

Kettleman's **BAGELS** Deli & Grill



Kettleman's

**TRADITIONAL "NY STYLE"
HAND ROLLED BAGELS**

456 Elizabeth Avenue • Suite 7
Somerset, New Jersey 08873

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Hours:

Monday - Saturday 5:30 am - 5 pm
Sunday 7 am - 2 pm

○ Hand Rolled Bagels

Bagels.....	.95¢
Plain, Cinnamon Raisin, Sesame, Poppy, Everything, Onion, Garlic, Egg, Pumpkinseed, Marble Rye, Whole Wheat	
Specialty Bagel.....	\$1.25
Super Cinnamon, French Toast, Daily Specials, Seasonal Varieties	
Mini Bagel.....	.70¢

○ Bagels by the Dozen

½ Dozen.....	1 [*] \$5.50
Bakers Dozen (13 Bagels!).....	\$10.95
Bakers Bundle.....	\$16.95
13 Bagels and 1 lb. tub of freshly whipped plain spread	

○ Homemade Gourmet Spreads

Plain Cream Cheese on Bagel.....	\$1.95
1/4 Lb.....	\$1.85
Low-Fat Cream Cheese on Bagel.....	\$2.25
1/4 Lb.....	\$2.00
Flavored Cream Cheese on Bagel.....	\$2.85
Scallion, Vegetable, Olive Pimento, Low-Fat Vegetable	
1/4 Lb.....	\$2.40
Walnut Raisin, Strawberry.....	
1/4 Lb.....	\$2.50
Lox Cream Cheese on Bagel.....	\$3.75
1/4 Lb.....	\$2.65

○ Smoked Fish

<i>Fresh Hand Sliced Smoked Salmon and Homemade Fish Salads</i>	
Fresh Sliced Lox.....	\$7.50 ¼ lb.
Sliced Lox Sandwich.....	\$7.95
-on any bagel with plain cream cheese, tomato and onion	
Gourmet Sliced Lox Sandwich.....	\$8.25
-on any bagel with your choice of flavored spread, tomato and onions	
Kipperd Salmon Salad.....	\$3.50 ¼ lb.
Whitefish Salad.....	\$3.25 ¼ lb.
Herring in Cream Sauce.....	\$2.00 ¼ lb.

**Ask About Special Orders*

● Hot Breakfast on a Bagel

Egg.....	\$1.85
Egg and cheese.....	\$2.25
Egg and Meat (Bacon, Pork Roll or Sausage).....	\$3.50
Egg and Meat and Cheese.....	\$3.95
Egg and any meat.....	\$3.95
Egg and any meat and cheese.....	\$4.50
+ Double Egg or Cheese .50¢ extra	
+ Double meat \$1.50 extra	
+ Egg whites .85¢ extra	
+ Other extras .50¢	

● Specialty Egg Sandwiches

All sandwiches prepared with 2 eggs and served on Bagel, Roll, Bread or Wrap of your Choice

Healthy Start

Egg whites, Turkey, Jack Cheese & Tomato	\$4.95
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The Westerner

Diced ham with onions and peppers	\$4.50
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Morning Stimulus

Eggs scrambled with crisp bacon, tomatoes, red onion, and cheddar cheese, topped with avocado	\$4.95
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Trio & Eggs

Swiss, Muenster & American Cheeses with scrambled eggs ..	\$4.50
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Garden State

Egg Whites scrambled with green peppers, tomato, red onions, topped with avocado and sprouts.....	\$4.50
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Italian Scallion

Fried Bologna and Eggs with chopped scallion and melted provolone cheese	\$4.50
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Kettleman's Classic

Hot Pastrami with Eggs and melted American cheese.....	\$4.50
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O'Bagel Classic

Hot Corned Beef with Eggs and melted American cheese.....	\$4.50
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Gourmet Sandwiches

