

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

### BREAKFAST PLATE \$11

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

### CHICKEN & WAFFLES \$13

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).

### BISCUITS & GRAVY \$12

Our house-made sausage gravy atop a large, fresh-baked biscuit, served with 2 eggs any style.

### SHRIMP & GRITS \$13

Our take on traditional New Orleans shrimp and grits. Served alongside your choice of bagel or toast as well as 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) and top it with salsa and Queso.

### BREAKFAST EGGROLLS \$12

Two crispy, house-made 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 and add your favorite meat (bacon, Canadian bacon, ham, sausage or turkey sausage).

### AVOCADO TOAST \$12

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.

### CROQUE MADAME \$13

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

Substitute side of sweet potato tots  
79¢

Substitute bread or bagel for a plain waffle  
\$3

Substitute bread or bagel for a premium waffle  
\$4

## OMELETTES

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

### BUILD YOUR OWN OMELETTE

Three egg omelette stuffed with: (1) meat, (1) cheese & up to (3) vegetables \$14

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

ANY OMELETTE CAN BE A QUICHE!

### PONTCHARTRAIN \$13

Blackened gulf shrimp, sautéed mushrooms, & scallion cream cheese.

### CALIFORNIA \$12

Avocado, tomato, mushrooms, & mozzarella cheese.

### CRAWFISH MONICA \$13

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

### THE RENEE \$11

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

### THE BIG E \$12

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

### FLORENTINE \$12

Spinach, tomato & feta cheese.

### FARMER IN THE DELL \$12

Bacon, ham, sausage & Swiss cheese.

### PHILLY CHEESE STEAK \$12

Grilled steak, sautéed peppers and onions, and cheddar cheese.

## QUICHES

### BUILD YOUR OWN QUICHE

Our quiches start with (2) eggs, (1) meat, (1) cheese & up to (3) vegetables \$12

### SHRIMP FLORENTINE

Grilled shrimp, spinach, tomato & feta cheese.

### QUICHE LORRAINE

Ham, bacon and Swiss cheese

## BENEDICTS

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

### Crawfish Monica Benedict

Blackened crawfish and mushrooms served on a garlic bagel and topped with our Monica hollandaise sauce. \$15

### Cochon Benedict

Slow-roasted cochon de lait, pepper jelly and scallion cream cheese on a jalapeño bagel topped with Creole-aise sauce. \$15

### Creole Benedict

Blackened shrimp, scallion cream cheese & our Creole-aise sauce, on a garlic bagel \$15

### Salmon Benedict

Smoked salmon, capers, tomato and onion on a sesame seed bagel with our rich hollandaise on top. \$15

### Bagel Benedict

Grilled Canadian bacon and tomato atop our plain bagel and drizzled with a rich hollandaise sauce. \$12

### Steak and Eggs Benedict

Grilled steak and onion, topped with béarnaise sauce and served on an onion bagel. \$14

## BELGIAN WAFFLES

### BELGIAN

Thick, golden brown Belgian waffle. \$7  
Add fresh and pureed Strawberries or Raspberry \$1 each

### PRALINE

Thick, golden brown Belgian waffle with toasted pecans and our creamy praline sauce. \$8

### BANANA FOSTER

Our thick, golden brown Belgian waffle, topped with bananas, walnuts, and our house-made bananas foster sauce. \$8

## BEVERAGES

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

### FROZEN GREEN TEA A MUST TRY!

## Tea

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

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 fresh brew only craft-roasted, specialty grade Abita Roast Co. coffee.

Coffee Bar ..... SM \$2.79 | LG \$3.29    Latte..... SM \$4.19 | LG \$4.79  
 Iced Coffee ..... \$3.79    Cappuccino..... SM \$4.19 | LG \$4.79  
 (Medium Roast or Southern Pecan)  
 Espresso ..... SM \$1.99 | LG \$2.99    Cafe Au Lait..... \$3.79  
 Hot Chocolate ..... SM \$3.29 | LG \$3.79

### ADD SYRUP FLAVOR .79¢ EACH

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

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

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

## FRESH SALADS

Warm Honey Bacon    Fat-Free Balsamic Vinaigrette  
 Sesame Ginger    Honey Mustard  
 Caesar    Italian  
 Bleu Cheese  
 4 Cheese Vinaigrette  
 Pepper Jelly Vinaigrette  
 Ranch

Add grilled chicken \$3  
 Add grilled shrimp \$4

### STRAWBERRY BLUE CHEESE \$11

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

### BLUE BAYOU \$11

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 \$11

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

### CAESAR \$11

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

### GEAUX GREEK \$11

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

### CHEF \$12

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 \$12

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 \$13

Grilled chicken, fresh mozzarella, tomato & sliced avocado, pesto and balsamic drizzle. Served with bagel chips and our house made pepper jelly vinaigrette

### STUFFED AVOCADO \$13

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 \$7

Romaine, 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 \$11

**CREOLE CLUB** Turkey, ham, bacon, Swiss cheese, lettuce, tomato, mayo & mustard, served on an everything bagel. \$11

**MONTE CRISTO** Ham, turkey, honey mustard, & Swiss on battered and fried wheat toast. Served with a side of raspberry dipping sauce. \$12

**TANGY TURKEY** Turkey, Swiss cheese, cucumbers, lettuce, tomato, cranberries, and our tangy cranberry mustard on a cranberry almond bagel. \$11

**CLASSIC BLT** Loaded with Apple Smoked Bacon, lettuce, tomato, American cheese & mayo, on white toast. \$11

**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. \$11

### FRIED GREEN TOMATO

Blackened shrimp, crispy slices of fried green tomato, lettuce, and our remoulade sauce on a buttery croissant. \$12

**CREOLE CUBAN** Slow roasted pork, grilled ham and Swiss cheese topped with pickles and mustard, served on a pressed jalapeño bagel. \$13

**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. \$12

**SALMON SOUL** Sliced smoked salmon, plain cream cheese, red onion, capers, and sliced tomato served on a poppy seed bagel. \$12

## WRAPS

Any salad or sandwich can be a wrap!

### CALIFORNIA CLUB WRAP

Turkey, bacon, sprouts, avocado & Swiss cheese, served on a tomato basil wrap. \$11

**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. \$10

**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 & a Thai peanut sauce, served on a wheat wrap. \$11

## BAGELS (1) \$1.80 | (6) \$9.20 | (13) \$19.50

Ask about our Monthly Special!

Blueberry    Jalapeno    Pumpnickel  
 Cinnamon Raisin    Oat    Rye  
 Cranberry Almond    Onion    Sesame Seed  
 Everything    Plain    Mixed Berry  
 Garlic    Poppy Seed    Wheat

## CREAM CHEESES 2oz \$1.30 | 4oz \$2.30 | 8oz \$4.60 | 16oz \$9.20

Plain    Strawberry    Scallion  
 Cranberry Almond    Honey Walnut Raisin    Smoked Salmon  
 Blueberry    Jalapeno    Monthly Special  
 Chocolate Chip    Spinach & Artichoke

Low-fat cream cheese options: Plain | Cranberry Almond | Garden Vegetable

Ask about our Monthly Special!

## BAKED GOODS

**Homemade Muffins**    **Fresh Baked Scones**    **Homemade Cinnamon Rolls**  
 Flavors rotate, ask about today's variety \$3    apple cinnamon, blueberry or white chocolate raspberry \$3    \$3