

Bagel Breakfast Sandwich \$6

Scrambled egg, American cheese and your choice of meat (bacon, Canadian bacon, ham, sausage or turkey sausage) served on your choice of bagel, sliced bread or croissant (\$1 extra)



BREAKFAST

All of our breakfast entrees are served with your choice of grits or creole breakfast potatoes.

Substitute side for sweet potato tots \$79¢

Substitute bread or bagel for a plain Belgian waffle \$3

Substitute bread or bagel for a premium Belgian waffle \$4

BREAKFAST PLATE \$9

Two eggs (any style); choice of ham, bacon, sausage, Canadian bacon or turkey sausage. Can be made into a breakfast bowl, served over potatoes or grits. Served with your choice of toast or one of our famous bagels.

CROQUE MADAME \$10

Ham & American cheese on a French-toasted cinnamon raisin bagel, topped with a fried egg.

CHICKEN & WAFFLES \$12

A thick, golden brown Belgian waffle, paired with crispy fried chicken tenders and drizzled with our pepper jelly glaze. Served with two eggs (any style).

BREAKFAST CHIMICHANGA \$9

We deep-fry our delicious three-egg breakfast burrito with your choice of meat (bacon, Canadian bacon, ham, sausage or turkey sausage) & top it with salsa and Queso cheese.

BREAKFAST EGGROLLS \$9

Two crispy homemade eggrolls each filled with scrambled eggs, American cheese and your choice of meat (bacon, Canadian bacon, ham, sausage or turkey sausage) then topped with our Asian glaze, sesame seeds and green onions.

BREAKFAST BURRITO \$9

Our three-egg and American cheese burrito can be customized to your liking. Choose between our flour, wheat, tomato basil, or spinach wrap & add your favorite meat (bacon, Canadian bacon, ham, sausage or turkey sausage). Add vegetables .50¢ each

AVOCADO TOAST \$10

Two pieces of multi-grain toast with avocado spread and crushed red pepper, served with two eggs (any style) and your choice of breakfast meat (bacon, Canadian bacon, ham, sausage or turkey sausage).

BELGIAN WAFFLES

BELGIAN

Thick, golden brown Belgian waffle. \$6
Add fresh & pureed strawberries or raspberries \$1 each

PRALINE

Thick, golden brown Belgian waffle with toasted pecans & our creamy praline sauce. \$7

BANANAS FOSTER

Our thick, golden brown Belgian waffle, topped with bananas, walnuts & our house-made Bananas Foster sauce. \$7

OMELETTES & QUICHE

All of our omelettes are served with your choice of grits or creole breakfast potatoes and your choice of toast or one of our famous bagels.

Substitute side for sweet potato tots \$79¢

Substitute bread or bagel for a plain Belgian waffle \$3

Substitute bread or bagel for a premium Belgian waffle \$4

BUILD YOUR OWN OMELETTE OR QUICHE

Three egg omelette stuffed with: (1) meat, (1) cheese & up to (3) vegetables \$10

Our quiches start with (2) eggs, (1) meat, (1) cheese & up to (3) vegetables \$10

MEAT	CHEESE	VEGGIES		
Bacon	Cheddar	Bell Pepper	Green Onion	Bell Pepper
Ham	Swiss	Tomato	Cucumber	Spinach
Sausage	American	Onion	Sprouts	Mushroom
Turkey Sausage	Pepper Jack	Capers	Carrot	Artichoke
Canadian Bacon		Jalapeño	Broccoli	Sun-Dried Tomato
			Black Olive	

OMELETTES

PONTCHARTRAIN \$10

Blackened gulf shrimp, sautéed mushrooms & scallion cream cheese.

CRAWFISH MONICA \$11

Blackened crawfish, green onion & sautéed mushrooms topped with our signature Monica sauce.

THE BIG E \$10

Smoked sausage, red peppers, green peppers, onions & cheddar cheese.

FARMER IN THE DELL \$10

Bacon, ham, sausage & Swiss cheese.

CALIFORNIA \$10

Avocado, tomato, mushrooms & mozzarella cheese.

THE RENEE \$10

Mushrooms, tomato, broccoli, onions, green pepper, sprouts & cheddar cheese.

FLORENTINE \$10

Spinach, tomato & Feta cheese.

PHILLY CHEESE STEAK \$10

Grilled steak, sautéed peppers and onions and cheddar cheese.



