

BAGELS

Eli's Bagels are made the old fashioned way. Kettle boiled and baked using the finest ingredients.

Plain · Sesame · Poppy · Salt · Everything · Cinnamon Raisin · Onion · Garlic · Egg · Whole Wheat · Whole Wheat Everything · Pumpernickel · Bialys · Flagels

.95¢ each

Buy a dozen and get 3 absolutely free!

FROM THE GRILL

SANDWICHES

served on a bagel, bialy, kaiser roll, flagel or wrap

2 Eggs (Any Style).....	2.19
4 Egg Whites.....	2.89
2 Eggs with Cheese.....	2.69
2 Eggs with Bacon, Porkroll, Sausage, or Ham.....	3.69
2 Eggs with Meat and Cheese.....	4.19
Meat and Cheese.....	3.49
Meat Only (Bacon, Porkroll, Sausage, or Ham).....	2.99
BLT.....	4.29

OMELETTES

served on a flour or whole wheat wrap

Cheese Omelette.....	3.88
Meat and Cheese Omelette.....	4.95
L.E.O. (Lox, Eggs, & Onions).....	6.49
<u>Tex Mex</u>	
3 eggs scrambled sausage, pepper jack, & salsa.....	5.69
<u>Grand Slam</u>	
3 eggs scrambled bacon, ham, & cheddar.....	5.69
<u>Muscle Builder</u>	
6 egg whites, turkey, low fat swiss, & tomato.....	5.69
<u>Veggie Lover</u>	
6 egg whites, mushrooms, peppers, onions & tomato.....	5.69

Grill is open daily until 12pm

SPREADS & SHMEARS

SANDWICHES

Butter or Jelly.....	1.49
Plain Cream Cheese.....	2.09
Low Fat Cream Cheese.....	2.09
Cream Cheese & Jelly.....	2.29
Peanut Butter & Jelly.....	1.99
Vegetable.....	2.99
Low Fat Vegetable.....	3.19
Scallion.....	2.99
Maple Walnut and Raisin.....	2.99
Nova Spread.....	3.19
<u>Sliced Nova Salmon & Cream Cheese</u>	
<i>served with tomato & onion.....</i>	6.89

HOMEMADE SALADS

all Eli's Salads are made with Hellman's Real Mayonnaise

SANDWICHES

White Albacore Tuna Salad.....	4.99
Lite Veggie Tuna Salad.....	5.29
White Meat Chicken Salad.....	5.29
Lite Chicken Salad.....	5.69
Chopped Egg Salad.....	4.59
Smoked Whitefish Salad.....	5.79

ASSORTED PASTRIES

Muffins

cranberry, banana nut, blueberry, apple cinnamon, raisin bran, corn, cinnamon coffee cake, double chocolate, chocolate chip.....

Cupcakes

red velvet, vanilla sprinkled, chocolate sprinkles, Reese's pieces.....

Jumbo Cookies

black & white, chocolate chip, oatmeal raisin, peanut butter.....

Crumb Cake

plain, chocolate.....

Loaf Cake

<i>plain, marble.....</i>	1.75
Cinnamon Roll.....	2.75
Brownies.....	2.50

DELI SANDWICHES

BOAR'S HEAD MEATS

Roast Turkey Breast.....	4.89
Honey Maple Turkey.....	4.89
Mesquite Smoked Turkey.....	4.89
Deluxe Ham.....	4.89
Roast Beef.....	5.49
Pastrami.....	5.39
Genoa Salami.....	4.69

BOAR'S HEAD CHEESES

American.....	3.19
Swiss.....	3.19
Low Fat Swiss.....	3.19
Cheddar.....	3.19
Provolone.....	3.19
Pepper Jack.....	3.19

Served on a Bagel, Bialy or Kaiser Roll

Wraps (Plain or Whole Wheat)..... add 50¢

ADD VEGGIES

Lettuce, Tomato, Onion, Hot Peppers, Olives or Roasted Peppers

ADD TOPPINGS

Hellman's Mayonnaise, Honey Mustard, Spicy Brown Mustard, Horseradish Cream, Russian Dressing, Roasted Pepper Dressing, Balsamic Vinaigrette, Oil & Vinegar

ADD CHEESE..... 50¢

SIDE OF CHIPS.... 85¢/ \$1.00

place your order now!

