

Freshly Baked Bagels

*The Mohawk Valley's finest bagels –
boiled & baked in Utica since 1988.*

- Plain • Sesame • Poppy • Onion • Garlic • Salt • Cinnamon-Raisin • Oat Bran • Everything (ET) • Egg • Saratoga Sunshine • Organic Whole Wheat • Spicy ET •

Daily Specials Include:

- Blueberry • Rye • Pumpnickel • French Toast • Sourdough • Sunflower • Multigrain • Three Cheese • Utica Greens • & many more

All Bagels.....80¢ ea
The **BG** Dozen (14).....\$9.50
Mini Bagels.....50¢ ea.....\$6.00 Doz(14)
Bialy (Traditional onion roll) Friday, Saturday, Sunday only \$1.00 ea



Cream Cheese

*Famous cream cheese flavors made in-house with
the freshest ingredients, and not found anywhere else.
Lite flavors made with Jones Family Farm cream cheese.*

- Plain • Plain-Lite • Vegetable • Veggie-Lite • Chive • Scallion • Garlic & Herb • Jalapeño • Olive & Pimiento • Bacon & Horseradish • Lox Spread • Strawberry • Strawberry-Lite • Raspberry • Walnut-Honey • Honey-Raisin • Honey • Cannoli • Cinnamon • Cinnamon-Raisin • Pumpkin* • Blueberry* • Apple*
*seasonal

Plain.....16oz, \$8.99.....8oz, \$4.99
Specialty Flavors.....8oz, \$4.99
Lox Spread.....8oz, \$7.99

Freshness Information

We hope you will enjoy these freshly baked bagels and cream cheese. Since our bagels are 100% Natural and contain no preservatives or additives, care is needed as follows:

Ecstasy: Devour within 6 hours.

Excellent: Keep in plastic on counter, eat within 2 days, 5 days in fridge.

Great: Preslice, then freeze in plastic. Defrost in the bag, then toast... or toast directly from the freezer.

Good: Microwave to restore... better than throwing them out! Beware: microwaving can make them tough. Dampen a paper plate, place bagel & cover with paper towel. Heat 30 seconds - eat immediately!

Cream Cheese: We date 2 weeks from packaging. Manufacturer allows 5 weeks from shipping. Some flavors may be more sensitive, but you should have at least 1 week beyond the "Sell By" date.

For more information and to order online visit:

BagelGrove.com

BAGEL NUTRITION FACTS

Serving Size: 1 Bagel (4 oz.)

	Amount/Serving	% DV*
Calories	330	17%
Total Fat	0 g	0%
Sat. Fat	0 g	0%
Cholesterol	0 g	0%
Sodium	400 mg	17%
Carbohydrate	63 g	21%
Dietary Fiber	1 g	4%
Sugar	3 g	
Protein	13 g	20%
Thiamin		28%
Riboflavin		19%
Niacin		20%
Calcium		5%
Iron		16%

CREAM CHEESE NUTRITION FACTS

Serving Size: 1 oz.

	Amount/Serving	% DV*
Calories	100	5%
Total Fat	10 g (Lite 7 g)	15% (10%)
Sat. Fat	6 g (Lite 4 g)	30% (20%)
Cholesterol	30 mg	10%
Sodium	90 mg	4%
Carbohydrate	Less than 1 g	0%
Dietary Fiber	0 g	0%
Sugar	Less than 1 g	
Protein	2 g	4%
Vitamin A		6%
Calcium		2%



Menu



Call Ahead or Order ONLINE!

BagelGrove.com

315-724-8015

We'll have 'em ready for ya!

7 Burrstone Rd. Utica, NY 13502

WE DELIVER!

Order by 11am for same day - \$20 minimum.

Bagel Classics

Our authentic bagels, in any of our traditional or homemade custom flavors, prepared as you like.

Butter.....	\$1.24
Cream Cheese (any flavor).....	\$1.89
Butter & Cinnamon.....	\$1.29
Peanut Butter.....	\$2.09
Jelly.....	\$1.59
Melted Cheese.....	\$1.89
Lox Spread.....	\$3.49

Breakfast Sandwiches

Available all day long! Your choice of bagel & cheese.
All breakfast sandwiches are made with pastured eggs from local farms!

Scrambled Egg & Cheese.....	\$2.29
Bacon (reg. or Canadian), Egg & Cheese.....	\$3.29
Sausage, Egg & Cheese.....	\$3.29
Scromelette (pepperoni, chive & mozzarella cheese).....	\$3.29

Coffee & Tea

Wake up with robust single-origin coffees from Equal Exchange, or rich flavors from local Utica Coffee Roasters!
Also featuring a full selection of teas from Equal Exchange.

Coffee.....Sm \$1.99.....Med \$2.29.....Lg \$2.59
Tea.....One Size \$1.59
Box of Coffee.....\$19.95

96 oz. of fresh brewed coffee, with all the fixins for 8 cups of joe

Stuffed Deli Sandwiches

Your choice of bagel, cheese, 2 veggies, & dressing.
Chips and pickle included.

