



SIGNATURE HEROES \$10.49



SPECIALTY HEROES \$9.99



BUILD YOUR OWN SANDWICH

The Butch

Grilled Pastrami, Pepper Turkey & Melted Pepper Jack cheese, Bacon, Avocado, Caramelized Onions & Ranch Dressing on a Toasted Garlic Hero

Islip

Chicken Cutlet, Chipotle Mayo, Fresh Mozzarella on a Toasted Garlic Hero

El Chapo

Buffalo Chicken, Pepper Jack Cheese, Avocado, Jalapenos, Lettuce, Tomato & Sour Cream

Main Street

Grilled Chicken Cheddar Cheese Bacon, Avocado and Ranch Dressing

Buffalo Chicken

Buffalo Chicken Cutlet, Cheddar Cheese, Hot sauce & Blue Cheese Dressing

Grace's Special

Chicken Cutlet, American Cheese, French Fries & Brown Gravy

Roast Beast

Roast Beef, Fresh Mozzarella, French Fries topped with Gravy on a Toasted Garlic Hero

WHYUOMAD

Chicken Cutlet, Melted Pepper Jack Cheese, Avocado, Lettuce, Tomato & Chipotle Mayo

The Patriot

Roast Beef, Turkey, Bologna, Ham, American Cheese, Lettuce, Tomato, Mayo & Mustard

Metro

Honey Turkey, Swiss, Lettuce, Tomato and Honey Mustard

Italian Stallion

Prosciutto Mortadella Soppresata, Fresh Mozzarella, Roasted Red peppers, Oil & Vinegar

Roast Beef Supreme

Roast Beef, Melted Mozzarella, Bacon topped with Gravy on a Toasted Garlic Hero

Food prepared here may contain:

Milk, Eggs, Wheat, Soy, Honey, Peanuts, Tree Nuts & Fish.

PLEASE WARN US OF ANY FOOD ALLERGIES.



BAGELS & ROLLS

- Butter \$1.99
- Jelly \$1.99
- Cream Cheese \$2.99
- Lox Bread \$6.99
- Specialty Cream Cheese \$3.25
- Lox with Cream Cheese \$7.99
- Lox, Cream Cheese, Onion & Tomato \$8.99

Roast Beef Melt

Grilled Roast Beef, and Melted Mozzarella on a toasted garlic hero

Texas Melt

Hot Roast Beef, Bacon, BBQ Sauce and Melted Cheddar

The Godfather

Cappy Ham, Genoa Salami, Pepperoni, Provolone Cheese, Lettuce, Tomato, Roasted Peppers and Italian Dressing

Uncle Sam

Turkey, Roast Beef, Ham, Swiss, American Cheese, Lettuce, Tomato & Mayo

Turkey Club

Turkey Breast, Crispy Bacon, Lettuce, Tomato & Mayo

Chicken Club

Fried Chicken Cutlet, Melted American Cheese, Crispy Bacon, Lettuce, Tomato & Russian Dressing

Buffalo Bleu

Buffalo Chicken Breast, Monterrey Jack Cheese, Shredded Lettuce & Blue Cheese Dressing on a Toasted Hero

Cordon Bleu

Chicken Cutlet, Virginia Ham, Melted Swiss & Honey Mustard on a Toasted Hero

Monte Cristo

Ham, Turkey, Melted Swiss, Lettuce, Tomato & Russian Dressing on a Toasted Hero

Chicken Cutlet Combo

Breaded Chicken Cutlet, Melted Muenster Cheese, Crispy Bacon, Sautéed Onions & Ranch Dressing

Citi Field

Chicken Cutlet, Prosciutto, Fresh Mozzarella, Roasted Peppers & Pesto

Chicken Cutlet Parmigiana

Chicken Parmigiana With Tomato Sauce & Melted Mozzarella on a Garlic Hero

The Fisherman

Fillet Fish Flounder, Melted American Cheese, Lettuce, Tomato & Tartar Sauce

Italian Stallion

Prosciutto, Mortadella, Soppresata, Fresh Mozzarella, Roasted Peppers, Oil & Vinegar



QUESADILLAS

Served with Sour cream and Salsa

- Cheese Quesadilla \$6.99
- Steak -OR- Chicken Quesadilla \$8.99

BREAD

Roll | Bagel | Rye Bread | Whole Wheat | White Bread

Meat \$6.99

(We only use Boars head meat)

