

LUNCH

HOMEMADE SOUPS

Sm 3.25 Med. 5.50 Lg. 6.50

SOUP SPECIAL

1/2 Sandwich and Soup 7.95
served with coleslaw and pickles
Soup of the Day and Small Garden Salad 7.95

FRESH SALADS

Garden Salad 6.95
romaine, roasted peppers, onions
 topped with scoop of tuna or chicken 8.95
 topped with grilled chicken 8.95
Avocado Salad 7.95
basic garden salad plus chickpeas & carrots topped with
fresh avocado
Chef Salad 9.95
turkey, swiss, ham and roasted peppers
 topped with grilled chicken breast 12.95
Greek Salad 8.95
 topped with grilled chicken breast 10.95
Caesar Salad 8.95
 topped with grilled chicken breast 10.95
Italian Salad 8.95
chopped genoa and provolone over romaine
Spinach Salad 8.95
baby spinach leaves mixed with roasted peppers, chopped
bacon, mushrooms, tomatoes & hard boiled eggs
 **Salad Dressings: honey mustard, balsamic vinaigrette,
 creamy ranch, thousand island, oil & vinegar**

SALAD PLATTERS

scoop of salad served with garden salad, pickles & coleslaw
Egg Salad 6.95
White Meat Tuna 8.95
Low-Fat Veggie Tuna 8.95
Chicken Salad 8.95
Homemade Shrimp Salad 10.95

SALAD SANDWICHES

served with pickles & coleslaw add \$1.00 lettuce & tomato

White Meat Tuna 6.95
Low-Fat Veggie Tuna 6.95
Chicken Salad 6.95
Egg Salad 5.95
Shrimp Salad 9.95

FROM THE GRILL

served with pickles & coleslaw

Grilled Cheese 4.95
 with tomato, ham or bacon 5.95
Veggie Burger 6.50
BLT 6.95
Chicken Tenders Deluxe 7.50
Tuna Melt on toasted english muffin 7.95
Turkey Burger with sautéed onions 8.95

WRAP IT UP

in soft tortilla with lettuce, tomato, coleslaw & pickle

BLT 6.95
Grilled Chicken with honey mustard 8.95
Grilled Chicken Caesar Wrap 9.95
Roast Beef 8.95
White Meat Tuna 8.95
Roasted Turkey (homemade) 9.95
Grilled Veggies 8.95
zucchini, eggplant, mushrooms, tomatoes
Shrimp Salad (homemade) 9.95
Chicken Fajitas 10.95
sautéed chicken, peppers, onions with mild spicy seasonings

GRILLED

served on crispy ciabatta bread with herb roasted
plum tomatoes, fresh mozzarella & homemade pesto

Grilled Chicken Breast 8.95
Homemade Roasted Turkey Breast 9.95
Roast Beef and Caramelized Onions 9.95
Grilled Veggies 7.95
Fresh Mozzarella and Roasted Tomatoes 7.95

BURGERS

all our burgers are char-grilled for extra flavor

Beef Burger 6.95
lettuce, tomato, coleslaw, pickle
Cheeseburger 7.95
lettuce, tomato, coleslaw, pickle
Beef Burger Deluxe 8.95
lettuce, tomato, coleslaw, pickle & fries
Cheeseburger Deluxe 9.95
lettuce, tomato, coleslaw, pickle & fries
Mushroom & Onion Burger Deluxe 9.95
Bacon Cheddar Burger Deluxe 9.95
Turkey Burger 8.95
fresh ground turkey topped with sautéed onions, lettuce &
tomato
Veggie Burger 6.50
garden burger brand with lettuce, tomatoes, pickles

MEAT SANDWICHES

white, whole wheat, or whole grain bread with
lettuce, tomato, pickles & coleslaw

