

A New York Delicatessen

# strathmore bagels & deli

Wellington, FL.



# Omelettes



All omelettes are made with fresh eggs and served with your choice of home fries, grits, oatmeal, or tomato slices. You may also choose one of the following: bagel, bialy or toast with butter or plain cream cheese. Add any cheese to any omelette for \$1.50 extra. Wrap it in a tortilla for \$1.50 more. Add \$2.00 for Egg Beaters or egg whites.

## Plain Omelette

The perfect, fluffy omelette you'll tell all your friends about. \$9.00

## Cheese Omelette

Choose one from the following items: American, Swiss, Colby Jack, Muenster, Cheddar, Pepper Jack, Mozzarella or plain cream cheese. \$11.00

## Spinach Omelette

Healthy omelette made with fresh spinach. \$11.00

## Spanish Omelette

Onions, bell peppers, and salsa. \$12.00

## "LEO" Omelette

Belly (salty,) eggs and onions! What could be better? \$13.95

## "NEO" Omelette

Okay! Maybe nova, eggs and onions are better. \$13.95

## Wild West Omelette

Ham, bell peppers, onions and cheese. Yummy! \$12.50

## Scallion Cream Cheese Omelette

A perfect omelette made even better! \$11.00

## Vegetable Omelette

Mushrooms, onions, bell peppers and tomatoes makes this omelette extra special. \$12.00

## One Meat Omelette

Choose one of the following: ham, turkey, salami, bologna, bacon, pastrami or corned beef. \$12.00

With tongue or turkey off the frame. \$14.00

Add an additional meat- \$3.50

Add cheese for \$1.50

## Philly Cheese Steak Omelette

Beef, peppers, onions and provolone cheese. \$10.50



# Hungry for Eggs

Served with your choice of home fries, grits, oatmeal or tomato slices. Also choose a bagel, bialy or toast with butter or plain cream cheese. Add \$2.00 for Egg Beaters or egg whites. \*Excludes Eggs Benedict for Bagel\*

## Two Delicious Farm Fresh Eggs

Served any style. \$7.00

Served any style with your choice of bacon, Canadian ham or sausage. \$10.00

Served any style with corned beef hash. \$11.00



## 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. \$14.50 \*For sweet potato pancakes add \$2.00

## 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. \$10.50 \*For sweet potato pancake add \$1.00

## Eggs Benedict

Two eggs over English muffins, Canadian bacon, hollandaise sauce. \$11.50

## Nova Benedict

Two eggs over English muffins, smoked nova, hollandaise sauce. \$14.50

## Spinach Benedict

Two eggs over English muffins, spinach, tomatoes, hollandaise sauce. \$11.50

Kippers and Eggs \$13.50

Sub Egg Beaters or egg whites for \$2.00

# Griddle Favorites

## Challah French Toast

Made with challah bread and sprinkled with powdered sugar. \$9.50  
Add \$1.50 for granola or almond topping.

## Belgian Waffle

Simply scrumptious! \$9.50  
Add \$1.50 for Sweet Potato

## Pancakes

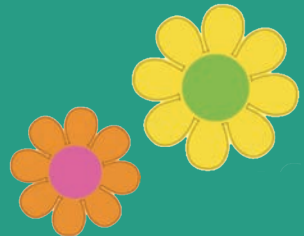
Three heavenly pancakes. \$9.50  
Add fresh, delicious blueberries, strawberries, bananas or chocolate chips for \$1.50 extra.

## Short Stack

Two pancakes. \$7.75  
Add \$1.50 for Sweet Potato

## Sweet Potato Pancakes

Three pancakes. \$11.50



# Bagels & such

## Bagels

Plain, poppy, sesame, everything, whole wheat everything, multigrain, onion, egg, super egg onion, salt, pumpernickel, garlic, cinnamon raisin, blueberry, honey whole wheat, caraway, french toast, chocolate chip, honey oat, asiago egg everything, marble, sun dried tomato, marble and flagels. Also, bialys, whole wheat bialys, loafs, discs, and salt sticks.

## Bagelwiches

Two delicious eggs served on a bagel, bialy or toast. \$5.00

With Canadian ham, bacon or sausage. \$6.25

Add \$1.75 for American, Swiss, provolone, cheddar or cream cheese.

Add \$2.00 for Alpine, feta or farmer cheese.