Served with a side of coleslaw, macaroni salad or potato salad and pickle

All Sandwiches can be substituted with your choice of Bagel or Bread

1. **Roasted Turkey** \$6.25
With swiss cheese, coleslaw & Russian dressing on a pumpernickel bagel
2. **Chicken Salad Club** \$6.50
With bacon, lettuce & tomato on a whole wheat bagel
3. **Reuben** \$6.25
Lean Corned Beef, Swiss Cheese, Sauerkraut and Russian dressing on grilled rye bread
4. **Tuscan Turkey** \$6.25
Smoked turkey with roasted red peppers and provolone cheese on an everything bagel
5. **Hot Pastrami** \$6.25
With swiss cheese & Dijon mustard on a marble rye bagel
6. **Franklin Park** \$5.75
Roast Beef and Provolone with horseradish mayo, tomato and fresh ground black pepper on rye bread

CHAR-GRILLED CHICKEN

7. **BBQ Grilled Chicken** \$6.50
Grilled onions, American Cheese, BBQ Sauce on Sesame Bagel
8. **Grilled Chicken BLT** \$6.50
Bacon, Lettuce, Tomato, Mayo on Plain Bagel
9. **Tuscan Grilled Chicken** \$6.50
Roasted Peppers, Provolone Cheese, Balsamic, on Garlic Bagel
10. **Mexican Grilled Chicken** \$6.50
Diced chicken with melted cheddar, peppers, onions and salsa
11. **California Classic** \$6.95
Grilled chicken, avocado, onion, sprouts, & tomato on a sesame bagel

Wraps

Choose from plain, sun dried tomato, spinach, and whole wheat wraps

- Any wrap of your choice** \$6.95

Grilled Chicken Avocado Wrap

Tender Sliced Hot Grilled Chicken Topped With Crisp Lettuce, Red Ripe Tomatoes and Avocado with a Creamy Russian Dressing Served in a Soft Tortilla Wrap

Ham & Cheese Wrap

Ham & Cheese, lettuce & tomato, mayo, choice of wrap

Healthy Wrap

Turkey with roasted peppers, low fat mayo, lettuce & tomato in wheat wrap

Smoked Turkey Wrap

Peppermill smoked turkey, muenster cheese, lettuce & tomato , balsamic vinegar & oil in deli wrap

Turkey Club Wrap

Turkey with crisp bacon, lettuce, tomato and mayo in a deli wrap

Mediterranean Wrap

Grilled chicken breast with melted cheddar, roasted peppers, black olives, and romaine lettuce in a wrap

Manhattan Wrap

Grilled chicken breast with balsamic vinegar and melted mozzarella, roasted red peppers, lettuce & tomato in a wrap

Grilled Chicken Wrap

Grilled chicken breast with melted cheddar, lettuce, tomato and ranch dressing in a wrap

BBQ Chicken Wrap

Grilled chicken with BBQ sauce, melted American cheese, lettuce & tomato in a tortilla wrap

Caesar Wrap

Tender grilled chicken breast with lettuce, onions, croutons, and caesar dressing in a deli wrap

Italian Wrap

Ham, salami and provolone cheese with lettuce, tomato and onion in a deli wrap

● Panini Sandwiches

Toasted on fresh Ciabatta. Your Choice\$6.50

Pollo Parmigiano

Chicken cutlet, tomato sauce and fresh mozzarella

Rosto

Roast Beef, caramelized onions and provolone cheese

Cubano

Ham, mustard, pickles, swiss and provolone cheese

Rueben

Hot pastrami, swiss cheese, sauerkraut and Russian dressing

Tuscany

Grilled chicken, roasted pepper, fresh mozzarella and pesto

Tuna Panini

Avocado, tomato and melted cheddar

Vegetariano

Roasted eggplant, zucchini, roasted peppers, caramelized onion, feta and balsamic vinaigrette

You can always create your own panini as well!

