

## NAKED BAGELS – ALL 1.90

Plain	Onion
Everything	Tomato Basil
Jalapeno Cheddar	Rock Salt
Nine Grain	Cinnamon Raisin
Poppy	Chocolate Chip
Pumpernickel	Blueberry
Sesame	
Wholemeal	

Bakers Dozen (13) 19.00



## SHMEAR ON A BAGEL

Your choice of bagel, with one of the following delicious cream cheeses:

Plain	3.80
Honey Walnut Raisin	4.40
Sundried Tomato	4.40
Strawberry & chocolate	4.50
Garlic & Herb	4.40
Low Fat Pesto	4.70
Low Fat Sundried Tomato	4.70
Low Fat Plain	4.40
Flavour of the month	4.60

Or a specialty spread:

Pate <i>(only in Wellington)</i>	4.90
Hummus	4.40
Guacamole	4.70

## SPECIALTY BAGELS

Salmon	8.60
Smoked salmon, lettuce, tomato & red onion with your choice of cream cheese	
Veggie	5.90
Lettuce, tomato, red onion, capsicum, sprouts, and your choice of cream cheese	
Sicilian	8.40
Italian ham, eggplant, mozzarella, mayo & tomato	
Wellingtonian <i>(only in Wellington)</i>	8.40
Roast beef, pate, onion marmalade, spinach & tomato	
Tuscan	8.20
Tuscan mushroom, eggplant, pesto & mozzarella	
Reuben	8.20
Pastrami, sauerkraut, Russian dressing & mozzarella	
Pilgrim	8.60
Turkey, bacon, mozzarella, tomato, mayo & salsa relish	
Barnyard	6.90
Bacon, egg, cheese & tomato salsa relish	
Woodstock	8.40
Turkey, sprouts, roasted mushrooms, hummus & mozzarella	



## CLASSIC BAGELS

Bacon	5.90
Pastrami	7.30
Egg	4.90
Roast Beef	6.60
<b>97% FAT FREE MENU</b> (with low fat mayo)	
Chicken	7.50
Tuna	6.80
Ham	5.90
Honey Smoked Turkey	7.50

All toasted and served with optional salad fillings:

Lettuce, Tomato, Red Onion, Mustard, Mayonnaise

## BREAKFAST BAGELS

Your choice of untoasted mini bagel available until 11am weekdays with the following fillings:

Bacon, egg & cheese with relish	3.00
Tomato, ham & spicy hummus	3.00
Honey, walnut raisin cream cheese on any flavoured mini bagel	2.00
Salmon with sundried tomato cream cheese & capers	4.00

## EXTRAS

Soup & a Bagel	7.50
– see instore for flavours	
Variety of baked goodies from	2.00

Pricing and menu items correct at time of printing  
– July 08 and subject to change without prior notice.

## WHERE YOU GET'EM

Our delicious bagels are made fresh everyday to a traditional New York recipe, with no additives or preservatives.

Eat them plain or add a smear from our range of flavoured cream cheeses and specialty spreads. Make up your own bagel from our classic range or select from our specialty bagel menu.

That's the delight of our menu – it's your choice, and we can help you to make healthy choices too – just ask about our 97% fat free menu.

### ORDER ONLINE

You can order online to save waiting in line – simply grab your credit card and go to [www.whollybagels.co.nz](http://www.whollybagels.co.nz)

### CATERING

If you are feeding the troops in a hurry, we can help with short notice catering.

Morning tea, lunchtime shouts, kids' birthday parties, boardroom meetings...

7 Days 9am to 5pm.

Simply call your nearest cafe to place your order, or order-online.

### BREAKFAST EXPRESS

Rushing to work and need breakfast? \$5 breakfast express is for you! A mini bagel with a selection of fillings; or cream cheese on any bagel and a coffee is only \$5 Available weekdays until 11am.

PALMERSTON NORTH  
32 THE SQUARE, BY THE DUCK POND  
PALMERSTON NORTH

PH 06 351 6300

MIDLAND PARK

39 JOHNSTON ST  
WELLINGTON

PH 499 2435

THORNDON

39 MURPHY ST  
THORNDON NEW WORLD  
WELLINGTON

PH 499 7036

WILLIS STREET

CORNER OF WILLIS & BOND ST'S  
WELLINGTON

PH 472 2336

TORY STREET

CORNER OF TORY & WAKEFIELD STS  
(OPPOSITE THE MUSEUM HOTEL)

PH 801 6011

LOWER HUTT

CORNER OF KNIGHTS RD & MYRTLE ST  
(OPPOSITE THE FARMERS ENTRANCE TO  
WESTFIELD QUEENSGATE)

PH 589 9333

# BAGEL MENU



Order Online at  
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