Grilled Chicken - Chicken Breast - Buffalo Chicken - Chicken Cutlet - Roast Beef - Corned Beef - Oven Gold Turkey - Honey Glazed Turkey - Pepper Mil Turkey - Ham - Virginia Ham - Cappy Ham - Pastrami - Pepperoni - Prosciutto - Genoa Salami - Bologna - Liverwurst - BLT (Bacon, Lettuce, Tomato) \$6.99 -

Salad Sandwiches \$6.99

Egg Salad, Chicken Salad, Seafood Salad, Tuna Salad, Veggie Tuna Salad - Shrimp Salad \$8.99 -

Lettuce Wraps \$9.99

Choose your favorite Boars head cold cuts and toppings & let-uce wrap it in a crisp Iceberg Lettuce!

EXTRAS

English Muffin	\$1.50	Roasted Peppers	\$1.00
Croissant	\$2.50	Spinach	\$1.00
Hero	\$1.50	Bacon	\$2.00
Wrap	\$1.50	Sausage	\$2.00
Home Fries	\$2.00	Ham	\$2.00
Avocado	\$2.00	Egg	\$0.50
Lettuce	\$0.50	Cheese	\$0.50
Jalapeno	\$0.75	Fresh Mozzarella	\$1.00
Onions	\$0.50	Turkey Bacon	\$2.00
Tomato	\$0.50	Sun Dried Tomatoes	\$1.00

SIDE ORDERS

Chicken Wings	(6 Pieces)	\$6.49
Mozzarella sticks	(6 Pieces)	\$5.99
Chicken Tenders	(5 Pieces)	\$6.49
Onion Rings	Small \$3.49	Large \$5.49
French Fries	Small \$3.49	Large \$5.49
Potato Knish	\$2.99	Beef Patty \$2.99
Chicken Wings / Tenders with French Fries		\$8.99

Grace's
Deli & Bagels

www.GraceDeliAndBagels.com

FOLLOW US
GraceDeliAndBagels



TEL: 631 647 4140
FAX : 631 328 4725

WE CARRY GLUTEN FREE WRAPS & BAGELS



WE DELIVER
EVERYDAY FROM
8:00AM 2:00PM



- WE ACCEPT ALL MAJOR CREDIT CARDS -



WORKING HOURS

MON - SAT 6 AM - 4 PM | SUN 7 AM - 3 PM

WE DO CATERING

EAST ISLIP - OUR LOCATIONS - BAY SHORE

85 E MAIN ST
NY 11730
TEL: 631 650 9124
FAX: 631 650 9125

77 HOWELLS RD
NY 11706
TEL: 631 647 4140
FAX: 631 328 4725

Prices Subject to Change - All Prices listed are before tax

ADD FRIES FOR ONLY \$2.00

77 HOWELLS RD. BAY SHORE, NY 11706



HEALTHY BREAKFAST WRAPS

CHOOSE YOUR WRAP

Plain | Lettuce | Tomato | Spinach | Whole Wheat

- Egg Whites with Grilled Turkey** \$5.99
- Egg Whites with Bacon and Swiss** \$6.99
- Egg Whites with Swiss and Grilled Turkey** \$6.99
- Egg Whites with Spinach** \$6.99
- Light Grilled Turkey Wrap** \$6.99
3 Egg Whites, Low Fat Swiss, Honey Turkey & a Whole Wheat Wrap
- Breakfast Burrito** \$6.99
Eggs, Peppers, Onions, Tomato, Cheddar, Pepper jack and Sausage



BREAKFAST PLATTERS

- Western Omelette** \$7.49
3 Eggs, Ham, Cheese, Onions, Peppers and Home Fries
- Greek Omelette** \$7.49
3 Eggs, Spinach, Feta cheese with Home Fries
- Mench** \$7.49
3 Eggs, Pastrami, Tomato, Onions and Home Fries
- Crash Omelette** \$7.49
3 Egg Whites, Spinach, Tomato, Cheese with Home Fries
- Vegetable Omelette** \$7.49
3 Eggs, Mushrooms, Onions, Peppers, Tomato, Cheese and Home Fries



- 3 Eggs with Home Fries** \$5.99 | \$7.99
- French Toast** \$5.99 | \$7.99
- Pancakes** \$5.99 | \$7.99
Add Chocolate Chips OR Banana for \$1.00
- Grits** Small \$2.49 Large \$3.49 | \$6.99

