

# MENU



*Free range turkey roasted daily*

ALL OF OUR MEATS ARE ROASTED DAILY

GRASS-FED KOSHER HAMBURGER

WE BAKE OUR OWN PASTRIES DAILY

*Natural nitrate-free smoked salmon*

All of our chicken is free-range

*Natural nitrate-free bacon*

ORGANIC COFFEE, TEA & HOT CHOCOLATE

CATERING • DELIVERY • BAKERY • RETAIL • SERVICE DELI • CURBSIDE PICKUP

# BREAKFAST

Served all day, every day

## Good Mornings

- Fresh-squeezed orange juice** . . . . . 3.75/6.99
- Organic Coffee** . . . . . 3.29
- Organic Yogurt** . . . . . 3.99
- Organic Granola** with banana . . . . . 6.79
- Organic Steel Cut Oatmeal** with banana, raisins, brown sugar . . . 6.79
- Grapefruit** . . . . . 3.49
- Melon in Season** . . . . . 5.79
- Fresh Fruit Bowl** . . . . . 5.99

## Nosh Specialties

- Nosh Breakfast Bagel** . . . . . 7.29  
Fluffy eggs, crispy bacon & cheese.
- The Gourmet Breakfast Bagel** . . . . . 8.29  
Egg whites, sun-dried tomatoes, spinach and goat cheese.
- Breakfast Burrito** . . . . . 8.99  
Scrambled eggs, crispy bacon & cheese, served with guacamole and salsa.
- Shakshuka (Israeli Breakfast)** . . . . . 11.49  
Two poached eggs served atop a slow roasted stew. Served with a baguette.
- Cheese Blintzes** (2) . . . . . 9.29 (3) . . . . . 12.99  
With sour cream and/or strawberry jam.
- Matzoh Brie** . . . . . 10.49  
With sour cream and/or strawberry jam. Add .99 for egg whites
- Chicken Apple Sausage Hash** . . . . . 11.99  
Aidells chicken apple sausage mixed with home fries, red onions, red peppers and topped with 2 eggs any style.
- Veggie Hash** . . . . . 11.49  
Diced potatoes, mushroom, artichoke hearts, sun-dried tomatoes, spinach & red onion topped with 2 eggs any style.
- Potato Latkes** (1)/(3) . . . . . 3.99/9.99  
With sour cream and applesauce.

## Egg Whites

Served with fresh fruit or an organic green salad. Add a bagel for 1.15.

- Chicken Egg White Scramble**  
Egg whites, chicken breast and fresh broccoli . . . . . 11.79
- Turkey Egg White Scramble**  
Egg whites, ground turkey and spinach . . . . . 11.79
- Veggie Egg White Scramble**  
Egg whites and fresh vegetables . . . . . 11.79

## Egg-cellent Eggs

Served with potatoes, tomatoes, cottage cheese or organic green salad and your choice of bagel or bread. Sub fruit 1.59. Add .99 for egg whites.

- Two Eggs Any Style** . . . . . 7.99  
with all-natural, nitrate-free bacon . . . . . 9.49  
with sausage links . . . . . 9.49  
with turkey sausage or turkey bacon . . . . . 9.49  
with Aidell's chicken apple sausage . . . . . 11.49  
with corned beef hash. . . . . 12.49
- Eggs & Onions** . . . . . 8.49
- Lox, Eggs & Onions** . . . . . 12.99
- Lox on the side** (with eggs & onions). . . . . 14.99

## Signature Omelettes

Served with potatoes, tomatoes, cottage cheese or organic green salad and your choice of bagel or bread. Sub fruit 1.59. Add .99 for egg whites.

