

## COLD LUNCH CLASSICS

*With choice of side salad  
Add French Fries for \$1.50*

*We Proudly Serve Boars Head Premium Cold Cuts*

- Our Famous BLT** ..... 5.49  
five slices of Boar's Head bacon topped with shredded lettuce and fresh tomatoes
- Turkey BLT** ..... 7.49  
Ovenroasted turkey sliced thin and stacked high topped with bacon, lettuce and tomatoes
- Ham, Salami & Provolone** ..... 6.99  
The Italian cold cut classic that hits the spot
- All American** ..... 7.49  
Triple threat of Roast Beef, Turkey & Ham with choice of cheese and lettuce and tomatoes
- Turkey Capri** ..... 7.49  
Turkey, provolone, spinach and roasted peppers
- Roast Beef & Cheddar** ..... 6.99
- Turkey & Swiss** ..... 6.99
- Roast Beef, Mozzarella, Roasted Pepper** ..... 7.99

## HOT LUNCH CLASSICS

*With choice of side salad  
Add French Fries for \$1.50*

- Original 1/2 pound Cheeseburger** ..... 6.99
- Bacon Cheeseburger** ..... 7.49
- Smothered Burger** ..... 7.49  
With sautéed mushrooms, onions & melted Swiss
- Philly Cheesesteak** ..... 7.99  
Topped with American Cheese and sautéed peppers
- Tuna Melt** ..... 6.99  
Homemade tuna, tomato & melted American cheese
- Grilled Cheese** ..... 4.49
- Grilled Cheese w/ Ham or Bacon** ..... 5.99
- Peter Luger** ..... 7.99  
Grilled Roast Beef, fresh mozzarella, onions, tomatoes  
Topped in Peter Luger sauce
- BBQ Roast Beef** ..... 7.99  
Grilled Roast Beef, Melted Provolone, grilled onions & BBQ Sauce

***Call Ahead for Quick Pickup  
(732) 534-9320***

## CHICKEN SANDWICHES

*Stacked Foot-long Sandwich Breaded or Grilled  
With choice of side salad*

- Original Chicken Club** ..... 7.99  
With crispy bacon, lettuce, tomato, mayo
- Chicken Teriyaki** ..... 7.99  
With mushrooms and teriyaki sauce
- Balsamic Chicken** ..... 7.99  
With fresh Mozzarella, roasted peppers, spinach & balsamic dressing
- Buffalo Chicken** ..... 7.99  
With hot sauce, blue cheese topped with shredded lettuce & tomato
- Chicken Caesar** ..... 7.99  
With Romaine lettuce, grated parmesan cheese & Caesar dressing
- BBQ Chicken** ..... 7.99  
With crispy bacon, Cheddar cheese & barbeque sauce

## A LITTLE HEALTHIER...

*keeping Jackson Lean & Mean*

- Turkey, Egg Whites & Swiss** ..... 5.15  
Turkey with low sodium Swiss & egg whites on a "scooped out" whole wheat bagel
- Vegetable Egg White Omelette** ..... 7.99  
With Spinach, Mushrooms, Peppers & Onions
- Muscle Builder Wrap** ..... 6.49  
With Grilled Chicken, Egg Whites and tomatoes
- Popeye Wrap** ..... 5.59  
With Turkey, Spinach, Egg Whites and touch of Feta
- Fit Wrap** ..... 5.59  
With Turkey Bacon, Egg Whites & roasted peppers

## HOMEMADE SALADS

*Served on a bagel or by the pound*

	Sandwich	Per Lb.
Tuna Salad .....	5.99	8.99
Chicken Salad .....	5.99	8.99
Egg Salad .....	5.49	6.99
Whitefish Salad .....	7.99	9.99
Potato Salad .....	—	5.00
Macaroni Salad .....	—	5.00



**Hand Rolled Bagels...  
The Old Fashioned Way**

## BREAKFAST & LUNCH MENU

**Romeo's Shopping Plaza  
10 S New Prospect Rd  
Jackson, NJ**

**(732) 534-9320  
www.thebagelexchange.com**



## HAND ROLLED BAGELS

*Old fashioned, kettle boiled*

Plain • Everything • Sesame • Poppy • Whole Wheat  
Multigrain • Whole Wheat Everything • Cinnamon Raisin • Egg  
Pumpnickel • Pump-Rye • Egg Everything • French Toast  
Onion • Salt • Garlic • Chocolate Chip • Blueberry