QUICHES

SHRIMP FLORENTINE \$10

Grilled shrimp, spinach, tomato & feta cheese.

QUICHE LORRAINE \$10

Ham, bacon & Swiss cheese

BENEDICTS

Two poached eggs, served with a variety of toppings and your choice of grits or creole breakfast potatoes.

Crawdsh Monica Benedict

Blackened crawdsh and mushrooms served on a garlic bagel and topped with our Monica hollandaise sauce. \$12

Cochon Benedict

Slow-roasted cochon de lait, pepper jelly and scallion cream cheese on a jalapeño bagel topped with creoleaise sauce. \$12

Creole Benedict

Blackened shrimp, scallion cream cheese & our creoleaise sauce, on a garlic bagel \$12

Salmon Benedict

Smoked salmon, capers, tomato and onion on a poppy seed bagel with our rich hollandaise on top. \$12

Bagel Benedict

Grilled Canadian bacon and tomato atop our plain bagel and drizzled with a rich hollandaise sauce. \$10

Steak and Eggs Benedict

Grilled steak and onion, topped with béarnaise sauce. Served on an onion bagel. \$12

BEVERAGES

Fountain Drinks.....\$2.29 Milk.....\$2.79 Vitamin Water.....\$2.49
 Juice.....\$2.29 Energy Drink.....\$3.59 Bottled Water.....\$1.99



A creamy, smooth, slightly sweet drink,
 perfect to feel refreshed and satisfied
 \$4.49 | Blackberry (add .79¢)

Tea

Iced Tea\$2.29 **HOT TEA FLAVORS** English Breakfast
 Iced Chai\$3.99 Alpine Berry Jasmine Green
 Hot Tea\$2.29 Chamomile Tropical Green
 Hot Chai\$3.99 Earl Grey Peppermint

Coffee

We brew only craft-roasted specialty grade Abita Roasting Co. coffee.

Coffee BarSM \$2.79 | LG \$3.29 **Latte**.....\$3.79
 Iced Coffee\$3.79 **Cappuccino**.....SM \$4.19 | LG \$4.79
 (Medium Roast or Southern Pecan) **Hot Mocha**\$3.79
EspressoSM \$1.99 | LG \$2.99 **Cafe Au Lait**.....\$3.49
Hot ChocolateSM \$3.29 | LG \$3.79

ADD SYRUP FLAVOR .79¢ EACH

Caramel | French Vanilla | Hazelnut | Praline | Pumpkin Spice | White Chocolate | Vanilla
 SUGAR FREE: SF Caramel | SF Hazelnut | SF Vanilla

FROZEN COFFEE\$4.49 **CARAMEL | MINT | MOCHA**
PRALINES & CREAM | VANILLA LATTE | WHITE CHOCOLATE

MIXED DRINKS **Mimosa \$3 | Bloody Mary \$5 | Irish Coffee \$5**

BAGELS (1) \$1.50 | (6) \$8.10 | (13) \$16.10

Blueberry	Jalapeno	Pumpnickel
Cinnamon Raisin	Oat	Rye
Cranberry Almond	Onion	Sesame Seed
Everything	Plain	Sun-Dried Tomato
Garlic	Poppy Seed	Honey Wheat

Ask about our Monthly Special!

FRESH SALADS

Warm Honey Bacon Sesame Ginger Caesar Bleu Cheese 4 Cheese Vinaigrette Italian	Honey Mustard Pepper Jelly Vinaigrette Balsamic Vinaigrette Ranch Add grilled chicken \$3 Add grilled shrimp \$4
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STRAWBERRY BLUE CHEESE SALAD \$10

Fresh spinach with strawberries, blue cheese, candied pecans & green apple. Served with bagel chips & our house made pepper jelly vinaigrette.

BLUE BAYOU \$10

Romaine lettuce, Granny Smith apple, raisins, walnuts & sun-dried tomato topped with crumbled bleu cheese. Served with bagel chips and our house-made pepper jelly vinaigrette.

SOUTHERN SPINACH \$10

Fresh spinach with tomatoes, crumbled bacon, boiled egg, onion, cucumber, sunflower seeds & Asiago cheese. Served with bagel chips & warm honey bacon dressing.

CAESAR \$10

Crisp romaine lettuce topped with shredded Asiago cheese & tomato wedges served with bagel chips and Caesar dressing.