- Cheddar, Bacon & Potato** . . . . . 11.29
- Rustic** artichoke hearts, sundried tomatoes, goat cheese and griddled onions . . . . . 12.29
- Mediterranean** spinach, red onion, feta cheese, tomatoes and black olives . . . . . 11.99
- Caprese** tomatoes, basil and mozzarella . . . . . 10.99
- Cheese** . . . . . 9.29
- Denver** ham, green pepper and onions . . . . . 12.29
- Spanish** melted Jack & cheddar cheese topped with Spanish sauce. Sour cream & guacamole on the side. . . . . 12.29

## Build Your Own Omelette

- Egg Whites** . . . . . 1.29
- Add cheese** . . . . . 1.00 each  
Swiss Muenster Jack Cheddar  
Mozzarella American Jarlesberg  
Goat cheese crumbles (add 2.00) Feta Crumbles (add 1.79)
- Add veggies** . . . . . 1.99 each  
Tomatoes Broccoli Green Peppers Onions  
Mushrooms Scallions Red Pepper Spinach  
Jalapeños Avocado (add 1.99)
- Add protein** . . . . . 2.49 each  
Bacon Corned Beef Sausage Pastrami  
Turkey Sausage Ham Chicken Breast Ground Turkey  
Salami (kosher, hard or Italian) Roasted Turkey Breast  
Smoked Salmon (add 3.99)

TRY SOME OF OUR ORGANIC TEA, COFFEE OR HOT CHOCOLATE

# BREAKFAST

Served all day, every day

## From the Griddle

### Pancakes, French Toast & Waffles

Vermont Maple Syrup . . . . .1.59

**Buttermilk Pancakes** Made from scratch every day.  
Short stack (3) /Reg Stack (4) . . . . . 8.99/9.99

**Blueberry Cakes** (3) . . . . . 10.99

**Nutella Banana Pancakes** (2) . . . . . 10.99

**Gluten-Free Pancakes** (3) . . . . . 10.99

**Pancake Combo** . . . . . 12.49  
Two fluffy pancakes served with two eggs and your choice of  
bacon or sausage.

**Challah French Toast** . . . . . 9.99

**Cinnamon Loaf French Toast** . . . . . 10.29

**French Toast Combo** . . . . . 12.49  
Four triangles of French toast with two eggs and your choice of  
bacon or sausage.

**Plain Waffle** . . . . . 7.99  
with fresh strawberries . . . . . 1.99

**Blueberry Waffle** . . . . . 8.99

**Waffle Combo** . . . . . 12.49  
A delicious waffle with two eggs and your choice of bacon or sausage.

## Smoked Fish

Served open faced on a bagel or as a plate with cream cheese, capers,  
tomatoes, cucumbers, red onions, Greek olives & lemon wedges on the side.

**Hand-Sliced Nova "Eastern" Salmon** . . . . . 15.99

**Nova Smoked Salmon** center sliced . . . . . 14.59

**Smoked Whitefish** . . . . . 13.99

**Smoked Sable** (natural cod) . . . . . 17.99

**Baked Salmon** . . . . . 14.99

**Smoked Whitefish Salad** . . . . . 12.49

## Breakfast Sides

**Delicious anytime!**

**Bacon or Sausage Links** (3) . . . . . 3.49

**Ground Beef Patty** 1/2 lb . . . . . 5.79

**Ground Turkey Patty** . . . . . 5.99

**Turkey Sausage Patties** (4) . . . . . 3.99

**Aidell's Chicken Apple Sausage** (3) . . . . . 4.99

**Tomatoes** (2/5 slices) . . . . . 99 / 1.99

**Turkey Bacon** . . . . . 4.29

**Nova Lox** (2 slices) . . . . . 8.99

**Hand-Sliced Nova Black** . . . . . 9.99

**Smoked Sable (Natural Cod)** . . . . . 10.99

**Smoked White Fish** . . . . . 7.99

**Breakfast Potatoes** . . . . . 3.29

**Side of Eggs** . . . . . 3.99

# BAGELS & BREAKFAST PASTRIES

ALL BAKERY ITEMS AND BAGELS ARE MADE FRESH DAILY.

## Hand-Crafted Bagels

protect your bagels...  
put lox on them!