Add Eggs
50¢

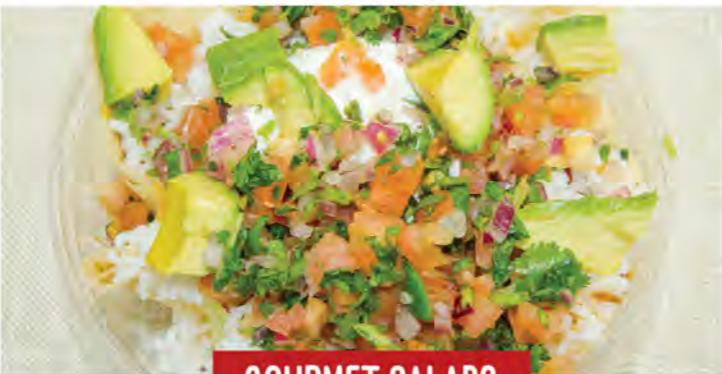
BREAKFAST SERVED ALL DAY

ADD 50¢ FOR BAGELS



MAKE YOUR OWN EGG SANDWICH

- Two Eggs, Any Style** \$2.99
- Egg Whites** \$2.99
- Eggs w/Cheese** \$3.49
- Eggs & your choice of Ham -OR- Sausage -OR- Bacon** \$3.99
- Eggs & your choice of Roast Beef -OR- Beef/Turkey Sausage** \$6.49
- Eggs & your choice of Turkey -OR- Pastrami** \$5.99
- Eggs & Home Fries** \$5.49
- Breakfast Quesadilla (Bacon, Eggs and Cheddar Cheese)** \$6.99
- Hungry Man** Small \$6.99 Large \$7.99
Bacon, Ham, Sausage, Eggs and cheese.



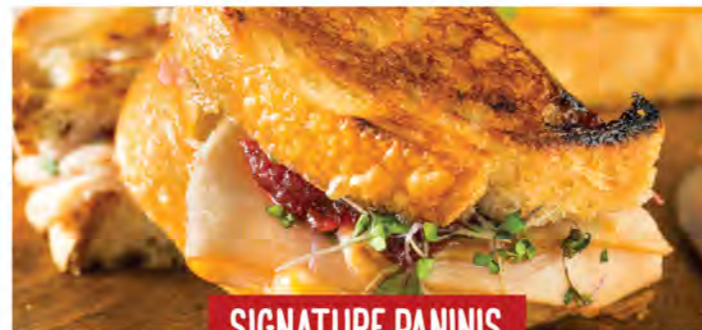
GOURMET SALADS

- Tossed** \$6.99
Iceberg Lettuce, Tomato, Cucumber, Green Pepper, Carrots & Onions
- Greek** \$8.99
Romaine Lettuce, Feta Cheese, Black Olives, Cucumber, Grape Tomato & Greek Dressing
- Chicken Caesar** \$8.99
Marinated Grilled, Romaine Lettuce, Parmesan, Croutons, Caesar Dressing
- Chef** \$8.99
Boars Head Turkey & Ham, American & Swiss Cheese, Boiled Eggs, Garden Salad, Thousand Island Dressing
- Parisian** \$9.99
Mixed Green, Feta Cheese, Toasted Almonds, Dried Cranberries & Raspberry Vinaigrette
- Tuscan** \$9.99
Grilled Marinated Chicken, Fresh Mozzarella, Avocado, Roasted Pepper, Balsamic Vinaigrette Dressing
- Buffalo** \$9.99
Mesculin, Buffalo Chicken Shredded Carrots, Boiled Eggs, Cucumbers, Avocado, Roasted Almonds, Parmesan, Blue Cheese Dressing
- Teriyaki** \$9.99
Teriyaki Chicken Mesculin, Crisp Noodles, Shredded Carrots, Mandarin Orange, Sliced Almonds, Sesame Ginger Dressing
- Cobb** \$9.99
Grilled Chicken, Lettuce, Chopped Bacon, Boiled Eggs, Red Onions, Crumbled Blue Cheese & Blue Cheese Dressing



