



# carryout MENU

## GOURMET MUFFINS

<b>JUMBO MUFFIN</b> 560 - 850 CAL.	<b>2.90</b>
<b>JUMBO MUFFIN 4 PACK</b>	<b>11.14</b>
<b>JUMBO MUFFIN 6 PACK</b>	<b>16.90</b>
<b>JUMBO MUFFIN 12 PACK</b>	<b>31.86</b>
<b>MINI MUFFINS (3)</b> 240 - 390 CAL.	<b>2.06</b>
<b>DOZEN MINI MUFFINS</b> 960 - 1560 CAL.	<b>7.67</b>
<b>3 DOZEN MINI MUFFIN TIN</b> 2880 - 4680 CAL.	<b>39.34</b>

## BAGELS & CREAM CHEESE

FRESHLY BAKED BAGELS EVERY DAY

<b>DOZEN BAGELS</b> 3600 - 6760 CAL.	<b>24.44*</b>
<b>1/2 DOZEN BAGELS</b> 1800 - 3120 CAL.	<b>12.19*</b>
<b>MEGA DEAL</b> 6360 - 11060 CAL. 18 bagels & two 1/2 lbs. of cream cheese	<b>41.88*</b>
<b>DOZEN DEAL</b> 4560 - 7940 CAL. 12 bagels & two 1/2 lbs. of cream cheese	<b>32.18*</b>
<b>MINI DEAL</b> 2280 - 3970 CAL. 6 bagels & 1/2 lb. of cream cheese	<b>16.28*</b>
<b>BREAKFAST BOX</b> 9040 - 14740 CAL. 12 bagels, two 1/2 lbs. cream cheese, 8 Jumbo muffins in an easy to transport box that doubles as a serving tray	<b>54.90*</b>
<b>BAGEL &amp; CREAM CHEESE</b> 390 - 680 CAL.	<b>3.43*</b>
<b>8 OZ. CREAM CHEESE</b> 480 - 850 CAL.	<b>6.11</b>

\*ADDITIONAL CHARGE FOR BABS' CHOICE® BAGEL OR TWISTED ROLL

2,000 calories a day is used for general nutrition advice, but calorie needs vary.  
Additional nutritional information available upon request.

## CATERING

<b>BOXED LUNCH</b> 720 - 1410 CAL. Perfect for eaters on the go! Our lunch box conveniently includes a sandwich, chips, fruit and two Mini Muffins.	<b>10.76*</b>
<b>BUILD YOUR OWN DELI PLATTER</b> <b>91.36</b> An appetizing array of quartered or halved deli sandwiches. Create a fresh platter that gives your guests a selection of tasty choices all on our fresh-baked bagels or breads. • <b>Half Sandwiches</b> 3440 - 5375 CAL. Six sandwiches cut into twelve halves. • <b>Quartered Sandwiches</b> 2865 - 4480 CAL. Five sandwiches cut into twenty pieces.	
<b>MUFFIN DESSERT TRAY</b> 2880 - 4680 CAL. Satisfy any sweet tooth with a platter full of assorted bite-size Mini Muffins. Priced per person.	<b>3.54 p/p</b>
<b>MY FAVORITE PLATTER</b> 7680 - 11760 CAL. Satisfy any sweet tooth with a platter full of assorted bite-size Mini Muffins and our famous Jumbo Muffins. Great for snacking, breakfast, dessert or any occasion! Serves 15 - 20.	<b>47.18</b>
<b>BITES &amp; MINIS PLATTER</b> 4920 - 7060 CAL. An assortment of our fresh baked Bagel Bites and Mini Muffins, presented on a catering tray with two 1/2 lb. containers of cream cheese. Serves 12 - 18.	<b>42.46*</b>
<b>BIT-O' BAGEL</b> 5940 - 8250 CAL. Guests will love sampling bite-size bits of bagels and three selections of specialty-blended cream cheeses. You choose the varieties and we will do the rest! Serves 12 - 18.	<b>52.90*</b>
<b>COFFEE TO GO BOX</b> 32 CAL. Disposable box holds drinks hot or cold for over 2 hours, holds six 16 oz. servings.	<b>20.19</b>

### Comments & Inquiries

Your comments are always welcome. Just call our franchise headquarters at BAB Systems, Inc. 847-948-7520, visit our website at [www.babcorp.com](http://www.babcorp.com), or drop us a note at 500 Lake Cook Road, Suite 475, Deerfield, IL 60015. (OTCQB:BABB)