**New York Style Bagel** . . . . . 1.15

Plain, Egg, Blueberry, Onion, Pumpnickel, Sesame, Rye, Wheat,  
Salt, Chocolate Chip, Everything, Cinnamon Raisin, Spinach,  
Poppyseed, Garlic

**Nosh Everything Stick or Cheese Bagel** . . . . . 2.49

**With Butter or Margerine** . . . . . 2.29

**With Cream Cheese** . . . . . 3.49

**With Lite Cream Cheese** . . . . . 3.59

**With Lox Spread** . . . . . 5.29

**With Flavored Cream Cheese** . . . . . 4.29

Flavors: Vegetable, Chive, Green Olive and Pimiento, Jalpeño,  
Spinach, Strawberry, Cinnamon Walnut Raisin

**With Peanut Butter/Nutella** . . . . . 4.79

**With Hummus** . . . . . 4.99

## Freshly-Baked Goods

**Fresh Baked Muffin** . . . . . 3.29

Blueberry, Coffee Cake, Banana-Walnut, Morning Glory,  
Lemon Poppy, Banana Chocolate Chip, Flax Seed,  
Chocolate Chocolate Chip

**Mini Danish** . . . . . 1.99

**Crumb Cake** . . . . . 3.29

**Croissant** Plain/Chocolate . . . . . 2.99/3.19



**Gluten-Free Flax Seed Muffin** . . . . . 3.29

Our bagels are hand-rolled, boiled and baked the old-fashioned way, right in our kitchen. Since 1975.

# SANDWICHES

## Classics

Served on your choice of: bread (whole wheat, sourdough, white, egg or rye), bagel, pita, baguette, roll (kaiser, onion or French - add 50¢). Sides: cole slaw, potato or macaroni salad. Sub fruit for 1.59 or French fries for 1.99.

	HALF	FULL
<b>Free Range Roasted Turkey Breast</b> . . . . .	8.29	12.29
<b>Smoked Turkey Breast</b> . . . . .	8.29	12.29
<b>Turkey Pastrami</b> . . . . .	8.99	12.79
<b>Hot New York Pastrami</b> . . . . .	8.29	13.49
<b>Roast Beef</b>  . . . . .	8.29	12.79
<b>Hot Corned Beef</b> . . . . .	8.29	12.79
<b>Hot Brisket of Beef</b>  . . . . .	8.29	12.79
<b>Kosher or Italian Salami</b> . . . . .	8.29	12.99
<b>BLT</b> . . . . .	6.99	11.49
add avocado . . . . .	1.99	
<b>White Albacore Tuna Salad</b> . . . . .	7.49	11.99
<b>Turkey Salad</b> . . . . .	7.49	11.79
<b>Chicken Salad</b> . . . . .	7.49	11.79
<b>Egg Salad</b> . . . . .	7.29	9.99
<b>Smoked Whitefish Salad</b> . . . . .	8.29	12.99

## SKY HIGH SANDWICH ADDITIONS:

Pile on cole slaw and Thousand Island dressing. . . add 99¢  
 Cheese/Tomatoes. . . add 99¢

## Internationals

Add French fries 1.99. Waffle fries, sweet potato fries or onion rings 2.99

<b>Golden Curry Chicken Salad</b> . . . . .	12.29
With spinach and tomato on a baguette, and a green salad on the side.	
<b>The Mozzarella</b> . . . . .	12.29
Mozzarella, tomato and basil on a baguette. Served with a garden salad.	
<b>The Vegetarian</b> . . . . .	10.49
Avocado, Jack cheese, tomato, cucumber and alfalfa sprouts on whole wheat bread. Served with a green salad.	
<b>Esther's Organic Falafel</b> . . . . .	9.29
Golden, delicious organic falafel fritters, cucumbers, lettuce, tomato and tahini sauce wrapped in a pita. Served with tabouli.	


## Triple Deckers

Served with cole slaw, macaroni, or potato salad, a pickle and fries. Substitute fruit for 1.59 extra. Add 1.99 for avocado.

<b>The Camden</b> . . . . .	13.99
Roasted turkey breast, ham and Swiss cheese, together with cole slaw and Russian dressing on rye.	
<b>The Canon</b> . . . . .	14.29
Tender roast beef, turkey and Swiss cheese, piled high with cole slaw and Russian dressing on rye bread.	
<b>Turkey Club</b> . . . . .	13.99
Turkey, bacon, lettuce and tomato on your choice of rye, wheat, white or sourdough bread.	
<b>The Roxbury</b> . . . . .	14.29
Corned beef, pastrami and Swiss cheese on rye. topped with cole slaw and Russian dressing.	
<b>The Big Santa Monica</b> . . . . .	13.99
Thinly-sliced turkey, tender roast beef, delicious ham and Swiss cheese, lettuce and ripe tomatoes on rye bread.	
<b>Grilled Chicken Club</b> . . . . .	13.99
Chicken breast, bacon, lettuce and tomato on your choice of rye, wheat, white, egg or sourdough bread.	

