FRESH SALADS

- Strawberry & Blue Cheese Salad
  - Pepper Jelly Vinaigrette
  - Blueberries, blue cheese & candied pecans over a bed of fresh spinach. Served with bagel chips. 9.49

- Tomato Caprese Salad
  - Warm Honey Bacon
  - Tomatoes, crumbled bacon, boiled egg, onion, cucumber, sunflower seeds & asipago cheese over a bed of fresh spinach leaves. 9.99

ANY SALAD OR SANDWICH CAN BE A WRAP!

- Warm Honey Bacon

- Pepper Jelly Vinaigrette

- Romaine lettuce, Granny Smith apple, raisins, walnuts & sun-dried tomato topped with crumbled blue cheese. 9.49

- Overstuffed tomato filled with homemade chicken salad, topped with red onion over a bed of lettuce with cucumber & a boiled egg. 8.49

- Sesame Ginger

- Mandarin oranges, cucumber, cilantro, red onion, toasted almonds & sesame seeds tossed with fresh Romaine lettuce. 9.49

- Grilled chicken, buffalo mozzarella, tomato & sliced avocado. Served with bagel chips. 8.99

SUGAR FREE:
- vanilla • caramel • hazelnut
- vanilla • french vanilla • caramel • hazelnut

COFFEE & BEVERAGES

- We brew fresh-only Abita Roasting Company coffee

- Espresso 2.99 • Cappuccino 3.49

- Hot Mocha 3.79 • Cafe Au Lait 3.49

- Coffee Bar

- Bottled Water 1.99

- Energy Drink 2.99

- Vitamin Water 2.49

- Juice 2.29

- Milk 2.79

BRUNCH | served all day LUNCH | served 11am - close

BAKED GOODS

- Homemade Cinnamon Rolls 2.99

- Homemade Muffins 2.99

- Fresh-Baked Scones 2.99

- Blueberry, white chocolate, raspberry, or apple cinnamon

A LA CARTE

- Egg (1) .99 (2) 1.99

- Egg Whites (1) 1.99

- Southern-Style Grits 1.99

- Ham, Bacon, Sausage, Turkey Sausage, Canadian Bacon 3.49

SWEET POTATO TOTS 2.79

CREOLE BREAKFAST POTATOES 2.99

HAM & EGGS 5.99

- Plain  •  Blueberry  •  Scallion  •  Smoked Salmon

- Strawberry  •  Jalapeno-Pepper  •  Mushroom  •  Roasted Red Pepper  •  Sundried Tomato

- Low-fat options: plain • strawberry almond

CREAM CHEESE & BAGELS

- Bagels (1) 2.99 (6) 10.99 (13) 13.99

- Blueberry  •  Cinnamon Raisin  •  Everything Bagel  •  Cranberry Almond  •  Garlic  •  Jalapeno-Pepper  •  Rye  •  Onion  •  Poppy Seed  •  Sun-Dried Tomato

- Sesame Seed / Bagel Plain Cream Cheese

- Bagels are considered a catering order & require 24 hrs notice


- Whole: 50oz (12) $29.99 (24) $59.99


- Whole: 16oz (8) $29.99 (16) $59.99

- Whole: 8oz (4) $24.99 (8) $49.99

- Whole: 4oz (2) $19.99

- Whole: 2oz (1) $11.99

- Whole: 1oz (0.5) $7.99

- Whole: 0.5oz (0.25) $4.99

- Whole: 0.25oz (0.125) $3.49

Menu design & food photos by MenuSurgeon.com - 08/20/17
**BREAKFAST PLATE**
Two eggs (any style); choice of ham, bacon, sausage, or turkey sausage; choice of grits or creole breakfast potatoes; & choice of toast or a bagel. 7.49

**sub bread or bagel for a plain waffle. 2.99**

**add a small cream cheese to your bagel. 1.29**

**NEW! AVOCADO TOAST**
Two pieces of multi-grain toast with avocado spread and crushed red pepper served with two eggs (any style); choice of ham, bacon, sausage or turkey sausage & choice of grits or creole breakfast potatoes. 8.99