Roasted Turkey Breast (homemade) 9.95
Hot Pastrami (on rye bread) 7.95
Roast Beef 8.95
Genoa Salami and Provolone 7.95
Ham (Boar's Head) and Cheese 7.95
Chicken Cutlet Hero 9.95
lettuce, tomato, mozzarella, roasted peppers, balsamic
dressing on semolina bread
Turkey Club 9.95

SIDES/EXTRAS

French Fries or Home Fries 4.95
Sweet Potato Fries 5.95
Lettuce and Tomato 2.00
Sausage or Ham (1 slice) 2.00
Bacon (3 strips) 2.50
American Cheese (1 slice) 1.00
Cheddar Or Swiss (1 slice) 1.00
Toast 1.75

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For 50 Years*



SUGAR BUN

New York Bake Shop

CAFE MENU

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Serving Breakfast & Lunch

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& Time Out Magazine

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156-22 Cross Bay Blvd.
Howard Beach, NY 11414

Phone: 718.843.9233
Fax: 718.848.4797

BREAKFAST

BAGELS

BAGELS - \$1.00 FLATS - \$1.25 BIALYS - \$1.00

- Sesame • Whole Wheat • Poppy • Cinnamon Raisin
- Everything • Onion • Garlic • Salt

Mix 13 Of Any Bagels.....	12.00
bialys, onion, kaiser, rolls, twist egg rolls	
Bagel With Butter.....	1.75
Bagel With Butter & Jelly.....	2.00
Bagel With Cream Cheese.....	2.50
Bagel With Cream Cheese & Jelly.....	2.75
Bagel With Cream Cheese & Bacon.....	4.50
Bagel With Peanut Butter & Jelly.....	2.95
Flats With Butter & Jelly.....	2.50
Flats With Cream Cheese.....	3.00
Flats With Cream Cheese & Jelly.....	3.25

CREAM CHEESES Flats 50¢ Extra

Plain On Bagel/Roll.....	2.50
Vegetable.....	2.75
Scallion.....	2.75
Nova Lox Spread.....	3.50

HOT OATMEAL

Small 2.75 Medium 3.75

1 Topping - add \$1.00 • 2 Toppings - add \$1.50

- Blueberries • Bananas • Strawberries
- Raisins • Walnuts

MUFFINS Fresh Baked Daily

Corn Toasted With Butter.....	2.50
Bran Toasted With Butter.....	2.50
Marble Cream Cheese.....	2.75
Blueberry.....	2.75
Chocolate Spice.....	2.75
Pistachio.....	2.75
Chocolate Chip.....	2.75

OTHER BREAD STUFF

- Kaiser Rolls • Twist Egg Rolls • Onion Rolls
- Onion Buns • Croissants • English Muffins
- Tea Biscuits/Scones • Bialys

DANISH/BUNS/DONUTS

Tea Biscuit/Scone.....	2.95
Cheese Danish.....	2.95
Apple Turnover.....	2.95
Chocolate Pastry Stick.....	2.95
Cinnamon Bun.....	2.95
Jelly Donut.....	1.75
Boston Cream Donut.....	2.50

OTHER SWEET TREATS

Fudge Brownie.....	2.95
Linzer Tarts.....	2.95
Black & White Cookie.....	2.95
Chinese Almond Cookie.....	2.95

EGGS

Scrambled • Fried • Over Easy

2 Eggs On a Plate With Toast.....	2.95
with potatoes.....	5.95
with potatoes and bacon.....	6.95
2 Eggs On a Roll Or Bagel.....	2.75
with american cheese.....	3.75
with bacon, ham or sausage.....	3.75
with bacon and cheese.....	4.75
Whites On a Plate With Toast.....	4.95
Whites On Whole Wheat Toast.....	4.50
with american cheese.....	5.50
with turkey bacon.....	5.50
with turkey sausage.....	5.50
with grilled turkey.....	6.00
2 Poach Eggs With Toast.....	3.95

