



## BAGELS

- PLAIN
- ONION
- SESAME
- HERB
- POPPY
- MISH MASH
- WHOLE WHEAT
- WHOLE WHEAT SESAME
- WHOLE GRAIN
- CINNAMON RAISIN
- BAGEL OF MONTH

## BREAD

- RYE
- CHALLAH
- WHOLE WHEAT

## EGGEL™ SANDWICHES

A SOLLY'S FRESH BAKED BAGEL, TOPPED WITH A POACHED EGG AND TOPPED WITH MELTED EDAM CHEESE.

### EGGEL™ 5.95

PLAIN EGGEL TOPPED WITH MELTED EDAM CHEESE

### RUSTY EGGEL™ 8.25

50 GM PASTRAMI AND TOPPED WITH MELTED EDAM CHEESE

### CORNED BEEF HASH EGGEL™ 8.50

50 GM CORNED BEEF, TOPPED WITH A LATKE, AND MELTED EDAM CHEESE

### BEEF L.T. EGGEL™ 10.45

50 GM PASTRAMI AND TOPPED WITH MELTED EDAM CHEESE

### AVO EGGEL™ 8.25

SOLLY'S AVO EGGEL, WITH FRESH AVOCADO AND FRESH TOMATO.

### VORSHT EGGEL™ 8.50

50 GM SALAMI AND TOPPED WITH MELTED EDAM CHEESE

### ROASTED VEGGIE EGGEL™ 6.95

ROASTED VEGGIES (CARROTS, ONIONS, MUSHROOMS) AND TOPPED WITH MELTED EDAM CHEESE.

### LOXY EGGEL 8.95

TOPPED WITH A FRESH CRACKED EGG BAKED WITH WILD WEST COAST LOX, FRESH DILL CREAM CHEESE, TOPPED WITH MELTED EDAM CHEESE.

### EGGEL 'DE LOX'™ 11.25

SHMEARED WITH SOLLY'S FRESH DILL CREAM CHEESE TOPPED WITH SPINACH, RED ONION AND TOMATO, MELTED EDAM CHEESE AND CROWNED WITH A DELICIOUS PIECE OF WILD WEST COAST LOX.

### PUMPED UP LATKE™ 23.75

THIS EGGEL IS CRAZY BIG WITH 150GM CORNED BEEF, LATKA, EGG, CHEDDAR CHEESE, TOMATO AND PICKLE SLICES... AWARD WINNING 'VANCOUVER DINE OUT' BREAKFAST EGGEL.

## SHMEARS

A HEAPING SHMEAR OF SOLLY'S LOW FAT 19% CREAM CHEESE ON A FRESHLY TOASTED BAGEL WARNING

- PLAIN 4.75
- CHIVE AND GARLIC 4.95
- FRESH DILL 4.95
- HOMOUS 5.25
- DAIRY FREE CREAM CHEESE 6.75
- SALMON 6.25

## CLASSIC DELI SANDWICHES

SERVED WITH KETTLE CHIPS AND A PICKLE SPEAR

### SOLLY'S REUBEN 17.95

CORNED BEEF ON RYE WITH RUSSIAN DRESSING, SAUERKRAUT, AND PICKLE, TOPPED WITH MELTED SWISS CHEESE.

### LOX AND CREAM CHEESE 12.50

PLAIN CREAM CHEESE, SMOKED SALMON, RED ONIONS, AND CAPERS ON YOUR CHOICE OF BREAD OR BAGEL.

### TURKEY BREAST SANDWICH 11.95

100GM OF LEAN TURKEY BREAST ON YOUR CHOICE BAGEL, CHALLAH BREAD, OR RYE BREAD. SERVED WITH MAYO AND YOUR CHOICE MUSTARD.

### TUNA MELT 11.75

ONLY THE BEST TUNA MELT ON THIS SIDE OF NEW YORK! FRESHLY TOASTED BAGEL WITH MAYO, TUNA SALAD, TOMATO, RED ONIONS AND A BIG FAT PIECE OF MELTED REAL CHEDDAR CHEESE.

### HOT PASTRAMI ON RYE 11.95

150 GM OF HOT STEAMED PASTRAMI ON SOLLY'S RYE BREAD, WITH YOUR CHOICE SPICY OR REGULAR MUSTARD. SERVED STRAIGHT UP, WITH OUT VEGGIES OR MAYO.

### HOT CORNED BEEF 16.50

SOLLY'S RYE BREAD SMEARED WITH DIJON OR REGULAR MUSTARD TOPPED WITH A STEAMING 150GM OF SOLLY'S HOT CORNED BEEF (OUR PRIVATELY CURED RECIPE).

### TUNA SANDWICH 9.25

SOLLY'S FRESHLY PREPARED CRUNCHY TUNA SALAD WITH GREEN ONION, CELERY, AND GREEN PEPPER ON A SOLLY'S FRESHLY TOASTED BAGEL. TOPPED WITH SPROUTS, RED ONIONS AND TOMATO.

### VEGGIE SANDWICH 9.45

AN OPEN FACED BAGEL SANDWICH THAT STARTS WITH A THICK SHMEAR OF YOUR CHOICE OF CREAM CHEESE OR HOMOUS AND TOPPED WITH AVOCADO, RED ONION, CUCUMBERS, SPROUTS AND TOMATOES.

## SPECIALS

### CHALLAH FRENCH TOAST 5.95 / 11.25

TWO PIECES OF SOLLY'S DELICIOUS CHALLAH FRENCH TOAST SERVED WITH STRAWBERRY SAUCE OR SYRUP, YOUR CHOICE.

### CABBAGE ROLLS 3.25/ EH

HOME BRAND VEGETARIAN CABBAGE ROLLS WITH 'GROUND ROUND' YVES VEGETARIAN BEEF, RICE, MUSHROOMS AND TOMATO SAUCE.

### LATKE SPECIAL 12.50

3 LATKES (FRIED POTATO PANCAKES) SERVED HOT WITH OUR HOME MADE APPLE SAUCE AND SOUR CREAM.

## SOUPS

SERVED WITH A SIDE OF BAGEL CHIPS

### MATZAH BALL 5.95 / 6.95

ONE 12 OZ BOWL OF HOT DELICIOUS CHICKEN MATZAH BALL SOUP (JEWISH PENICILLINI!). SOUP IS A NATURAL PURE BONE BROTH. NO ARTIFICIAL ADDITIVES, NO ARTIFICIAL FLAVORED POWDERS).

### VEGETARIAN SOUP 5.95 / 6.95

ONE 12 OZ BOWL OF VEGETARIAN OR VEGAN SOUP. SOUP POTS CHANGE DAILY. PLEASE CALL THE SHOP TO ASK WHAT VEGETARIAN SOUP IS AVAILABLE.

## EXTRAS

- LATKA
- BUBBIES PICKLE
- COLESLAW
- MATZAH BALL
- BEEF BACON
- CHEDDAR SLICE
- STRAWBERIES
- APPLE SAUCE
- SOUR CREAM
- AVOCADO SLICES
- PICKLE SPEAR