

## THREE EGG OMELETE

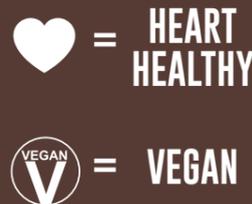
Served with home fries & a bagel with butter.  
Add cream cheese 1.50

- LEO OMELET** 9.75 **♥ EGG WHITE & VEGGIE OMELETE** 8.75  
Nova lox & onions  
Onions, green peppers & tomatoes (4 eggs).
- ITALIAN OMELETE** 8.75  
Sausage, onions, green peppers & mozzarella
- CHEESE OMELETE** 8.25
- WESTERN OMELETE** 8.75  
Ham, onions, green peppers & American cheese.



## BREAKFAST ON A BAGEL

- EGG SANDWICH 2.90
- EGG & CHEESE 3.75
- EGG & TAYLOR HAM 4.55
- EGG, TAYLOR HAM & CHEESE 5.25
- EGG & BACON 4.75
- EGG, BACON & CHEESE 5.25
- EGG & SAUSAGE 4.25
- EGG, SAUSAGE & CHEESE 5.25
- Substitute Turkey Sausage* .30
- TAYLOR HAM 3.20
- BACON 3.50
- SAUSAGE 3.20
- ♥ EGG WHITES (2) 3.15
- ♥ EGG WHITES, CHEESE & TOM. 4.15



## LIGHT BAGEL BREAKFAST

- BAGEL W/ GOURMET CREAM CHEESE 4.15
- BAGEL W/ SLICED NOVA LOX 8.35
- ADD ON: Onions, Capers, Lettuce or Tomato*
- BAGEL (SINGLE) 1.15
- BAGEL W/ BUTTER 2.25
- BAGEL W/ BUTTER & JELLY 3.15
- BAGEL W/ CREAM CHEESE 3.45
- BAGEL W/ NUTELLA 3.95
- BAGEL W/ PEANUT BUTTER 3.20
- BAGEL W/ PB & JELLY 3.75
- BAGEL W/ CREAM CHEESE & BUTTER 3.95
- BAGEL W/ CREAM CHEESE & JELLY 3.95
- BAGEL W/ SLICED NOVA LOX & CREAM CHEESE 9.95

*ADD ON: Onions, Capers, Lettuce or Tomato*

## DELI & SALAD SANDWICHES

Available on a bagel, bread, Kaiser roll, grilled panini, or wheat wrap. Served with lettuce, tomato & pickle. Or add cheese!

-MAKE IT A COMBO-

- HAM SANDWICH 6.95
- TURKEY SANDWICH 7.45
- VIRGINIA HAM SANDWICH 7.30
- CORNED BEEF SANDWICH 7.95
- PASTRAMI SANDWICH 7.95
- SALAMI SANDWICH 6.95
- WHITE ALBACORE TUNA SALAD SANDWICH 7.35
- LOW FAT TUNA SALAD SANDWICH 7.50
- CHICKEN SALAD SANDWICH 7.35
- LOW FAT CHICKEN SALAD SANDWICH 7.50
- WHITE FISH SALAD SANDWICH 8.45
- EGG SALAD SANDWICH 6.95

MAKE YOUR THB SKINNY

scooped out bagel thin sliced bagel wheat wrap



## BAKERS DOZEN

=13 Bagels



## MONDAY & TUESDAY BAGEL SPECIAL

Same price for a Bakers Dozen but get 16\*

11.95 *\*Does not apply on Some Holidays.* 11.95

## GOURMET SANDWICHES

All Gourmet Sandwiches come with a slice of pickle. Please feel free to substitute bagel with another kind or bread

-MAKE IT A COMBO-

- NOVA BALT** 10.00  
Sliced Nova lox, bacon, lettuce, tomatoes & avocado
- MICHAEL J. FOX** 8.45  
Corned beef, pastrami, coleslaw, Russian dressing on rye bread
- MICK JAGGER** 8.45  
Corned beef, pastrami, turkey breast, coleslaw, Russian dressing on rye bread
- ITALIAN COLD CUT SANDWICH** 8.45  
Deli ham, Virginia ham, Genoa salami, provolone, onions, hot peppers, Italian vinegar, lettuce, tomato & mayo on a sub roll
- TOM SELLECK** 8.45  
Turkey breast, coleslaw, Russian dressing on rye bread
- SOPHIA LOREN** 8.45  
Sliced turkey breast, mozzarella, roasted red peppers, mayo on a kaiser roll
- FIJI TUNA** 8.45  
White Albacore tuna salad, Muenster cheese, roasted red peppers on Asiago bagel pressed
- THB CHEESE STEAK** 8.50  
Lettuce, tomatoes, green peppers, mayo, provolone & fried onions on a sub roll

# THB Signatures -MAKE IT A COMBO-

Please feel free to substitute bagel with another kind of bread.