**add a small cream cheese to your bagel. 1.29**

**NEW! CRAWFISH MONICA TOAST**
Grilled crawfish & mushrooms with our homemade Monica sauce. 8.99

**add a small cream cheese to your bagel. 1.29**

**NEW! CRAWFISH MONICA OMELET**
Crawfish Monica Omelet

**add (1) meat & (5) vegetables. 9.99**

**MEATS:**
- (1) meat: breakfast ham | sausage | bacon turkey sausage | Canadian bacon

**VEGETABLES:**
- (3) vegetables: tomato | onion | capers green onion | cucumber | sprouts | carrot | olive bell pepper | spinach | olive salad | mushroom artichoke | sauerkraut | sun dried tomato

**BENEFITS**
All Benefits are two poached eggs, served with a variety of toppings, & your choice of grits or creole breakfast potatoes. 8.99

**add a small cream cheese to your bagel. 1.29**

**CRAWFISH MONICA BENEFIT**
Crawfish Monica with fresh strawberries. 6.49

**CRAWFISH MONICA BAGEL BENEFIT**
Canadian bacon & poached egg, served on a bagel. 10.49

**COCHON BENEFIT**
Blackened shrimp, scallion cream cheese & our Creole-aise sauce. 8.99

**CREOLE BENEFIT**
Smoked salmon, capers, tomato, onion, & rich hollandaise, on a poppy seed bagel. 9.99

**STEAK & EGGS BENEFIT**
Grilled steak & onion, topped with béarnaise sauce. Served on an onion bagel. 9.99

**NEW! BAGEL BAGEL BENEFIT**
Canadian bacon & sliced tomato atop two thick slices of plain bagel, then drizzled with rich hollandaise sauce. 7.99

**BAGEL BENEFIT**
Grilled steak & onion, topped with béarnaise sauce. Served on an onion bagel. 9.99

**NEW! BAGEL FRENCH TOAST**
Our fresh-baked cinnamon bagel grilled in the traditional French Toast style and sprinkled with powdered sugar. 3.99

**MAKE THE BREAKFAST PLATE OR ANY OMELET INTO A BOWL!**

**THREE EGG OMELETS**
Omelets are made with 3 large eggs & served with your choice of grits or creole breakfast potatoes, & your choice of toast or a bagel. sub bread or bagel for a plain waffle. 2.99

**add a small cream cheese to your bagel. 1.29**

**CALIFORNIA**
Avocado, tomato, mushrooms, & mozzarella cheese. 8.49

**FLORENTINE**
Spinach, tomato & feta cheese. 7.99

**THE BIG E**
Smoked sausage, red peppers, green peppers, onions & cheddar cheese. 8.49

**FARMER IN THE DELL**
Bacon, ham & sausage with Swiss cheese. 8.49

**THE RENEE**
Cheddar cheese, mushrooms, tomato, broccoli, onions, green pepper & spinach. 7.99

**PONCHOTRAIN**
Grilled shrimp, mushrooms, & scallion cream cheese. 8.99

**PHILLY CHEESE STEAK**
Grilled steak, sautéed peppers and onions, and cheddar cheese. 8.99

**NEW! CRAWFISH MONICA**
Grilled crawfish & mushrooms with our homemade Monica sauce. 8.99

**BELGIAN WAFFLES**
With butter & syrup on the side. Add eggs & breakfast sides from our A La Carte section.

**RASPBERRY WAFFLE**
Our thick, golden brown Belgian waffle, drizzled with raspberry topping. 6.49

**STRAWBERRY WAFFLE**
Our thick, golden brown Belgian waffle, served with fresh strawberries. 6.49

**PLAIN WAFFLE**
Our thick, golden brown Belgian waffle. 5.49

**PRALINE WAFFLE**
Golden brown Belgian waffle, drizzled with our homemade praline topping. 6.99

**BANANAS FOSTER WAFFLE**
Our thick, golden brown Belgian waffle, topped with bananas, walnuts, and our homemade bananas foster sauce. 6.99