## Reubens, Melts and Grilled Sandwiches

Served with fries, cole slaw or green salad and a pickle. Substitute fruit for 1.59

<b>Reuben Sandwich</b> . . . . .	14.29
Corned beef, pastrami or turkey with sauerkraut, Swiss cheese and homemade Russian dressing on grilled rye bread.	
<b>French Dip</b> . . . . .	14.79
Hot prime brisket or prime roast beef on a French roll with au jus. 	
<b>Tuna Melt Sandwich</b> . . . . .	13.49
All-white albacore tuna salad and melted Swiss or American cheese on grilled rye bread.	
<b>BBQ Chicken Breast Sandwich</b> . . . . .	13.79
Char-grilled chicken with melted mozzarella, red onion, tomato, lettuce and house BBQ sauce on a homemade bun.	
<b>Grilled Chicken Breast Sandwich</b> . . . . .	12.49
With red onion, tomato and lettuce on a homemade challah bun.	
<b>Deluxe Grilled Chicken Sandwich</b> . . . . .	13.99
Melted Jack cheese, avocado, lettuce, tomato and red onion on a challah bun.	
<b>Tres Queso Grilled Cheese Sandwich</b> . . . . .	9.49
Melted Jack, Munster and Mozzarella cheese and white bread.	

ALL OF OUR MEATS ARE ROASTED DAILY. WE USE NATURAL NITRATE-FREE BACON.

# SOUPS, SALADS and LITTLE NOSHES

Served all day, every day

## Homemade Soups

	CUP	BOWL
<b>Chicken Soup</b> . . . . .	5.99	6.99
<b>Matzoh Ball</b> . . . . .	6.79	7.99
<b>Chicken Noodle</b> . . . . .	5.99	6.99
<b>Chicken Rice</b> . . . . .	5.99	6.99
<b>Vegetarian Vegetable</b> . . . . .	5.99	6.99
<b>Mushroom Barley</b> . . . . .	5.99	6.99
<b>Beef Chili</b> . . . . .		8.99

Served with corn muffin, cheddar cheese and onion

## Soup of the Day

	CUP	BOWL
<b>MONDAY-Split Pea</b> . . . . .	5.69	7.29
<b>TUESDAY-Tortilla</b> . . . . .	5.69	7.29
<b>WEDNESDAY-Turkey Chili</b> . . . . .		8.99

Served with avocado, Jack cheese and chips

<b>THURSDAY-Tomato Rice</b> . . . . .	5.69	7.29
<b>FRIDAY-New England Clam Chowder</b> . . . . .	6.49	8.99

### CHICKEN IN THE POT:

A HALF BOILED CHICKEN SIMMERED IN A POT WITH VEGGIES (AND NOODLES OR RICE IF YOU WISH). JUST LIKE MOM USED TO MAKE! 14.99

## A little Nosh

<b>Homemade Organic Hummus</b> . . . . .	6.99
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Drizzled with olive oil and served with a warm pita.

<b>Homemade Organic Falafel Balls</b> . . . . .	7.49
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Served with tahini sauce.

<b>Baba Ga-Nosh</b> . . . . .	7.59
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Served with a warm pita.

<b>Seasoned Waffle Fries</b> . . . . .	5.49
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Served with your choice of dipping sauce.

<b>Onion Rings</b> . . . . .	6.49
<b>Thick Cut Steak Fries/Shoestring Fries</b> . . . . .	3.99
<b>Chili Cheese Fries</b> . . . . .	6.99

A serving of chili and cheese on top of steak fries.

<b>Chips and Guacamole</b> . . . . .	5.99
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## Incredible Salads

Your choice of dressing: Ranch, Italian, Bleu Cheese, Thousand Island, Honey Mustard, Vinaigrette, Light Ranch or Light Italian

<b>Mediterranean Platter</b> . . . . .	12.99
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A plate of organic falafel balls, tabouli, organic hummus, baba-ga-nosh and pita.