- NOT YOUR AVERAGE REUBEN** 8.50  
Corned Beef, Pastrami or Turkey Breast served open-faced with Swiss, coleslaw & Russian dressing on rye bread
- THE SHOW-OFF** 8.95  
Grilled chicken salad, bacon, lettuce, tomato, melted mozzarella & mayo, served on a Kaiser roll
- PIZZA BAGEL** 5.75  
Mozzarella, homemade pizza sauce & Italian seasoning on bagel of your choice
- PIZZA BAGEL W/ PEPPERONI** 5.95
- WHITE PIZZA BAGEL** 5.35
- ♥ **POWER HOUSE** 7.65  
Tomato, Muenster cheese, sprouts & mayo
- ♥ **NUTRI BAGEL** 7.10  
Open-faced melted Muenster cheese, sprouts & tomatoes
- VEGGIE MELT** 6.75  
Veggie cream cheese & melted Muenster
- TUNA MELT** 8.45  
White albacore tuna salad served open-face with your choice of melted cheese, on either bread or bagel
- BLT** 6.25  
Bacon, lettuce, tomatoes & mayo on your choice of bread or bagel
- SOUTHWEST WRAP** 8.15  
Wheat tortilla, cream cheese, shredded New York Cheddar cheese, smoked turkey, salsa & romaine
- ♥ **THE SKINNY HAM** 7.00  
A poppy bagel scooped, skinned & toasted, 2 oz lean deli sliced Virginia ham, 1 slice Swiss cheese, 3 egg whites, scrambled
- ♥ **VEGGIE SANDWICH WRAP** 6.75  
A whole wheat wrap, sprouts, roasted red peppers, green peppers, onions, lettuce, tomatoes & avocado
- ♥ **UNCLE GIGI** 6.95  
An everything bagel, scooped, skinned & toasted, 2 tbsp chive cream cheese, 2 slices of Muenster cheese, sprouts, cucumbers, tomatoes & avocado

## PANINI -MAKE IT A COMBO-

Served on multi grain panini bread

- MY WAY PANINI** 7.95  
Turkey breast, deli ham, American cheese, lettuce & tomato.
- CHICKEN SALAD PANINI** 8.45  
Our famous chicken salad, red roasted peppers, melted Muenster cheese, lettuce & tomato.
- CAPRESE PANINI** 7.55  
Fresh mozzarella, tomatoes, pesto spread & lettuce.
- CHICKEN CAESAR PANINI** 8.45  
Grilled chicken, shaved Parmesan & Caesar dressing.

## BAGEL CHOICES

- Plain
- Sesame
- Poppy
- Plain Twist\*
- Everything Twist\*
- Onion
- Garlic
- Everything
- Wheat Everything
- Salt
- Wheat
- Marble
- Egg
- Asiago\*
- Blueberry
- Cinnamon Raisin
- Chocolate Chip

\*Denotes Extra Charge

GLUTEN FREE Available!

## BREAD CHOICES

- Multigrain
- Rye
- Sub Roll
- Kaiser Roll
- Croissant
- Wheat Wrap

## GOURMET CREAM CHEESES



- Plain
- Lowfat Plain
- Veggie
- Lowfat Veggie
- Scallion
- Nova Lox
- Strawberry
- ♥ Vegan Cream Cheese

## MAKE IT A COMBO

Add a Side and a Medium Soda. 2.65

### SIDES

- Coleslaw, Chips,
- Potato Salad,
- Macaroni Salad, Cookie

*If you have a particular food allergy, please let us know upon ordering. Consuming raw or uncooked foods may increase your risk of foodborne illness. Prices and menu items may vary and are subject to change without notice. Taxes not included.*

ASK ABOUT OUR SEASONAL FLAVORS

# ESPRESSO BAR

## HOT

Americano  
Espresso  
Cappuccino  
Café Latte  
Café Mocha  
Chai Latte  
Hot Chocolate

## COLD

Iced Coffee  
Nitro Coffee (not at all locations)  
Iced Latte  
Iced Mocha  
Mocha Frappuccino

## SMOOTHIES

Strawberry  
Strawberry Banana  
Mango

\*Vanilla, Caramel or Seasonal Flavors- 0.65

\*Extra Espresso Shot 0.75

\*Skim and soy milk available upon request.