**VOODOO VEGGIE WRAP**
Crawfish Monica, pepper jelly, scallion cream cheese, served warmed on marbled rye toast. 8.49

**CHICKEN CORDON BLEU WRAP**
Slices of fried chicken, sliced ham, melted Swiss cheese, crispy bacon and cool Honey Mustard dressing, served in a flour wrap. 8.99

**GREEN MACHINE WRAP**
Sliced ham, turkey, American cheese & choice of fresh berries served warmed on marbled rye toast. 8.99

**NEW! VODKA WRAP**
Sliced turkey, lettuce, tomato, & your choice of fresh berries served warmed on marbled rye toast. 8.99

**NEW! TEQUILA SUNRISE WRAP**
Turkey, bacon, cheddar cheese, lettuce, tomato, & your choice of fresh berries served warmed on marbled rye toast. 8.99

**SIDE SALAD FOR $2.49**

**SANDWICHES & WRAPS**
All served with a pickle spear & your choice of (1) side: (cole slaw, pasta salad, potato salad, potato chips, or bagel chips). All sandwiches can also be served as a WRAP (choice of flour, whole wheat, tomato, or spinach), on a bagel, on sliced bread, or on a croissant (add $1).

**ROCKIN REUBEN**
Corned beef, sauerkraut, 1000 island dressing & melted Swiss cheese, served warmed on marbled rye toast. 8.49

**ZEKY ZYDECO**
Smoked turkey, pepperjack cheese, red bell pepper, honey mustard, lettuce & tomato, served on a jalapeno bagel. 8.49

**CALIFORNIA CLUB WRAP**
Turkey, bacon, sprouts, avocado & Swiss cheese, served on a tomato basil wrap. 8.99

**THAI WRAP**
Grilled chicken, spring mix, cucumbers, cilantro, carrots, almonds & Thai peanut sauce, served on a wheat wrap. 8.49

**MONTE CRISTO**
Ham, turkey, honey mustard, & Swiss on wheat toast, served with side of raspberry dipping sauce. 8.99

**TANGY TURKEY**
Turkey, Swiss cheese, cucumbers, lettuce, tomato, and a tangy cranberry mustard, served on a cranberry almond bagel. 8.49

**B.L.T. BLUES**
Bacon, lettuce, tomato, and mayonnaise served on a sesame seed bagel. 8.99

**SHRIMP BLT WRAP**
Grilled shrimp, bacon, lettuce, tomato & avocado, served in a flour wrap. 9.49

**ST CHARLES CHICKEN**
House marinated, fresh baked chicken, celery, onion, red grapes, sliced almonds, low-fat mayo, lettuce & tomato, on a croissant. 8.99

**SALMON SOUL**
Sliced smoked salmon, capers, tomato, onion, & rich hollandaise, on a poppy seed bagel. 9.99

**CRÈME TOAST**
Grilled steak & onion, topped with béarnaise sauce. Served on an onion bagel. 9.99

**TOMATO BASIL WRAP**
Grilled chicken, spring mix, cucumbers, cilantro, carrots, almonds & a Thai peanut sauce, served on a wheat wrap. 8.49

**VOODOO VEGGIE WRAP**
Crawfish Monica, pepper jelly, scallion cream cheese, served warmed on marbled rye toast. 8.49

**CHICKEN CORDON BLEU WRAP**
Slices of fried chicken, sliced ham, melted Swiss cheese, crispy bacon and cool Honey Mustard dressing, served in a flour wrap. 8.99

**CREOLE CUBAN**
Slow roasted pork, grilled ham and Swiss cheese topped with pickles and mustard, served on a pressed jalapeno bagel. 8.99

**MUFFA-BAGEL**
Genoa salami, ham, Italian olive salad & melted provolone, served on a sesame seed bagel. 9.99

**SHRIMP BLT WRAP**
Grilled shrimp, bacon, lettuce, tomato & avocado, served in a flour wrap. 9.49

**ST CHARLES CHICKEN**
House marinated, fresh baked chicken, celery, onion, red grapes, sliced almonds, low-fat mayo, lettuce & tomato, on a croissant. 8.99

**SALMON SOUL**
Sliced smoked salmon, plain cream cheese, red onion, capers, and sliced tomato served on a poppy seed bagel. 9.49