FROM THE GRILL

- Philly Cheese Steak (on a hero)** \$9.99
Thin sliced Steak, Melted cheese, Onions, Sautéed Peppers & Mushrooms
- Reuben** \$8.99
Corned Beef brisket, Melted Swiss, Sauerkraut & Russian dressing, on Grilled Rye
- Greek Gyro (on grilled flat Pita)** \$8.99
Seasoned Beef & Lamb, Lettuce, Tomato, Red Onions, Cucumber & Tzatziki sauce
- Avocado Burger** \$8.99
Avocado, Jack Cheese, Red Onion, Lettuce, Tomato and Chipotle Mayo
- Pastrami** \$9.99
Grilled Pastrami brisket, Sautéed Onions and Melted Swiss
- Cheeseburger Deluxe** \$9.99
Your choice of cheese, Lettuce, Tomato, Onions & pickles with a side of Fries
- Turkey Burger** \$8.99
Turkey Patty, Lettuce, tomato, Onions, Pickles and Alpine Swiss
- Veggie Burger** \$8.99
Veggie Patty, Lettuce, Tomato and Onion
- Grilled Cheese** \$4.99
Your choice of cheese and Bread
- BBQ Boneless Ribs** Small \$6.99 Large \$7.99



SIGNATURE PANINIS

- Bistro** \$9.99
Grilled Chicken Breast, Crispy Bacon, Monterey Jack Cheese, Grilled Onions, Honey Chipotle Dressing
- Cubano** \$9.99
Virginia Ham, Melted Swiss Cheese, Sliced Pickles, Roasted Peppers, Honey Chipotle Dressing
- Soprano** \$9.99
Baked Eggplant Or Grilled Chicken, Fresh Mozzarella, Baby Spinach, Roasted Pepper, Balsamic Vinaigrette Dressing
- Bacon Dijon** \$9.99
Chicken Cutlet, Melted Swiss, Crispy Bacon and Honey Mustard
- Chef Nick** \$9.99
Cracked Pepper Mill Turkey, Monterey Jack Cheese, Lettuce, Tomato, Blue Cheese Dressing
- Yankee's Stadium** \$9.99
Prosciutto, Mortadella, Soppresata, Fresh Mozzarella, Roasted Pepper, Oil & Vinegar



SIGNATURE WRAPS

- Montauk Point** \$9.99
Chicken Salad, Crispy Bacon, Shredded Lettuce, Tomato and Ranch Dressing
- Sea Breeze** \$9.99
Seafood Salad, Lettuce and Tomato on a Sun-dried Tomato Wrap
- Caesar Wrap** \$9.99
Marinated Grilled Chicken, Shaved Parmesan Cheese, Lettuce and Caesar Dressing, on a Whole Wheat Wrap
- Mediterranean** \$9.99
Grilled Chicken, Feta Cheese, Cucumber, Black Olives, Red Onions, Tomato and Tzatziki Sauce on Sun-dried Tomato Wrap
- Tuscany** \$9.99
Baked Eggplant Or Grilled Chicken, Fresh Mozzarella, Romaine Lettuce and Roasted Red Pepper, Sun-dried Tomato Wrap
- Honey Dripper** \$9.99
Honey Turkey Breast, Bacon, Lettuce, Tomato and Honey Mustard
- California** \$9.99
Sliced Turkey Bread, Lettuce, Tomato, Crispy Bacon and Ranch Dressing
- Spicy Buffalo** \$9.99
Buffalo Chicken Breast, Pepper Jack Cheese, Lettuce, Tomato & Chipotle Mayo
- Chicken Ranch** \$9.99
Chicken Cutlet, Melted Muenster Cheese, Bacon, Sautéed Onions & Ranch Dressing
- Roma Wrap** \$9.99
Fresh Mozzarella, Roasted Red Peppers, Lettuce, Tomato & Balsamic Vinaigrette
- The Deli Wrap** \$9.99
Turkey or Ham, Swiss, Lettuce, Tomato & Mayo

DRINKS

- Homemade Ice Tea Or Lemonade**
20 Oz. \$2.99 | 32 Oz. \$3.99
- Hot Gourmet Coffee Or Tea**
Small \$1.60 | Med. \$2.25 | Large \$2.50
- Iced Coffee**
16 Oz. \$2.99 | 20 Oz. \$3.49 | 32 Oz. \$4.49

OATMEAL

- Homemade Oatmeal**
8 Oz. (Small) \$2.99 | 16 Oz. (Large) \$3.49
- Toppings : Add 50¢**
Raisins, Banana, Walnuts, Granola, Cranberries

Prices Subject to Change - All Prices listed are before tax

Consuming raw or undercooked meats, fish, shellfish or eggs, may increase your risk of food born-illness, especially if you have certain medical conditions.