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HEROS, WRAPS OR SANDWICHES

- Chicken Cutlet**~ chicken cutlet, lettuce, roasted peppers 5.45
- American**~ turkey breast, roast beef, ham, American cheese, lettuce & tomato ... 5.45
- Cajun Chicken**~ chicken cutlet, cheddar cheese, onion, lettuce & tomato ... 5.45
- Sun Dried Chicken**~ grilled chicken, sundried tomato, onions, Balsamic vinegar ... 5.45
- Italian Chicken**~ chicken cutlet, roasted peppers & mozzarella 5.45
- Caesar Chicken**~ grilled chicken, lettuce, tomato, creamy Caesar dressing 5.45
- Smoked Turkey**~ smoked turkey, Swiss, lettuce, tomato, Russian dressing 5.45
- Turkey**~ turkey, bacon, roasted peppers, honey mustard 5.45
- Roast Beef**~ roast beef, Swiss cheese, lettuce, tomato, Russian dressing 5.45

\$1.00 extra on Hero.

COMBOS

- Italian**~ salami, ham, cappicola, provolone, roasted peppers, lettuce, tomatoes 6.45
- American**~ ham, turkey, American cheese, lettuce, tomato 6.45
- Philly Cheese Steak**~ with onions & peppers 6.45
- Hoboken Cheese Steak**~ turkey, melted American cheese, onions & peppers . 6.45

Garnishes

Lettuce ~ tomato ~ onions ~ roasted peppers, fried onions ~ hot peppers ~ Silician peppers

Available on Heros, Wraps, Bagels or Rolls

We will make any sandwich that you request.

SIDES

- Macaroni Salad99
- Potato Salad99
- Cole Slaw99
- Silician Roasted Peppers 1.99

Delivery minimum \$6



...Catering... Cold Cut Platters

3-6 foot Heros

\$13.95 per foot

Giant Bagel — \$44.95

Feeds 12-15 people

Occasion Bagels — \$49.95

We make bagels in any shape, name, or number

(football, cross, number 6, etc.)

This menu was added to Hoboken1menus.com on 6/10/2009

Bagels on the Hudson



We Deliver!

"Best bagels in New Jersey"

N.Y. Times

79 Hudson St.
Hoboken, NJ
Tel (201) 798-4777
Fax (201) 798-2255

802 Washington St.
Hoboken, NJ
Tel (201) 798-2221



BREAKFAST

Buttered bagel	1.00
Bagel with cream cheese	1.35
Peanut butter & jelly	1.50
Cream cheese & lox on a bagel	5.95
Whitefish salad on a bagel	5.95
Eggwhites	2.59
2 eggs on a bagel or roll	2.19
with cheese	2.49
bacon, ham or sausage	2.99
Pancakes or French toast	3.25
with bacon, sausage or Taylor ham	3.95
Protein shake or meal supplement shake	4.50

COFFEE & TEA

	Med.	Lg.	X-Lg.
Regular95	1.25	1.50
Decaf95	1.25	1.50
French Vanilla95	1.25	1.50
Hazelnut95	1.25	1.50
Tea95	1.25	1.50
Herbal Teas95	1.25	1.50
Ice Coffee			2.25
Cappuccino	1.50	1.75	2.50
French Vanilla	1.50	1.75	2.50
Mocha	1.50	1.75	2.50
Hot Chocolate	1.25	1.50	1.75

We also carry a full line of beverages.

BAKED GOODS

MUFFINS – 1.65 each

Blueberry	Low Fat
Chocolate Chip	Blueberry
Banana Nut	Banana
Corn	Chocolate Chip
Bran	
Chocolate Chocolate Chip	
Cinnamon Buns .. 1.50	Chocolate Chip
Brownies	Cookie
Cheesecake	Rolls
Brownie	Hero Rolls
Apple Turnover .. 1.50	Croissant
Rugelach	Italian Bread



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BAGELS

.50¢ each

Plain	Pumpernickel
Poppyseed	Cinnamon Raisin
Egg	Cinnamon Sugar
Blueberry	Whole Wheat
Everything	Onion
Chocolate Chip	Garlic
Spinach	Sesame Seed
Salt	

Low Carb Soy ~ .75 each

FLAVORED CREAM CHEESE SPREADS

on a Bagel or Roll

Plain	1.35
Low Fat	2.50
Scallions	2.50
Walnut Raisin	2.50
Vegetable	2.50
Strawberry	2.50
Roasted Pepper	2.50
Sun Dried Tomato	2.50
Roasted Garlic	2.50
Lox	2.50

SALADS ON A BAGEL

Whitefish Salad	5.95
Chicken Salad	4.95
Egg Salad	4.95
Tuna Salad	4.95
Lite Tuna Salad	4.95
Seafood Salad	5.95

SALADS

Caesar Salad ~ Romaine lettuce, Caesar dressing	5.95
Chef Salad ~ roast beef, ham, cheese, turkey, boiled egg	5.95
Grilled Chicken Salad ~ grilled chicken breast on a bed of mixed greens, tomatoes, olives & onions	6.95
Greek Salad ~ feta cheese, Greek olives, grape leaves, lettuce, tomatoes, onion	5.95

This dish was featured in the book *1000 Recipes*

We will make any salad that you request.



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SOUPS

Ask for our soup of the day

Cup 3.79 Bowl 4.99

Ask About our
HOT FOODS
of the Day!

SANDWICHES

Choice of one meat and/or cheese

American Cheese	Oven Gold Turkey
Alpine Lace	Salsalito Turkey
Munster	Bologna
Mozzarella	Smoked Turkey
Cheddar	Corned Beef
Swiss	Pastrami
Provolone	Cappicola
Ham	Mortadella
Roast Beef	Prosciutto
Pepper Mill Turkey5	Genoa Salami
Oven Roasted Turkey	Soppressatta
Honey Roasted Turkey	Liverwurst

Bagel or roll	\$4.95
Wrap	5.45
Hero	5.95