Each Bagel .....	1.05
French Toast Bagel .....	1.65
Roll or Bialy .....	1.05
1/2 dozen Bagels .....	6.30
Baker's Dozen .....	12.60

with Butter .....	2.09
with Plain Cream Cheese .....	2.49
with Flavored Cream Cheese .....	3.59
with Peanut Butter & Jelly .....	2.99
with Cream Cheese & Jelly .....	2.99
with Cream Cheese & Butter .....	2.99
with Bacon & Cream Cheese .....	3.99
with Fresh Nova Lox & Cream Cheese .....	7.99

### Homemade Flavored Cream Cheese

VEGETABLE - SCALLION - JALAPENO  
WALNUT RAISIN - LOX SPREAD - OLIVE PIMENTO

\$3.59 on sandwich, \$4.25 per 1/2 pound

## BREAKFAST SANDWICHES

*Served with 2 eggs on a bagel or roll*

Egg Sandwich .....	3.65
Egg and Cheese .....	4.15
Egg and choice of Meat .....	4.65
(Bacon - Sausage - Turkey - Pork Roll - Ham - Turkey Bacon)	
Egg & Meat & Cheese .....	5.15
Meat & Cheese .....	4.15
Potatoes & Eggs .....	4.15

Extra Egg .....	0.50
Extra Cheese .....	0.50
Extra Meat .....	1.00
Substitute Egg Whites .....	0.50
Homefries on Sandwich .....	1.00

## EGG OMELETTES

*Made with 3 eggs  
Served with Home Fries and toast*

<b>Cheese Omelette</b> .....	6.29
your choice: American, Swiss, White American, Cheddar, Provolone, Mozzarella, Meunster	
<b>Vegetable Omelette</b> .....	7.49
with spinach, red & green peppers, mushrooms, onions	
<b>Ham and Cheese Omelette</b> .....	7.49
<b>Western Omelette</b> .....	7.49
with ham, peppers and onions	
<b>Greek Omelette</b> .....	7.49
with Spinach, Feta cheese, Onions and tomato	
<b>Lorraine Omelette</b> .....	7.49
with bacon, onions and Swiss cheese	
<b>Belly Buster Omelette</b> .....	8.99
with bacon, sausage, pork roll and cheese	
<b>Your Way Egg Platter</b> .....	6.99
eggs any style served with your choice of meat	

*Build your omelette with 4 Egg Whites ..... extra \$1.00*

## SIDES & MORE

Home Fries (regular) .....	2.99
Home Fries (large) .....	3.99
2 Eggs .....	2.50
Bacon, Pork Roll, or Sausage .....	2.99
French Fries .....	2.99
Cheese Fries .....	3.99
Bacon Cheese Fries .....	4.99

## The Family Special

Baker's Dozen  
1/2 pound plain cream cheese  
1/2 pound any flavored cream cheese

*\$17.00 .....you save about \$4.00*

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## FRESH GARDEN SALADS

*Served with choice of dressing*

<b>House Tossed Salad</b> .....	5.99
Bed of mixed greens, tomato, cucumber and red onion	
<i>Add Tuna, Chicken or Egg Salad ..... 1.50</i>	
<b>Greek Salad</b> .....	6.99
Mixed greens, seasoned vegetables, Feta Cheese, & Kalamata olives with balsamic vinaigrette	
<b>Mom's Italian Salad</b> .....	6.99
Fresh Mozzarella cheese, roasted peppers, olives over mixed greens with balsamic vinaigrette	
<i>Add marinated grilled chicken ..... 1.50</i>	
<b>Grilled Chicken Caesar Salad</b> .....	7.99
Grilled chicken strips, chopped Romaine lettuce, seasoned croutons, grated Parmesan cheese & Caesar dressing	
<b>Chicken Bacon Ranch Salad</b> .....	7.99
Grilled chicken strips, crispy bacon & shredded Cheddar atop mixed greens with Ranch Dressing	
<b>Montecristo Salad</b> .....	6.99
Mixed greens, crispy bacon, chopped egg, tomato, cucumber, red onion & shredded American cheese	

## FRESH BAKERY

Jumbo Brownie • Muffins • Crumb Buns •  
Croissant • Cinnamon Roll • Apple Turnover •  
Chocolate Croissant • Cheese Danish •  
Black & White Cookie • Cheese Croissant

*Toasted on the grill  
..... extra \$0.50*

Each ..... 2.25

## CATERING

Delicious breakfast & lunch options for your  
family gathering or business meeting!!!

**GRAB OUR CATERING MENU!**

**SALES REP? Let us help make  
your meeting a success!**