVEN

All bakery items and bagels are made fresh daily on premises

Protect your bagels...
put lox on them!

Choice of Bagel, Roll or Bread with butter or margarine1.80

- Plain • Onion • Sesame • Everything • Poppyseed • Garlic • Egg • Pumpernickel • Rye
- Cinnamon-Raisin • Salt • Wheat • Blueberry • Cheese • Chocolate-Chip • Spinach • Nosh Stick

- Cream Cheese**3.25
- Lite Cream Cheese**3.35
- Lox Spread**4.75
- Original Homemade Cream Cheese Flavors:**
- Vegetable, Chive, Green Olive & Pimiento,**
- Jalapeño, Spinach, Triple Berry,**
- Cinnamon Walnut Raisin**3.35
- Mini Danish**1.75
- Fresh Baked Muffin**2.75
Blueberry, Corn, Honey Bran, Banana Walnut, Chocolate Chip,
Banana Chocolate Chip, Tripleberry (fat-free), Sour Cream Coffee
Cake, Carrot, Raisin, Choc. Raspberry
- Fresh Baked Croissant**2.25
- Chocolate Croissant**2.50
- Turnovers**2.50



BREAKFAST SIDES

- Apple, cranberry or V-8 juice** . .2.50
- 1/2 grapefruit**2.95
- Melon in season**4.75
- Fresh Fruit Bowl**5.95
- Assorted dry cereal**3.95
- Bacon or sausage links (3)**3.25
- Ground beef patty**4.25
- Ground turkey patty**4.25
- Turkey sausage patties (4)**3.95
- Aidell's Chicken Apple Sausage (3)** 4.25
- Ham Steak**3.50
- Tomatoes (2/5)**95/ 1.95
- Cottage Cheese**2.50
- Turkey Bacon**4.25
- Nova Lox (2 slices)**8.95
- Hand-sliced Nova**9.95
- BBQ Cod**8.95
- Smoked White Fish**7.95
- Breakfast Potatoes**2.95
- One egg any style**2.25
Each additional egg95