Sub Egg Beaters or egg whites. \$2.00 extra

## Bagel Schmears--Yummy toppings for our homemade bagels.

with unsalted butter. \$2.75 // with plain cream cheese. \$3.25

with gourmet specialty cream cheese. \$4.25 // with nova spread. \$5.25

## Gourmet Specialty Cream Cheese\*

Our growing list of gourmet cream cheeses includes: olive, everything, cinnamon raisin walnut, scallion, vegetable, or lite cream cheese \$4.25

# Strathmore Bagels Specialties

## Matzo Brie

with applesauce or onions. \$10.50

with belly (salty) and onions. \$14.50

with nova and onions. \$14.50

## Waist Watchers

Half cantaloupe with a scoop of cottage cheese, served with bagel chips. \$9.50

## Trio of Potato Pancakes

with sour cream or applesauce. \$9.50

## Trio of Blintzes

Choose from: cheese, blueberry cheese, cherry cheese or potato.

Served with sour cream or applesauce. \$11.50

Add fruit topping for \$2.00



# classic corner

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

Add \$1.50 for gourmet specialty cream cheese.\*

Belly (salty) - \$11.00

Nova - \$11.00

Baked Salmon - \$12.25

Sturgeon - \$14.25

Whitefish - \$12.25



# homemade salad platters

Each platter is served with lettuce, tomato, cucumber, Bermuda onions and vegetable garnish. Includes a bagel, bialy or toast. Also includes your choice of one of the following side salads: potato, macaroni, tomato, cucumber, Israeli, or coleslaw. Add \$1.50 for gourmet specialty cream cheese.\*

Egg Salad - \$11.95

Tuna Salad - \$12.95

Whitefish Salad - \$14.50

Baked Salmon Salad - \$14.50

Shrimp Salad - \$14.95

Eggwhite Tuna Salad - \$13.95

Chicken Salad - \$12.95

Chopped Liver-

vegetable or meat - \$12.95

Waldorf Salad - \$13.95

Chopped Herring - \$11.95



# homemade salad sandwiches



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 cheese for \$1.50.\*  
Add Gluten-Free Bread for \$2.00.\*

Egg Salad - \$9.50

Whitefish Salad - \$12.50

Tuna Salad - \$10.50

(white albacore)

Baked Salmon Salad - \$12.50

Strathmore's Version of Low Cal Veggie Tuna - \$11.50

or Egg white Tuna Salad - \$11.50

Chicken Salad - \$10.50

Chopped Liver

vegetable or meat - \$10.50

Waldorf Salad - \$11.50

Chopped Herring - \$10.50

Shrimp Salad - \$13.00

# Platters for 2

## Bagel Combo Salad

Choose any **TWO** salads from our selection. Each platter includes three bagels or bialys, **two** cream cheeses, and lettuce, tomato, cucumber, Bermuda onion, and vegetable garnish. Choice of **two** of the following side salads: cucumber, potato, macaroni, tomato, Israeli, or coleslaw. For dessert you'll enjoy six pieces of our homemade rugelach. Two beverages included. \$34.95

Baked Salmon Salad  
Chicken Salad  
Chopped Herring  
Egg Salad

Egg White Tuna Salad  
Tuna Salad  
Shrimp Salad  
Whitefish Salad

Waldorf Salad  
Chopped Liver  
Vegetable Liver Salad

## Meat Platter

Choose any **TWO** meats from our sliced meat selection. Each platter includes choice of bread, bagel or bialy and served with lettuce, tomato, cucumber, Bermuda onion, and vegetable garnish. Choice of **two** of the following side salads: cucumber, macaroni, potato, tomato, Israeli, or coleslaw.

For dessert you'll enjoy six pieces of our homemade rugelach.

Two beverages included. \$34.95

Sub tongue, off the frame, or first cut, add \$4.00\*

## Smokin' Fish Platter

Choose any **TWO** fish items from our smoked fish selection. Each platter includes three bagels or bialys, **two** cream cheeses and lettuce, tomato, cucumber, Bermuda onion, and vegetable garnish. Choice of **two** of the following side salads: cucumber, potato, macaroni, tomato, Israeli, or coleslaw.