Turkey • Roast Beef • Ham • Genoa Salami • Pastrami
Corned Beef • Chicken Patty • Tuna Salad
Egg salad • Chicken Salad

Deli Sandwich.....	\$7.49
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Specialty Sandwiches

Sandwiches that will Dazzle your Taste Buds!
Made to order with your choice of bagel.
Chips and pickle included.

Reuben.....	\$7.59
Classic... Corned beef, sauerkraut, & melted swiss	
Monaco.....	\$7.59
A lighter Reuben... Turkey instead of corned beef	
Cheddar Melt.....	\$5.95
Cheddar & herbs, melted & topped with sprouts and tomato	
Pizza Bagel.....	\$4.49
Melted mozzarella & tomato sauce. Add pepperoni.....\$1.00	
Chicked Parmesan.....	\$7.59
A delicious chicken patty covered in tomato sauce & melted mozzarella	
Chicken Cordon Bleu.....	\$7.59
Chicken patty, ham, mayo & melted cheese	
Cheesesteak Bagel.....	\$8.49
Thinly sliced steak, sauteed peppers & onions, provolone. Add BBQ sauce + 75¢	
Maple Bacon & Egg.....	\$8.49
Egg, bacon, & Tibbits' Maple cream. Sweet and savory perfection!	
B. L. T.	\$5.49
The original Power trial Bacon, lettuce, & tomato	
Hummus.....	\$5.29
Karam's famous hummus with spouts & tomato	
The "Zeina".....	\$6.79
Homemade labneh from Zeina's Cafe, za'atar, & olives	
Veggie Delight.....	\$5.29
Veggie cream cheese, cucumber, sprouts & mayo	
Feta, Tomato & Chive.....	\$7.59
JFF feta cheese & mayo, topped with tomato & chives	
Lox & Bagel.....	\$11.29
The Original and still best! Nova lox, cream cheese, tomato, onions & capers	

To order all of this & more,
including Office Packs and gifts,
go to

BagelGrove.com

Or call

315-724-8015

The Salad

Your choice of veggies & spring mix- chopped and tossed,
with a side of dressing

Plain Salad.....	\$5.99
With Choice of Deli Meat.....	\$8.49
Add Cheese....70¢, Hard-Boiled Egg....80¢, Bacon....\$1	

Choices & Add-ons

Cheese

American • Swiss • Muenster • Provolone

Cheddar • Mozzarella

Veggies

Lettuce • Tomato • Red Onion • Cucumber • Sprouts • Pickle

Capers • Sauteed Peppers & Onions • Sauerkraut

Dressings

Mayo • Mustard • Spicy Mustard • Honey Mustard

Russian • Italian • Ranch • Caesar

Balsamic Vinaigrette • Oil & Vinegar

Other Goodies

Bacon • Sausage Patty • Hard-Boiled Egg

Canadian Bacon • Pepperoni

On The Side

Soup of the Day.....Cup \$3.99.....Bowl \$5.99
Cookies.....Sm. \$1.15.....Lg. \$2.25
Terrell's Natural Potato Chips.....75¢
Homemade Cheesecake Slice.....\$5.89
From Scratch Fudge Brownie.....\$4.75

Beverages

Bottled Water.....Dasani (20 oz) \$1.69.....Smart Water (20oz) \$2.79
Sodas, Powerade, Gold Peak Teas.....20oz \$2.19
Vitamin Water.....20oz \$2.79
Minute Maid & Tropicana Juice Sm \$1.69 Lg \$2.79
Naked Juice Smoothies.....\$4.49
Aqua Vitea Kombucha.....\$4.49
Honest Ade Teas.....16.9 oz \$2.79

*Prices subject to change. Current pricing always available online.

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boiled & baked in Utica since 1988.*

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Raisin • Oat Bran • Everything (ET) • Egg • Saratoga Sunshine •
• Organic Whole Wheat • Spicy ET •

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• Sunflower • Multigrain • Three Cheese • Utica Greens •
& many more

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the freshest ingredients, and not found anywhere else.
Lite flavors made with Jones Family Farm cream cheese.*

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• Garlic & Herb • Jalapeño • Olive & Pimiento • Bacon &
Horseradish • Lox Spread • Strawberry • Strawberry-Lite •
• Raspberry • Walnut-Honey • Honey-Raisin • Honey • Cinnamon •
• Cannoli • Cinnamon-Raisin • Pumpkin* • Blueberry* • Apple*
*seasonal

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Delivery & Shipping

*We offer local Delivery for all items in this and
our regular menu. \$20 minimum.*

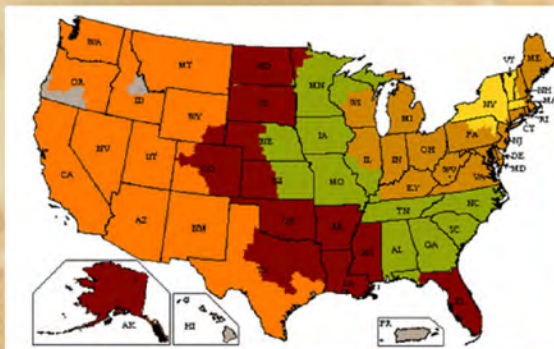
- Place your order by 11am for same-day local delivery •