Homemade Baked Goods & Pastries

Danishes.....	\$1.85
Crumb Cake	\$1.85
Muffins.....	\$1.85
Croissants	\$1.85

○ Your Deli Favorites

All Sandwiches are prepared with Boar's Head premium cold cuts and served on a Bagel, Kaiser Roll, Sub, Sliced Breads, or Wrap of your choice, with your choice of add-ons, condiments, and pickle

Golden Roast Turkey
Peppermill Smoked Turkey
Beef Eye Round Roast Beef
Deluxe Ham
Pastrami
Corned Beef
Bologna
Genoa Salami
EverRoast Chicken Breast

Bagel, Bread or Roll	\$5.75
Wraps and Sub	\$6.95

** any cheese for .50¢ extra*

○ Homemade Salads & Sandwiches

	<u>Sandwich</u> ...	<u>1/4 Lb.</u>
Tuna Salad	\$5.60	\$2.65
Low Fat Tuna Salad.....	\$5.60	\$2.65
Chicken Salad	\$5.60	\$2.65
Low Fat Chicken Salad.....	\$5.60	\$2.65
White Fish Salad	\$6.25	\$3.25
Kipperd Salmon	\$6.50	\$3.50
Egg Salad	\$3.50	\$1.75

○ Club Sandwiches

Served on rye, white, wheat bread, or bagel with coleslaw, Russian dressing, and a pickle on the side - Your Choice.....\$6.75

Pastrami and Corned Beef
Pastrami and Turkey
Corned Beef and Turkey
Roast Beef, Swiss & Bacon
Ham, Swiss & Bacon
Tuna Salad & Bacon
Chicken Salad & Bacon
Turkey Swiss and Bacon

Triple Decker Clubs	\$1.25 extra
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Hot off the Grill

Hamburger	\$4.25
lettuce, tomato, onions, pickle + cheese of choice	
Bacon Burger	\$4.95
lettuce, tomato, onions, pickle +cheese of choice	
Double Burger	\$5.50
lettuce, tomato, onions, pickle +cheese of choice	
Double Bacon Burger	\$6.50
lettuce, tomato, onions, pickle +cheese of choice	
Beef Gyro	\$4.75
On thick pita bread with lettuce, tomato, and special cucumber sauce	
Chicken Gyro	\$4.75
On thick pita bread with lettuce, tomato, and special cucumber sauce	
Grilled Cheese	\$3.50
+tomato	\$3.85
+bacon and tomato.....	\$4.50
Tuna Melt	\$6.25
Philly Cheese Steak	\$6.25
Smothered with onions and peppers	
Bacon, Lettuce and Tomato	\$3.95
Served on your choice of bread	

Snacks & Sides

Home Fries	\$2.50
Potato Pancakes	\$3.50
French Fries	\$2.50
Onion Rings	\$3.25
Chicken Fingers (4 pc.)	\$4.95
Mozzarella Sticks (6 pc.)	\$5.25

Homemade Soups

A variety of soups are available daily

Cup	\$3.25
Bowl	\$4.25

● Salad Platters

- Tossed Salad**.....\$3.95
Freshly prepared salad greens with tomatoes, onions and cucumbers with your choice of dressing
- Caesar Salad**.....\$3.95
Crisp romaine lettuce, croutons, parmesan cheese and Caesar dressing.
- Low-Cal Salad**.....\$6.75
Tender strips of grilled chicken breast on a bed of lettuce with tomato and cucumber with low-fat olive oil vinaigrette or fat-free Italian dressing.
- Grilled Chicken Caesar Salad**.....\$6.75
Strips of grilled chicken over romaine lettuce, croutons, black olives, parmesan cheese and Caesar dressing.
- Grilled Chicken over Salad**.....\$6.75
Tender strips of chicken over a bed of lettuce, tomatoes, cucumbers and onions.
- Greek Salad**.....\$6.25
Fresh romaine lettuce with tomatoes, cucumbers, onions, black olives, grape leaves & feta cheese with Greek dressing.
- Salad over Salad**.....\$6.25
Healthy & delicious homemade chicken, tuna seafood, or egg salad on a bed of lettuce, tomatoes and cucumbers.
- Chef Salad**.....\$6.75
Rolled slices of turkey, ham, american and provolone cheese over a bed of lettuce, cucumbers and onions.
- Whitefish Salad**.....\$7.25
Whitefish salad served over a crisp tossed salad with your choice of dressing.
- Nova Salmon Salad**.....\$8.50
Sliced Nova Salmon served over a bed of lettuce, tomatoes, onions and your choice of dressing.

ASK US ABOUT
CATERING & DELIVERY
RIGHT TO YOUR OFFICE
OR HOME