For dessert you'll enjoy six pieces of our homemade rugelach. Two beverages included. \$43.95

Additional charges for Nova spread

# 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 plain cream cheese. Also includes your choice of one of the following side salads: potato, macaroni, cucumber, tomato, Israeli, or coleslaw.

Nova - \$16.45

Belly (salty) - \$16.45

Whitefish - \$16.45

Baked Salmon - \$16.45

Sturgeon - \$19.45

Pickled Herring- in cream sauce  
with onions - \$11.45

Pickled Lox- in cream sauce  
with onions - \$16.45

Matjes Herring- in wine  
sauce and onions - \$11.45



# on the light side

Choice of bagel, bialy, or bagel chips with butter or cream cheese. Add \$2.00 to have your salad chopped. Add \$2.00 to sub off the frame, tongue, or first cut. Specialty Cream Cheese add \$1.50

## Strathmore Bagels' Chef Salad\*

Our version of a chef salad made with salami, roast beef, turkey, and Swiss. Served with iceberg lettuce, vegetables, black olives and hard boiled egg. \$13.95

## Turkey Chef Salad\*

Our tender white meat turkey served over iceberg lettuce with vegetables, black olives and hard boiled egg. \$13.95

## The Famous Bagel Twins

Generous scoops of whitefish salad and baked salmon salad served with crisp greens and vegetables and choice of side salad. \$13.95

## Our Colossal Garden Salad

Our iceberg lettuce served in oversized bowl with fresh vegetables and black olives. \$9.95

Add a large scoop of chicken or tuna salad or egg salad. \$7.00

## Big N' Fat Greek Salad

Served with romaine lettuce, vegetables, and lots of feta cheese. \$13.95

## A Taste of the Orient

Iceberg lettuce, scallions, tomatoes, carrots, mandarin oranges, noodles, and chicken with sesame ginger dressing. \$14.95

## Popeye's Big Secret

Fresh spinach, chopped bacon, sliced hard boiled egg and mushrooms served with hot raspberry bacon dressing. \$13.95  
Add grilled chicken for \$4.50

## Julius' Caesar Salad

Garden fresh romaine lettuce served in our oversized bowl with parmesan cheese and croutons. 11.95  
Add grilled chicken for \$4.50

## Fresh Fruit Salad

Seasonal fruit served on a bed of greens. \$11.95  
Add cottage or farmer cheese for \$1.50

## A Tomato's Delight

Overstuffed tomato with your favorite salad. Choice of ONE: seafood, tuna, chicken, shrimp, egg, whitefish, or baked salmon salad and choice of side salad. \$12.95

\*For lobster salad add \$10.00

## Acai Bowl

Acai root sorbet, honey, coconut flakes, blueberry, banana, and strawberry. \$9.00

\*Add Granola - add \$2

\*Add Nutella - add \$2

\*Add Plain Greek Yogurt - add \$2

## Wycliffe Salad

Romaine, crumbled blue cheese, candied walnuts, raisins, and apples served with a raspberry vinaigrette dressing. \$14.95

## Cobb Salad

Romaine lettuce, tomatoes, eggs, bacon, chicken, blue cheese, and avocado. \$14.95

## Slice of Quiche \$5.00

Ham or Spinach



# Just Wraps

Made on a large tortilla and served with your choice of one of the following side salads: cucumber, potato, macaroni, tomato, Israeli, or coleslaw. \*Add \$2.00 to sub off the frame, tongue, or first cut of any meat. Sub side salad, fruit or fries add \$1.75.

## Tuna or Chicken

Homemade salad, lettuce and tomato. \$11.50

## Classic BLT

Bacon, lettuce, tomato & mayo with a modern twist! \$11.50  
Add 1 Egg \$3.00

## AF Wrap

Cracked pepper turkey, provolone, lettuce, tomato, banana peppers and honey mustard. \$12.95

## Single Meat\*

Choice of ONE: oven roasted turkey, roast beef, brisket, corned beef, ham, pastrami, or turkey pastrami with lettuce and tomato. \$12.50