GEAUX GREEK \$10

Fresh romaine lettuce with artichoke hearts, tomatoes, red onion, Kalamata olives, cucumber & feta cheese. Served with bagel chips & 4-cheese vinaigrette.

CHEF SALAD \$11

A bed of romaine lettuce topped with ham, turkey, crumbled bacon, cucumber, tomatoes, boiled egg & cheddar cheese. Served with bagel chips & ranch dressing.

STUFFED TOMATO \$11

Fresh whole tomato over a bed of lettuce, stuffed with homemade chicken salad and topped with red onion, cucumber and boiled eggs.

GRILLED CHICKEN CAPRESE SALAD \$12

Grilled chicken, fresh mozzarella, tomato & sliced avocado, garnished with a chiffonade of basil and balsamic drizzle. Served with bagel chips and our house-made pepper jelly vinaigrette

STUFFED AVOCADO \$12

Two avocado halves over a bed of spinach, stuffed with our world-famous chicken salad & topped with boiled egg, carrots and onions. Served with bagel chips and our house-made pepper jelly vinaigrette

SIDE SALAD \$6

Romaine lettuce, tomato, cucumber, carrot & red onion.

Sandwiches & Wraps ...

All sandwiches are served with a side: Coleslaw, Pasta Salad, Potato Salad, Potato Chips or Bagel Chips.

ZESTY ZYDECO Smoked turkey, pepper jack cheese, red bell pepper, honey mustard, lettuce & tomato, served on a jalapeno bagel \$9

CREOLE CLUB Turkey, ham, bacon, Swiss cheese, lettuce, tomato, mayo & mustard, served on an everything bagel. \$10

MONTE CRISTO Ham, turkey, honey mustard, & Swiss on battered and fried wheat toast. Served with a side of raspberry dipping sauce. \$10

TANGY TURKEY Turkey, Swiss cheese, cucumbers, lettuce, tomato, cranberries and our tangy cranberry mustard on a cranberry almond bagel. \$9

CLASSIC BLT Loaded with Applewood Smoked Bacon, lettuce, tomato, American cheese & mayo on white toast. \$10

HOT ROAST BEEF Grilled thin-sliced roast beef, mushrooms, Swiss cheese, lettuce, tomato and mayo served on a toasted garlic bagel with a side of hot gravy for dipping. \$10

FRIED GREEN TOMATO Blackened shrimp, crispy slices of fried green tomato, lettuce and our remoulade sauce on a buttery croissant. \$11

CREOLE CUBAN Slow-roasted pork, grilled ham & Swiss cheese topped with pickles and mustard, served on a pressed jalapeño bagel. \$10

ST. CHARLES CHICKEN SALAD Our famous chicken salad (baked chicken breast, celery, onion, red grapes, sliced almonds and low-fat mayonnaise) with lettuce and tomato on a buttery croissant. \$10

SALMON SOUL Sliced smoked salmon, plain cream cheese, red onion, capers and sliced tomato served on a poppy seed bagel. \$11

Any salad or sandwich can be a wrap!

WRAPS

CALIFORNIA CLUB WRAP

Turkey, bacon, sprouts, avocado & Swiss cheese, served in a tomato basil wrap. \$10

VOODOO VEGGIE WRAP

Carrot, red & green bell pepper, cucumber, red onion, sprouts, lettuce, tomato & your choice of hummus or garden veggie cream cheese, served in a whole wheat wrap. \$9

SHRIMP BLT WRAP

Blackened shrimp, bacon, lettuce, tomato & avocado, served in a flour wrap. \$11

THAI WRAP

Grilled chicken, romaine lettuce, cucumbers, cilantro, carrots, almonds & our own Thai peanut sauce, served in a wheat wrap. \$10

CREAM CHEESES 2oz \$1.30 | 4oz \$2.30 | 8oz \$4 | 16oz \$6

Plain	Chocolate Chip	Scallion
Cranberry Almond	Honey Walnut Raisin	Smoked Salmon
Blueberry	Jalapeno	Sun-Dried Tomato

Low-fat cream cheese options:

Plain | Cranberry Almond | Garden Vegetable | Spinach & Artichoke

Ask about our Monthly Special!

BAKED GOODS

Homemade Muffins

Flavors rotate, ask about today's variety \$3

Fresh Baked Scones

apple cinnamon, blueberry or white chocolate raspberry \$3

Homemade Cinnamon Rolls

\$3