<b>Chinese Chicken Salad*</b> . . . . .	13.29
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Romaine and Napa cabbage, chicken breast, scallions, Mandarin oranges, crispy noodles, sesame seeds and almonds tossed with our homemade Chinese dressing.

<b>Tuna Salad Bowl</b> . . . . .	11.79
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Organic mixed greens, ripe tomatoes and cucumber slices. Substitute chicken salad, egg salad or turkey salad.

<b>Golden Curry Chicken Salad</b> . . . . .	11.99
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Homemade chicken curry salad on organic mixed greens with tomato wedges and sliced apples.

<b>Arugula Salad*</b> . . . . .	12.99
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Arugula, marinated artichoke hearts, tomatoes, pine nuts, black olives, roasted mushrooms and shaved parmesan in a sherry pesto vinaigrette.

<b>Caesar Salad*</b> . . . . .	11.99
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An old standby of crisp romaine, seasoned croutons, Parmesan cheese and our classic Caesar dressing. With shredded chicken. . . add 2.99 With grilled chicken . . . . add 4.59

<b>Cobb Salad*</b> . . . . .	12.99
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Greens, chicken breast, Point Reyes bleu cheese crumbles, tomatoes, Niman Ranch bacon, avocado and chopped egg, with your choice of dressing.

<b>Acapulco Chopped Salad*</b> . . . . .	12.99
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Romaine, tomatoes, jicama, corn, radishes, avocado, red bell pepper and feta cheese in a honey-lime vinaigrette. With shredded chicken. . . add 2.99 With grilled chicken . . . . add 4.59

<b>Chopped Antipasto Salad*</b> . . . . .	12.99
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Fresh mixed greens, Italian salami, mozzarella cheese, red onions, garbanzo beans, black olives and pepperoncinis tossed with Italian dressing.

<b>Southwest Chicken Salad</b> . . . . .	13.49
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Chicken tenders, organic mixed greens, corn, green onions, shredded carrots and cucumber, served with our special BBQ ranch dressing.

<b>Harvest Salad*</b> . . . . .	12.99
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Organic mixed greens, cucumber, grapes, apples, candied pecans, sprouts and goat cheese tossed together in a lite vinaigrette.

<b>Fresh Fruit</b> . . . . .	11.49
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Generous portion of seasonal fresh fruit served on crisp lettuce with cottage cheese.

<b>Tossed Green Salad</b> . . . . .	7.29
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With tomatoes, cucumbers, carrots & croutons.

\*Available in a smaller portion for 2.00 less.

## LUNCH SPECIAL Monday-Friday

Choose two: Half Sandwich/Tossed Green Salad/Cup of Soup. . . 12.49  
Sorry, no substitutions.

ALL OF OUR CHICKEN IS FREE-RANGE. OUR FREE-RANGE TURKEY IS ROASTED DAILY.

# FROM THE GRILL

We use only trans-fat-free oils in all of our cooking.

## Hot Entrees

<b>Roasted Half Free Range Chicken</b> . . . . .	16.99
A half chicken seasoned with olive oil, rosemary & spices. Served with a seasonal vegetables and mashed potatoes.	
<b>Brisket Plate</b> . . . . .	17.99
Thick slices of fresh brisket served with potato pancakes and a medley of fresh vegetables and apple sauce.	
<b>Fried Chicken</b> . . . . .	13.49
Crispy fried chicken served with seasoned waffle fries & honey-dijon sauce.	
<b>Chicken Tenders</b> . . . . .	12.99
Served with French fries and BBQ sauce or honey dijon.	
<b>Hot Turkey Sandwich</b> . . . . .	14.29
Served open-faced with mashed potatoes, gravy and cranberry sauce.	