## Chef's Special\*

Turkey, ham, swiss, lettuce and tomato. \$12.95

## Philly Cheese Steak

Beef, peppers, grilled onions and provolone cheese. \$11.95

## Mediterranean

Feta cheese, tomato, onions, peppers, and greek olives. \$12.95

## Grilled Veggie

Overstuffed with lots of delicious grilled vegetables. \$11.95

## Godfather II

Ham, salami, provolone, lettuce, tomato, olive oil and vinegar. \$12.95

## Shrimp

Homemade salad, lettuce and tomato. \$13.95

## Wellington Roll

Grilled chicken with roasted red peppers, lettuce and tomato. \$11.95

## Palm Beach Polo

Roast beef, cheddar cheese, lettuce, tomato, and horseradish dressing. \$12.95

## Waldorf Salad

Homemade chicken salad with grapes, candied walnuts, apples and celery. \$12.50

## Low-Cal Veggie Tuna

Homemade salad with lettuce and tomato. \$12.50

## Eggwhite Tuna

Homemade salad, lettuce and tomato. \$12.95

## "Big Louie"

Fresh mozzarella, basil, roasted red peppers, tomato and balsamic vinegar. \$12.95

## Chicken Caesar

Grilled chicken, romaine lettuce, and parmesan cheese. \$11.95

## "Fat Louie"

Fresh mozzarella, basil, roasted red peppers, tomato, prosciutto, and balsamic vinegar. \$14.95

## Egg Salad

Deliciously prepared homemade egg salad, lettuce and tomato. \$10.95

## The Sloppy Joe\*

Corned beef, coleslaw, and Russian dressing. More napkins please! \$12.95

## Hot Willy

Chicken tenders with hot sauce, lettuce, tomato and blue cheese dressing. \$11.95

## Versailles\*

Oven gold turkey, boiled ham, colby jack, lettuce, tomato, and honey mustard. \$12.95

## Peanut Butter Lover's Wrap

Peanut butter, banana, fresh strawberries, drizzle of honey. \$9.95  
Add Nutella \$2.00  
Add mini chocolate chips \$2.00  
Add granola \$2.00

## The Jacked Wrap

Grilled chicken, pepper jack cheese, banana peppers, red cabbage, salsa, lettuce and a chipotle aioli sauce. \$12.95



# Grilled greats

All sandwiches are prepared on white, whole wheat, or rye bread. All items served with french fries and your choice of one of the following side salads: cucumber, potato, macaroni, tomato, Israeli, or coleslaw. Sub fruit for fries, add \$1.75. \*Add \$2.00 for first cut, tongue, or off the frame.

\*Add Gluten-Free Bread for \$2.00.

## The Reuben\*

Tender, juicy corned beef stacked high with sauerkraut and topped with melted Swiss cheese and Russian dressing. \$13.95

## He-Man Melt\*

Roast beef, turkey, or brisket topped with your favorite cheese. \$13.95

## Turkey Club\*

Our version of this classic is made with fresh sliced turkey, country bacon, lettuce and delicious tomato. \$13.95

## Our Salad Melt

Homemade chicken or tuna salad served with your choice of cheese. \$13.95

## The BLT

The classic sandwich made at Strathmore Bagels with country bacon, lettuce and fresh tomato. \$13.95

## Monte Cristo\*

Served with French toast, turkey, ham, and Swiss with homemade mustard. \$13.95

## Chicken Fingers

Crispy, juicy chicken served with your choice of BBQ or honey mustard sauce. \$11.95

## His Better Half\*

Better known as "the Rachel." Tender, juicy pastrami stacked high with sauerkraut and topped with melted Swiss cheese and Russian dressing. \$13.95

## Gobble-Gobble\*

Delicious, fresh sliced turkey stacked high with sauerkraut and topped with melted Swiss cheese and Russian dressing. \$13.95

## Hot Diggity

Two delicious kosher hotdogs. \$10.95  
With knocks, add \$1.50

## Chicken Breast

Tender grilled or breaded chicken breast served with garden fresh tomato and lettuce. \$13.95

## Classic Grilled Cheese

Your choice of any of our cheeses. \$10.45 // Add bacon or ham for \$3.50

## Shlomo Garcia

Our version of the Cuban. Served on grilled rye with ham, turkey, cheddar and Swiss cheese, pickles and mustard. \$13.95

## Chicken Quesadilla

Made on a flour tortilla with mushrooms, onions, peppers, chicken and cheddar cheese. Served with sour cream, salsa, and guacamole.