SKIP THE LINE WITH ONLINE ORDERING



## DOWNLOAD OUR APP!

### SIDES

PLAIN CREAM CHEESE	(1 TUB)	4.50
LOW FAT PLAIN CREAM CHEESE		4.50
VEGGIE CREAM CHEESE		5.50
LOW FAT VEGGIE CREAM CHEESE		5.50
NOVA LOX CREAM CHEESE		5.50
SCALLION CREAM CHEESE		5.50
STRAWBERRY CREAM CHEESE		5.50
FRENCH FRIES (Not available in all locations)		3.50
POTATO SALAD	2.25	
MACARONI SALAD	2.25	
COLESLAW	2.25	
HOME FRIES	3.50	
BAG OF CHIPS	1.25	
COOKIE	1.65	



## SOUP N SALADS

ADD ON Grilled Chicken 3.50  
Tuna Salad 3.25 or Chicken Salad 3.25

-MAKE IT A COMBO-

### ♥ CAESAR SALAD

Romaine lettuce with Caesar dressing,  
Parmesan & croutons  
5.55

### ♥ GARDEN SALAD

Romaine lettuce, tomatoes, cucumbers,  
carrots & onions  
5.25

### ♥ ITALIAN CAESAR FAVORITE SALAD

Fresh romaine & mozzarella, roasted red peppers,  
Parmesan cheese & grilled chicken with Caesar dressing  
8.75



-ASK ABOUT OUR SOUP OF THE DAY-

## CATERING BUNDLES

A LA CARTE MENU AVAILABLE IN STORES AND ONLINE

### BAGEL BOX

your choice of 20 bagels along with your choice of our spreads

### HON

Bagel Box with mixed sliced Bagels,  
2 boxes Regular Coffee and  
Two ½ gallons of Orange Juice  
(serves 20)

### POE

4 Croissants, 3 Blueberry Muffins,  
3 Chocolate Chip Muffins,  
½ lb Butter and 1 Box of Coffee  
(serves 10)

### ORIOLE

1 Scrambled Egg platter with Bacon,  
Homefries, 10 mixed Bagels,  
Two ½ lb Plain Cream Cheeses,  
1 Fruit Platter and 1 Coffee Box  
(serves 10)

### RAVEN

Deli Sandwich Platter  
(5 whole sandwiches)  
2 Turkey & American Cheese served on a Kaiser Roll,  
1 Ham & Cheddar served on a Sub roll,  
1 Chicken Salad served on Whole Grain,  
1 Veggie Wrap  
(all sandwiches wrapped and cut in half)  
served with 10 Chips, 10 Pickles,  
1 Garden Salad Platter w/ Italian Dressing  
and ½ gallon Sweet Iced Tea  
(serves 10)

### INNER HARBOR

Deli Sandwich Platter  
(5 whole sandwiches)  
2 Turkey & American Cheese served on a Kaiser Roll,  
1 Ham & Cheddar served on a Sub roll,  
1 Chicken Salad served on whole grain,  
1 veggie wrap  
(all sandwiches wrapped and cut in half)  
served with 10 chips, 10 pickles,  
1 Garden Salad Platter w/ Italian Dressing  
and ½ gallon Sweet Iced Tea  
and our Cookie and Brownie Tray  
(serves 10)



WE DELIVER CATERING TRAYS



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OUR BAGELS ARE MADE FRESH DAILY, NY STYLE!

BREAKFAST LUNCH CATERING



### CANTON

3301 Boston Street  
(Next to First Mariner Bank)  
410-732-9090  
Mon - Fri 6am - 4pm  
Sat - Sun 7am-4pm

### CHARLES VILLAGE

3208 St Paul Street  
(9 East 33rd)  
410-624-7152  
Mon - Fri 6am - 4pm  
Sat - Sun 7am-4pm

### TOWSON

16 Allegheny Avenue  
(Off the Towson Circle)  
410-337-0006  
Mon - Fri 6am - 4pm  
Sat - Sun 7am-4pm



### TIMONIUM

1810 York Road  
(Yorkridge Shopping Cnter)  
443-841-7063  
Mon - Fri 6am - 4pm  
Sat - Sun 7am-4pm



Please note which location you are calling for phone orders!

f i t  
www.eatthb.com

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