

## THE WRAP ZONE

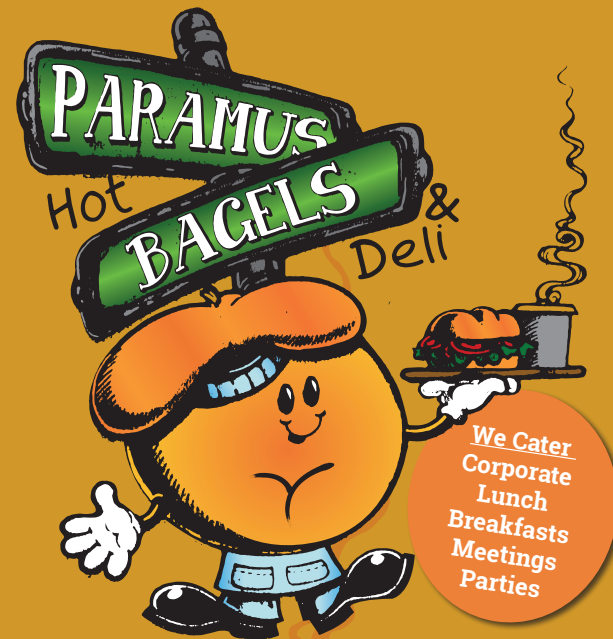
|   |      |
|---|------|
| <b>AMERICAN CLUB WRAP</b> .....   | 8.99 |
| <i>Turkey breast, bacon, American cheese, lettuce, tomato, &amp; mayo</i>   |      |
| <b>BUFFALO GRILLED CHICKEN WRAP</b> .....   | 8.99 |
| <i>Grilled chicken with lettuce, tomato, blue cheese, &amp; hot sauce</i>   |      |
| <b>GRILLED CHICKEN CAESAR WRAP</b> .....  | 8.99 |
| <i>Grilled chicken, parmesan cheese, croutons, lettuce &amp; Caesar dressing</i>                                  |      |
| <b>HONEY MUSTARD CHICKEN CLUB WRAP</b> .....  | 8.99 |
| <i>chicken cutlet, lettuce, tomato, swiss cheese bacon &amp; honey mustard</i>                                    |      |
| <b>ITALIAN CHICKEN WRAP</b> .....   | 8.99 |
| <i>Chicken cutlet, provolone cheese, lettuce, tomato, &amp; Italian dressing</i>                                  |      |
| <b>MANHATTAN WRAP</b> .....   | 8.99 |
| <i>Grilled chicken, fresh mozzarella, roasted peppers, lettuce &amp; balsamic vinegar</i>                         |      |
| <b>MEDITERRANEAN WRAP</b> .....   | 8.99 |
| <i>Grilled chicken, feta cheese, black olives, roasted red peppers, lettuce &amp; balsamic vinegar</i>            |      |
| <b>ORIGINAL WRAP</b> .....  | 8.99 |
| <i>Chicken cutlet, onions, lettuce, tomato, and Russian dressing</i>  |      |
| <b>PORTABELLA MUSHROOM WRAP</b> .....   | 8.99 |
| <i>Grilled portabella mushrooms, fresh mozzarella, roasted red peppers, lettuce &amp; balsamic vinegar</i>        |      |
| <b>ROAST BEEF WRAP</b> .....  | 8.99 |
| <i>Sliced Roast beef, Swiss cheese, lettuce, tomato, &amp; mayo</i>   |      |
| <b>SCOOBY DOO TERIYAKI WRAP</b> .....   | 8.99 |
| <i>Philly Steak, cheddar cheese, peppers, onions, mushrooms, &amp; teriyaki sauce</i>                             |      |
| <b>VEGETARIAN WRAP</b> .....  | 8.99 |
| <i>Grilled eggplant, portabella mushrooms, fresh mozzarella, roasted peppers, lettuce &amp; horseradish sauce</i> |      |
| <b>GRILLED CHICKEN HUMMUS WRAP</b> .....  | 8.99 |
| <i>Grilled chicken &amp; hummus with spinach, tomato, cucumber, &amp; balsamic vinegar</i>                        |      |
| <b>CHICKEN SALAD WRAP</b> .....   | 8.99 |
| <i>Chicken salad &amp; bacon with spinach &amp; avocado</i>   |      |
| <b>TUNA SALAD WRAP</b> .....  | 8.99 |
| <i>Tuna salad with spinach, beets &amp; avocado</i>   |      |
| <b>EGG SALAD WRAP</b> .....   | 8.99 |
| <i>Egg salad with spinach, avocado &amp; crispy bacon</i>   |      |

