

THE BAGEL CHALET'S CHOPPED SALAD BAR MENU











Please call OR fax us at:
 phone# 631 - 499 - 9820
 fax # 631 - 499 - 0406

-  Iceberg Mesculin Greens Romaine  Spinach

- Small \$8.99 Large \$9.99

- Chopped Lite Chopped Not Chopped

Unlimited Toppings

- | | | |
|---|---|---|
| <input type="checkbox"/> Artichoke Hearts (\$.75 extra) | <input type="checkbox"/> Chinese Noodles | <input type="checkbox"/> Portabella Mushrooms  |
| <input type="checkbox"/> Avocados (\$.75 extra) | <input type="checkbox"/> Corn | <input type="checkbox"/> Red Cabbage |
| <input type="checkbox"/> Goat Cheese (\$.75 extra) | <input type="checkbox"/> Croutons | <input type="checkbox"/> Red Onions  |
| <input type="checkbox"/> Hearts of palm (\$.75 extra) | <input type="checkbox"/> Cucumbers | <input type="checkbox"/> Red Peppers |
| <input type="checkbox"/> American Cheese | <input type="checkbox"/> Dark raisins | <input type="checkbox"/> Roasted Peppers |
| <input type="checkbox"/> Bacon Bites | <input type="checkbox"/> Dry Cranberries | <input type="checkbox"/> Scallions |
| <input type="checkbox"/> Beets | <input type="checkbox"/> Feta Cheese | <input type="checkbox"/> Sesame seeds |
| <input type="checkbox"/> Bean Sprouts | <input type="checkbox"/> Green Peppers | <input type="checkbox"/> Sliced Almonds |
| <input type="checkbox"/> Black Olives | <input type="checkbox"/> Green Olives  | <input type="checkbox"/> Sun Dried Tomatoes |
| <input type="checkbox"/> Blue Cheese | <input type="checkbox"/> Hard Boiled Eggs | <input type="checkbox"/> Sun Flower Seeds |
| <input type="checkbox"/> Broccoli  | <input type="checkbox"/> Hot Peppers  | <input type="checkbox"/> Tomatoes  |
| <input type="checkbox"/> Carrots  | <input type="checkbox"/> Kidney Beans | <input type="checkbox"/> Tortilla Strips |
| <input type="checkbox"/> Celery | <input type="checkbox"/> Mandarin Orange | <input type="checkbox"/> Walnuts  |
| <input type="checkbox"/> Cheddar Cheese  | <input type="checkbox"/> Mozzarella | <input type="checkbox"/> Yellow Raisins |
| <input type="checkbox"/> Chick Peas | <input type="checkbox"/> Pineapple  | |

Salad Dressings



- | | | |
|--|--|---|
| <input type="checkbox"/> Balsamic Vinaigrette | <input type="checkbox"/> Greek | <input type="checkbox"/> Ceaser |
| <input type="checkbox"/> Blue Cheese | <input type="checkbox"/> Honey Mustard | <input type="checkbox"/> Sesame Ginger |
| <input type="checkbox"/> Russian | <input type="checkbox"/> Italian | <input type="checkbox"/> Gorogonzola & Balsamic Vinaigrette |
| <input type="checkbox"/> Mango Pineapple Vinaigrette | <input type="checkbox"/> Ranch | |

Fat Free Dressings

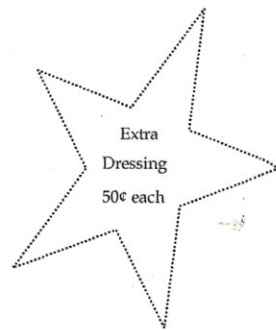
- | | | |
|--|---------------------------------------|--|
| <input type="checkbox"/> Balsamic Vinegar | <input type="checkbox"/> Italian | <input type="checkbox"/> Raspberry Vinaigrette |
| <input type="checkbox"/> Balsamic Vinaigrette | <input type="checkbox"/> Olive oil | <input type="checkbox"/> Red Vinegar |
| <input type="checkbox"/> Honey Dijon | <input type="checkbox"/> Ranch | <input type="checkbox"/> French |
| <input type="checkbox"/> Lemon Parsley Vinaigrette | <input type="checkbox"/> Tomato Basil | |

Top It Off for only \$1.99

- NEW!** BBQ Chipotle Chicken Teriyaki Chicken
- Grilled Chicken Ham Sliced Turkey
- OR scoop of any homemade salad
- Egg Chicken Tuna



Served with your choice of a Bagel,  Bialy, Wrap or Pita



TO GO _____

STAYING _____

36 Veterans Memorial Highway
 Commack, NY 11725

This order is specially made for: _____