BREAKFAST SPECIALS

\$1.00 Extra • bagel or flat \$1.00 extra

SPECIAL #1 2 Eggs Any Style.....	6.95
with bacon, sausage, ham or cheese, toast & potatoes	
SPECIAL #2 French Toast (Challah Bread).....	6.95
with bacon, sausage or ham.....	7.95
SPECIAL #3 Buttermilk Pancakes (reg. or silver dollar).....	5.95
with bacon, sausage or ham.....	6.95
SPECIAL #4 Egg Wrap (eggs with 2 fillings).....	4.95
cheese, ham, bacon, sausage, tomato, turkey, pastrami, mushrooms, spinach, onions, etc.	
3rd Filling (extra).....	1.00
SPECIAL #5 Nova Lox & Cream Cheese.....	8.95
on bagel with onions & tomatoes	
SPECIAL #6 Boss Special (Wrap or Roll).....	4.95
lots of crispy bacon chopped & mixed with scrambled eggs	
whites (extra).....	1.00
SPECIAL #7 Potato, Eggs & Onion Hero.....	7.95
on crispy semolina bread	
SPECIAL #8 Belgian Waffle.....	7.95
topped with strawberry or blueberry jam, bananas or chocolate chips	

OMELETTE PLATTERS

Served With Side Of Potatoes Or Lettuce & Tomato & Toast
Bagel/Flat - \$1.00 extra

American, Swiss or Cheddar (1 filling).....	7.95
Western Omelette (green peppers, ham, onions)....	8.95
Spanish Omelette (onion, tomatoes, potatoes).....	8.95
Greek Omelette (spinach & feta).....	8.95
Grilled Veggies.....	8.95
zucchini, eggplant, mushrooms, tomatoes	
Tuscan.....	8.95
mozzarella, roasted tomatoes & fresh Basil	
Green Eggs & Ham.....	9.95
spinach, mozzarella, pesto, ham	

CREATE YOUR OWN OMELETTE

Served With Side Of Potatoes & Toast

Choose Any 3 Fillings.....	8.95
• American Cheese • Swiss • Cheddar • Provolone • Mozzarella • Feta	
• Spinach • Tomatoes • Mushrooms • Peppers • Onions • Ham	
• Bacon • Turkey • Sausage • Pastrami • Turkey Sausage • Turkey Bacon	

PANCAKES

3 Lg. Buttermilk or Silver Dollar.....	5.95
with blueberries or bananas (\$2 extra)	
with strawberries or chocolate chips.....	6.95

FRENCH TOAST

Fresh Baked Challah Bread.....	6.95
with bacon, ham or sausage.....	7.95
special request whole wheat.....	6.95

COFFEE/BEVERAGES

Fresh Coffee/Tea

Reg.	Sm. 1.75	Med. 2.25	Lg. 2.50
Hazelnut.....	Sm. 1.75	Med. 2.25	Lg. 2.50
Cappucino.....	Sm. 1.75	Med. 2.25	Lg. 2.50
Iced Coffee.....	Sm. 1.95	Med. 2.50	Lg. 2.95
Iced Hazelnut... ..	Sm. 1.95	Med. 2.50	Lg. 2.95
Iced Crumb Cake.....	Sm. 1.95	Med. 2.50	Lg. 2.95
Hot Chocolate	Sm. 1.75	Med. 2.25	Lg. 2.75
Tropicana Juices (14 oz).....	1.95		
Canned Soda (12 oz).....	1.25		
Snapple (16 oz).....	1.95		
Poland Spring Water..... (16 oz.).....	1.25		
..... (24 oz.).....	1.50		
V-8 Juice.....	1.95		
Cranberry Juice.....	1.95		
Nesquik/Yoo Hoo.....	1.95		
Vitamin Water.....	1.95		

SPECIAL TREATS

Yogurt Parfait.....	4.50
low-fat strawberry yogurt, fresh fruit, topped with granola	
Smoothie.....	4.50
mixed fresh berries blended with low fat yogurt	
Frozen Hot Chocolate.....	4.50
rich chocolate drink by, the finest chocolate company in the US!	