*For all Gift Baskets, Dozens, and Merchandise, we ship via UPS.
USPS rates available, but delivery times are not guaranteed.*

- Visit www.BagelGrove.com to place your order and
select shipping options •

Shipping Freshness Information

*Since our bagels are 100% natural and contain no
preservatives or additives, we use these guidelines:*



UPS Ground:

Ecstasy
(1 day)

Excellent
(2 day)

Amazing
from the toaster
(3 day)

UPS 3 Day Select*:

Amazing
from the toaster
(3 day)

Amazing
from the toaster
(3 day)

**You must select 3 Day shipping or faster for areas
in red and orange zones. Order early in the week because
there is no shipping over the weekend.*

*All shipping orders containing Cream Cheese must select
one day shipping.*

Cream Cheese: We date 2 weeks from packaging. Manufacturer
allows 5 weeks from shipping. Some flavors may be
more sensitive, but you should have at least 1 week
beyond the "Sell By" date.



Gifts & Catering



WE SHIP NATIONWIDE!

BagelGrove.com

315-724-8015

7 Burrstone Rd. Utica, NY 13502

Office Packs

Everything you need for your breakfast or lunch meeting.
 Wrapped and ready to serve.

Small Bagel Pack.....\$24.95

10 Freshly Baked Bagels, sliced. 1 Cream Cheese(8oz), Butter & Fruit Jam
 Includes napkins, plates & knives, wrapped in a basket.

Large Bagel Pack.....\$39.95

20 Freshly Baked Bagels, sliced. 2 Cream Cheese(8oz ea), Butter
 & Fruit Jam. Includes napkins, plates & knives, wrapped in a basket.

Deli Lunch Box(serves 6-10).....\$44.95

2 Turkey Sandwiches plus 1 each of Ham, Roast Beef, Chicken Salad
 & Tuna Salad. Assorted bagels, cheeses & veggies.
 Includes napkins, condiment packets, potato chips & pickles.
 Sandwiches are individually labeled & wrapped in halves.



Beverages

Box of Coffee.....\$19.95

96 oz. of fresh brewed coffee, with all the fixin's for 8 cups of joe

Bottled Water.....Dasani (20 oz) \$1.69.....Smart Water (20oz) \$2.79

Sodas, Powerade, Gold Peak Teas.....20oz \$2.19

Vitamin Water.....20oz \$2.79

Minute Maid & Tropicana Juice Sm \$1.69 Lg \$2.79

Naked Juice Smoothies.....\$4.49

Aqua Vitea Kombucha.....\$4.49

Honest Ade Teas.....16.9 oz \$2.79

*Prices subject to change. Current pricing always available online.

Gift Baskets

Our ever-popular Gift Baskets, filled with the best we
 we have to offer. The perfect gift for any occasion,
 arranged & wrapped in a wicker basket.



Small.....\$24.95

7 Freshly Baked Bagels 2 Cream Cheese Flavors (4oz ea),
 2 Juices, 1 Fruit Jam

Medium.....\$36.95

14 Freshly Baked Bagels, 3 Cream Cheese Flavors (4oz ea),
 2 Juices, 1 Fruit Jam, 1 Packet Gourmet Coffee

Large.....\$56.95

28 Freshly Baked Bagels, 5 Cream Cheese Flavors (4oz ea),
 4 Juices, 2 Fruit Jam, 1 Packet Gourmet Coffee

Add-Ons.....Prices Vary

Items from our Gourmet selection of products can be added to
 customize your basket: Organic chocolates and teas
 from Equal Exchange, locally sourced honeys, maple syrup & more.

View our full menu,
 and order all this and more, go to
BagelGrove.com

Or call
315-724-8015

Party Platters

A selection of our freshly baked Mini Bagels, surrounding
 a giant, hollowed bagel, filled with our artisan cream cheese,
 arranged on a wicker tray.

Egg, Tuna, or Chicken Salads can be substituted for
 cream cheese.....+\$2.00 each.

Min. 2 Days Notice Required

Small.....\$32.95

14 Freshly Baked Mini Bagels, 2 Cream Cheese Flavors (1lb)

Medium.....\$46.95

28 Freshly Baked Mini Bagels, 3 Cream Cheese Flavors (1 1/2 lbs)

Large.....\$59.95

42 Freshly Baked Mini Bagels, 4 Cream Cheese Flavors, (2 lbs)



Catering Trays

Let Bagel Grove cater your next Lunch event* with delicious
 Bagel Grove Bagels, assorted deli meats, salads,
 and all the fixings for your guests to build their own
 Bagel Grove Sandwich!

***One Week Notice Required.**

Basic Tray.....\$8 per person*

Assorted Bagels, Meats, Cheeses, Veggies (Lettuce, Tomato,
 Red Onion), Mayo & Mustard

Deluxe Tray.....\$9 per person*

All Included above, + Assorted Deli Salads.

Custom Tray.....\$16 per person*

We will Customize your tray with all listed above, + your
 choice of Garden Salads, Soups, Bagel Chips,
 Assorted Desserts & Potato Chips.

***10 Person Minimum to Order.**