\$14.95



# overstuffed deli sandwiches



All sandwiches are served on a bagel, bialy, white, wheat or rye bread with your choice of ONE of the following side salads: coleslaw, cucumber, potato, macaroni, tomato or Israeli. Add \$2.00 for first cut or off the frame. Add coleslaw to your sandwich for \$.75. Add \$1.50 for extra cheese. Sub side salad for fries or fruit, add \$2.00. Add chopped liver to any sandwich for \$3.50.

\*Add Gluten-Free Bread for \$2.00.

Turkey Breast\* - \$11.50  
Corned Beef\* - \$11.50  
Turkey Pastrami - \$11.50  
Roast Beef - \$11.50  
Tongue - \$14.00  
Brisket - \$12.00  
Pastrami\* - \$11.50  
Salami - \$10.50  
Liverwurst - \$10.95

Swiss Cheese - \$8.50  
Hard Salami - \$12.50  
Muenster Cheese - \$8.50  
Provolone Cheese - \$8.50  
American Cheese - \$8.50  
Ham (black forest or boiled)- \$10.50  
Bologna - \$10.50  
2 Meat Combo - \$14.00

## SOUPS & stuff

\*Add \$2.00 to sub first cut, tongue, or off the frame.

Soup of the Day  
Cup \$4.50 // Bowl \$5.50

Mushroom Barley Soup  
Cup \$4.50 // Bowl \$5.50

Chicken Soup  
Cup \$4.50 // Bowl \$5.50  
\*\*Add a matzoh ball for \$1.25

Combinations  
Soup and half sandwich\*\* \$10.00  
Soup and half salad \*\* \$10.00  
Half salad and half sandwich\* \$10.00  
Upgrade Caesar or Greek add \$1.50

Quiche and cup of soup\*\* \$10.00  
Quiche and half sandwich\* \$10.00  
Quiche and half a salad. \$10.00

## side dishes



Rice Pudding - \$4.50  
Stuffed Derma - \$4.50  
Fresh Fruit Cup - \$4.50  
Small House Salad- \$4.25  
Cantaloupe Half - \$4.50  
Hot dog (1) - \$3.25  
Cup of grits or oatmeal - \$3.00  
Bowl of grits or oatmeal - \$4.25  
Cucumber or tomato salad- \$3.50  
Corned Beef Hash- \$4.00  
Stuffed Cabbage Roll - \$4.50  
Mushroom Barley - \$4.50

Broccoli Salad - \$4.50  
Israeli or Potato Salad - \$3.50  
Macaroni or coleslaw - \$3.50  
Cottage Cheese - \$4.00  
French fries or Home fries-\$4.00  
Sweet Potato Tater Tots - \$5.00  
Kasha Varnishkas - \$5.00  
Potato Pancake (1) - \$2.75  
Assorted Knishes - \$4.75  
Bacon, sausage, Canadian ham,  
or turkey sausage - \$4.25

# thirst quenchers

Fresh Brewed Coffee  
Regular or Decaf  
bottomless Pot \$2.75

Iced Coffee  
Served with coffee ice cubes.  
free refills! \$3.25

Large Cappuccino \$4.00  
Espresso  
Single // \$2.00  
Double // \$4.00  
Latte \$4.00

Iced Tea  
free refills! \$3.00

Hot Tea--\$3.00  
Regular, Decaf, or Green Tea

Hot Chocolate--\$3.25  
served with whipped cream.

Individual Soda Cans \$1.75  
Coke, Diet Coke, Sprite, Diet Sprite

Dr. Browns Sodas \$2.75  
Arizona Iced Teas \$2.75  
Bottled Water \$1.75  
Pellegrino \$3.00

Juices  
Orange, Apple, Cranberry, Grapefruit,  
or Tomato.  
sm. \$2.25 // lg. \$3.50

Chai Tea  
Chocolate, Vanilla, Raspberry,  
or Spiced. Served with whipped  
cream. \$3.50



## bakery items

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

rugelach  
assorted muffins  
black & white cookies  
brownies & cupcakes  
cherry turnovers  
pastries & cookies

apple turnovers  
crumb cake  
oatmeal pie cookie  
hamentashen  
meltaways  
...and much more!

Ask your server about assorted cakes by the slice!

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

**\*We can only split checks two ways\***



photo 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.

Ask about our catering services!  
Gift cards and logo merchandise available.  
More locations in Florida and New York.  
Strathmore Bagels donates generously to  
local and national charities and organiza-  
tions within the community.



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