## Side Dishes

<b>Macaroni &amp; Cheese</b> . . . . .	5.99
<b>Our Famous Cole Slaw</b> . . . . .	2.99
<b>Classic Potato Salad</b> . . . . .	2.99
<b>Homemade Macaroni Salad</b> . . . . .	2.99
<b>Steamed Fresh Vegetables</b> . . . . .	4.59
<b>Tomatoes</b> (2/5 slices) . . . . .	99 / 1.99
<b>Old Fashioned Mashed Potatoes</b> . . . . .	4.99
<b>Fresh Avocado</b> . . . . .	2.29
<b>Pickled or Creamed Herring</b> . . . . .	4.99
<b>Small Side of Spanish and Greek Olives</b> . . . . .	2.99

## Beverages

<b>Organic Coffee (reg/decaf)</b> . . . . .	3.29
<b>Organic Tea</b> . . . . .	3.29
<b>Organic Iced Tea</b> . . . . .	3.29
<b>Organic Steaz Iced Tea</b> . . . . .	2.99
<b>Organic Iced Coffee</b> . . . . .	3.29
<b>Organic Hot Chocolate</b> . . . . .	4.79
<b>Energy Drink</b> . . . . .	3.29
<b>Chocolate Milk</b> . . . . .	2.99
<b>Lemonade</b> . . . . .	3.29
<b>Shakes (Vanilla or Chocolate)</b> . . . . .	5.49
<b>Rootbeer Float</b> . . . . .	4.29
<b>Can of Soda (Coke, Diet Coke, Sprite)</b> . . . . .	2.49
<b>Dr. Brown's Sodas</b> . . . . .	3.29
<b>Snapple</b> . . . . .	3.29
<b>Bottled Water (250 ml)</b> . . . . .	1.99
<b>Pelligrino</b> . . . . .	3.29
<b>Classic Mexican Coke</b> . . . . .	3.29
<b>Hubert's Iced Tea and Lemonade</b> . . . . .	3.99
<b>Apple Juice/Cranberry Juice</b> . . . . .	2.79
<b>Kombucha</b> . . . . .	4.99
<b>Fresh Coconut Water</b> . . . . .	5.29

## Burgers and Hot Dogs

100% natural grass-fed kosher ground beef. All-natural free-range turkey burgers are 100% white meat. All burgers are served with steak fries, cole slaw, lettuce, tomato, onion and a pickle. Avocado 1.99. (Substitute green salad.)

<b>The Nosh Hamburger</b> . . . . .	12.29
Lettuce, tomato and onion Add cheese or egg . . .99 Add bacon . . . 1.79	
<b>Backyard BBQ Burger</b> . . . . .	13.59
Piled high with cheddar cheese, bacon, onion ring and smokey BBQ sauce.	
<b>Deluxe Cheeseburger</b> . . . . .	14.59
With bacon, avocado, Jack cheese, lettuce, tomato and onion	
<b>Classic Patty Melt</b> . . . . .	11.99
Griddled rye with sautéed onion and Swiss cheese	
<b>Turkey Burger</b> . . . . .	12.29
Lettuce, tomato and onion Add cheese or egg . . .99 Add bacon . . . 1.79	
<b>Veggie Burger</b> . . . . .	11.49
A scrumptious vegan patty with lettuce, tomato & onion Add cheese . . . 99	
<b>All-Beef Hebrew National Kosher Hot Dog.</b> . . . . .	6.99
With sauerkraut or chopped onions With french fries . . . . . 8.99	

## Desserts baked on premises

<b>Slice of Carrot Cake</b> . . . . .	8.29
<b>Slice of Cheesecake</b> . . . . .	7.79
<b>Slice of Chocolate Cake</b> . . . . .	8.49
<b>Homemade Pudding</b> chocolate or butterscotch . . . . .	4.50
<b>Black &amp; White Cookie</b> . . . . .	2.99
<b>Chocolate Chip or Dulce de Leche Cookie.</b> . . . . .	3.29
<b>Chocolate Brownie</b> . . . . .	3.49
<b>Snickerdoodle</b> . . . . .	2.49
<b>M&amp;M Cookie</b> . . . . .	2.49
<b>Cinnamon Bun</b> . . . . .	4.99
<b>Scoop of Ice Cream</b> vanilla or chocolate . . . . .	3.99

We reserve the right to refuse service to anyone.  
An 18% gratuity will be added to parties of 6 or more.  
Prices subject to change.

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HAVE US CATER YUR PRIVATE EVENT AND MAKE IT SPECIAL. WE DELIVER.