Perfectly delicious. Uniquely delightful.®

[MyFavoriteMuffin.com](http://MyFavoriteMuffin.com)



## BREAKFAST SANDWICHES

SERVED ON YOUR CHOICE OF FRESH BAKED BAGEL

**BREAKFAST B.L.T.** 420 - 560 CAL. **5.66\***

B.L.T. with your choice of cream cheese

**MORNING CLASSIC** 430 - 510 CAL. **4.64\***

Scrambled eggs & American cheese

**SOUTHERN TRADITION** 470 - 750 CAL. **5.78\***

Sausage, bacon or ham, scrambled eggs & American cheese

**NORTHERN OMELET** 670 - 750 CAL. **5.89\***

Sausage, scrambled eggs, American cheese with tomato & green pepper

**JUST VEGGIES! OMELET** 390 - 470 CAL. **5.11\***

Scrambled eggs, green pepper, tomato & onion

**START FRESH** 480 - 560 CAL. **5.89\***

Egg whites, Provolone cheese, tomato & turkey sausage

**FRENCH TOAST** 1320 - 1440 CAL. **5.66\***

Scrambled eggs, sausage & maple syrup

## GOURMET SANDWICHES

SERVED ON YOUR CHOICE OF FRESH BAKED BAGEL OR BREAD ALONG WITH A PICKLE SPEAR

**B.L.T.** 390 - 550 CAL.

Bacon, lettuce, tomato & mayo

**CLASSIC TURKEY** 420 - 580 CAL.

Roast turkey, lettuce, tomato & mayo

**MEDITERRANEAN VEG-OUT** 370 - 620 CAL.

Hummus or cream cheese, lettuce, tomato, cucumber, green pepper & red onion

**GRILLED CHICKEN** 450 - 610 CAL.

Grilled chicken breast, lettuce, tomato & mayo

**HAM & CHEDDAR** 490 - 650 CAL.

Ham, cheddar cheese, lettuce, tomato & mayo

**TUNA SALAD** 500 - 660 CAL.

Tuna salad, lettuce & tomato

## TRIPLE-DECKERS

STACKED HIGH ON YOUR CHOICE OF TOASTED BREAD ALONG WITH A PICKLE SPEAR

**CALIFORNIA CLUB** 700 CAL.

Smoked turkey, Havarti cheese, guacamole, cucumber, lettuce, tomato & mayo

**CLASSIC CLUB** 970 CAL.

Roast turkey, bacon, cheddar, lettuce, tomato & mayo

SANDWICH  
**7.15**

VALUE MEAL  
**10.70**

SANDWICH  
**7.85**

VALUE MEAL  
**11.40**

## SPECIALTY SANDWICHES

SERVED ON YOUR CHOICE OF FRESH BAKED BAGEL OR BREAD ALONG WITH A PICKLE SPEAR

**TURKEY CLUB** 500 - 660 CAL.

Roast turkey, bacon, American cheese, mayo, lettuce & tomato

**TURKEY & HAVARTI** 540 - 700 CAL.

Smoked turkey, Havarti cheese, lettuce, tomato, with a shmear of onion & chive cream cheese

**HOLEY GUACAMOLE** 350 - 510 CAL.

Roast turkey, guacamole, green pepper, lettuce & tomato

**CHICKEN CAESAR** 490 - 650 CAL.

Grilled chicken breast, Parmesan cheese, tomato, lettuce & our special Caesar dressing

**KICK-N-ROAST BEEF** 440 - 600 CAL.

Roast beef, horseradish sauce, lettuce & tomato

**MY FAVORITE CLUB** 490 - 650 CAL.

Ham, roast turkey, bacon, American cheese, mayo, lettuce & tomato

**ROMA ITALIAN** 550 - 710 CAL.

Ham, hard salami, Provolone cheese, lettuce, tomato, red onion & vinaigrette dressing

**MAKE IT A VALUE MEAL! ADD: 130 - 690 CAL.**

OUR VALUE MEALS INCLUDE: A REGULAR FOUNTAIN DRINK & YOUR CHOICE OF CHIPS OR 3 MINI MUFFINS

\*ADDITIONAL CHARGE FOR BABS' CHOICE® BAGEL

## BREWSTER'S® COFFEE

WE HAVE A FULL SELECTION OF HAND-ROASTED & SPECIALTY COFFEES

2,000 calories a day is used for general nutrition advice, but calorie needs vary. Additional nutritional information available upon request.

All prices subject to change.