732.780.3536

or visit us at

elisbagelsfreehold.com

SALAD BAR

CREATE YOUR OWN SALAD

STEP 1 A Bowl of Greens

STEP 2 Choose Your Toss-Ins (1 Protein & 4 Toss-Ins)

STEP 3 Choose Your Dressing

STEP 4 Toss or Chop

\$7.29

includes a **FREE** bagel

additional protein.....\$1.50 additional toss-ins......75¢

TOSS-INS

Carrots, Red Pepper, Olives, Cucumbers, Mandarin Oranges, Beets, Granny Smith Apples, Mushrooms, Artichokes, Chopped Egg, Bacon Bits, Red Onions, Chick Peas, Green Peppers, Crumbled Feta Cheese, Crumbled Blue Cheese, Grape Tomatoes, Monterey Jack Cheese

SALAD DRESSINGS

Eli's House Balsamic Tangy Honey Mustard, Creamy French, Creamy Caesar, Thousand Island, Chunky Blue Cheese, Buttermilk Ranch, Southwest Roasted Pepper, Asian Sesame Ginger, Olive Oil, Balsamic Vinegar, Red Wine Vinegar, Low Fat Buttermilk Ranch, Fat Free Raspberry Vinaigrette, Fat Free Lemon Herb Vinaigrette

SPECIALTY SALADS

all salads are served with a **FREE** bagel

Asian Chicken Salad

Crispy romaine, grilled chicken, mandarin oranges, carrots, crunchy Chinese noodles, silvered almonds, topped with sesame-ginger dressing.....7.29

Tart and Sweet Salad

Crispy romaine, beets, walnuts, crumbled blue cheese, granny smith apples, topped with honey mustard dressing.....7.29

Eli's Cobb Salad

Crispy romaine, grilled chicken, crumbled bacon, tomato, crumbled egg, cucumber, crumbled blue cheese, topped with house balsamic dressing.....7.29

Eli's Greek Salad

Crispy romaine, crumbled feta cheese, tomato, red onion, cucumber, topped with house balsamic dressing.....7.29

Chicken Caesar Salad

Crispy romaine, grilled chicken, parmesan cheese, garlic-herb croutons, topped with creamy Caesar dressing.....7.29

COFFEE & TEA BEVERAGES

ELI'S SPECIAL HOUSE BLEND

EURO DECAF- COLUMBIAN

ASSORTED HOT TEAS

WHIPPED

Hot Chocolate
Original Cappuccino
Vanilla Cappuccino

SMALL (12oz).....1.40
MEDIUM (16oz).....1.73
LARGE (20oz).....1.96

ASSORTED CHAI TEAS

SMALL (12oz).....2.09
MEDIUM (16oz).....2.59
LARGE (20oz).....3.69

FRESH BREWED ICED COFFEE

SMALL (12oz).....1.89
LARGE (20oz).....2.50

We carry a fine selection of Soft Drinks
and Natural Juices

Naked Juice · Snapple · Vitamin Water · Pepsi ·
Yoo Hoo · V-8 · Gatorade · Coke · Tropicana ·
Poland Spring · Dr. Brown's · Red Bull



Pond Road Plaza
4345 Highway 9 North
Freehold, NJ 07728
OPEN 7 DAYS A WEEK
Monday-Friday 5:30am-4:00pm
Saturday 6:00am-4:00pm
Sunday 6:00am-3:00pm

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STORE HOURS

Monday thru Friday

5:30am - 4:00pm

Saturday

6:00am - 4:00pm

Sunday

6:00am - 3:00pm

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