

# MENU

ONLY AT YOUR NEIGHBORHOOD MY FAVORITE MUFFIN®



## 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 smear 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

SANDWICH  
6.59\*

VALUE MEAL  
9.29\*

ADD:  
130-690 CAL.

## 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

SANDWICH  
6.39\*

VALUE MEAL  
9.09\*

ADD:  
130-690 CAL.

## 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  
8.49\*

VALUE MEAL  
11.19\*

ADD:  
130-690 CAL.

## BREAKFAST SANDWICHES

SERVED ON YOUR CHOICE OF FRESH BAKED BAGEL

### BREAKFAST B.L.T. 420 - 560 CAL.

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

3.99\*

### MORNING CLASSIC 430 - 510 CAL.

Scrambled eggs & American cheese

3.79\*

### SOUTHERN TRADITION 470 - 750 CAL.

Sausage, bacon or ham, scrambled eggs & American cheese

4.29\*

### NORTHERN OMELET 670 - 750 CAL.

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

4.29\*

### JUST VEGGIES! OMELET 390 - 470 CAL.

Scrambled eggs, green pepper, tomato & onion

3.99\*

### START FRESH 480 - 560 CAL.

Egg whites, Provolone cheese, tomato & turkey sausage

4.39\*

### LOX & CREAM CHEESE 560 - 730 CAL.

Lox, cream cheese, tomato & red onion

9.49\*

\*ADDITIONAL CHARGE FOR BABY'S CHOICE® BAGEL

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



## BAGELS & CREAM CHEESE

<b>DOZEN BAGELS</b> 3600 - 6760 CAL.	<b>16.99*</b>
<b>MEGA DEAL</b> 6360 - 11060 CAL. 18 bagels & two 1/2 lbs. of cream cheese	<b>29.99*</b>
<b>DOZEN DEAL</b> 4560 - 7940 CAL. 12 bagels & two 1/2 lbs. of cream cheese	<b>23.99*</b>
<b>MINI DEAL</b> 2280 - 3970 CAL. 6 bagels & 1/2 lb. of cream cheese	<b>12.99*</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>39.99*</b>
<b>8 OZ. CREAM CHEESE</b> 480 - 850 CAL.	<b>4.49</b>

## GOURMET MUFFINS

<b>JUMBO MUFFIN</b> 560 - 850 CAL.	<b>2.59</b>
<b>4 PACK</b>	<b>9.99</b>
<b>6 PACK</b>	<b>14.99</b>
<b>12 PACK</b>	<b>29.99</b>
<b>MINI MUFFINS (3)</b> 240 - 390 CAL.	<b>2.59</b>
<b>DOZEN MINI MUFFINS</b> 960 - 1560 CAL.	<b>8.99</b>
<b>3 DOZEN MINI MUFFIN TIN</b> 2880 - 4680 CAL.	<b>33.99</b>

## BREWSTER'S® COFFEE

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

## CATERING

**BOXED LUNCH** 720 - 1410 CAL. **9.99\***  
Perfect for eaters on the go! Our lunch box conveniently includes a sandwich, chips, fruit and two Mini Muffins.

### BUILD YOUR OWN

**DELI PLATTER** 2865 - 5375 CAL. **48.99\***  
An appetizing array of halved or quartered deli sandwiches. Create a fresh platter that gives you guests a selection of tasty choices all on our fresh-baked bagels or breads.

- **Half Sandwich Platter** 3440 - 5375 CAL. **48.99\***  
Six sandwiches cut into twelve halves.
- **Quartered sandwiches** 2865 - 4480 CAL. **43.99\***  
Five sandwiches cut into twenty pieces.

**MUFFIN DESSERT TRAY** 2880 - 4680 CAL. **25.99**  
Satisfy any sweet tooth with a platter full of 3 dozen assorted bite-size Mini Muffins.

**MY FAVORITE PLATTER** 7680 - 11760 CAL. **35.99**  
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.

**BITES & MINIS PLATTER** 4920 - 7060 CAL. **38.99\***  
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.

**BIT-O' BAGEL** 5940 - 8250 CAL. **37.99\***  
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.

**COFFEE TO GO BOX** 32 CAL. **17.99\***  
Disposable box holds drinks hot or cold for over 2 hours, holds six 16 oz. servings.

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

### 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)



\*ADDITIONAL CHARGE FOR BABS' CHOICE® BAGEL  
ALL PRICES SUBJECT TO CHANGE.

*Perfectly delicious. Uniquely delightful.®*