## SIDE ORDERS

|   |      |
|---|------|
| <b>EMPANADA</b> .....                       | 3.29 |
| <i>Filled with beef, chicken, or cheese</i> |      |
| <b>Hash Browns</b> .....                    | 4.99 |
| <b>French Fries</b> .....                   | 4.99 |
| <b>Onion Rings</b> .....                    | 5.99 |
| <b>Mozzarella Sticks (6pcs)</b> .....       | 6.99 |
| <b>Side Bacon or Sausage</b> .....          | 6.99 |

## HOT & COLD LUNCH SPECIALS

|   |       |
|---|-------|
| <b>AMERICAN HERO</b> .....  | 10.99 |
| <i>Boar's Head turkey, roast beef and American cheese topped with lettuce, tomato &amp; mayo</i>                          |       |
| <b>BBQ CHICKEN ON A ROLL</b> .....  | 8.99  |
| <i>Grilld chicken, melted cheddar cheese, lettuce, tomato &amp; BBQ sauce</i>   |       |
| <b>CAJUN GRILLED CHICKEN ROLL</b> .....   | 8.99  |
| <i>Cajun grilled chicken topped with melted Swiss cheese, lettuce, tomato &amp; Chipotle mayo</i>                         |       |
| <b>CHICKEN PARM HERO</b> .....  | 9.99  |
| <i>Breaded chicken cutlet topped with melted mozzarella &amp; marinara sauce</i>  |       |
| <b>GRILLED BALSAMIC CHICKEN SANDWICH ROLL</b> ...   | 8.99  |
| <i>Grilled balsamic chicken topped with roasted peppers, lettuce &amp; fresh mozzarella</i>                               |       |
| <b>CAPITOL ROAST BEEF HERO</b> .....  | 10.99 |
| <i>Hot slices of roast beef topped with melted Swiss cheese, lettuce, tomato &amp; Chipotle mayo</i>                      |       |
| <b>ITALIAN COMBO HERO</b> .....   | 10.99 |
| <i>Boar's Head ham, Genoa salami, pepperoni, provolone cheese with lettuce, tomato, oil &amp; vinegar</i>                 |       |
| <b>SLOPPY JOE ON RYE BREAD</b> .....  | 8.99  |
| <i>Boar's Head turkey topped with melted Swiss cheese, Russian dressing &amp; Cole Slaw</i>                               |       |
| <b>MILANO ON ROLL</b> .....   | 8.99  |
| <i>Sliced prosciutto and fresh mozzarella, topped w/lettuce, roasted peppers, sun-dried tomato &amp; balsamic vinegar</i> |       |
| <b>TUNA MELT ON WHITE BREAD</b> .....   | 8.99  |
| <i>Tuna salad topped with melted American cheese</i>  |       |
| <b>CHICKEN CUTLET RANCH HERO</b> .....  | 10.99 |
| <i>Chicken Cutlet, lettuce, tomato, crispy bacon, cheddar cheese and ranch dressing</i>                                   |       |
| <b>PASTRAMI REUBEN ON RYE BREAD</b> .....   | 8.99  |
| <i>Hot pastrami with melted swiss cheese, cole slaw and russian dressing</i>  |       |
| <b>TURKEY CLUB ON A ROLL</b> .....  | 8.99  |
| <i>Sliced Boar's Head turkey, lettuce, tomatoes crispy bacon and mayo</i>   |       |



791 Route 17 South,  
Paramus NJ 07652

201 857 2747

[www.paramusbagel.com](http://www.paramusbagel.com)

Business Hours  
Monday-Saturday  
6 am to 3 pm

Uber Eats GRUBHUB

Proudly Featuring

Boar's Head  
PREMIUM DELI MEATS & CHEESES



## BAGELS

|  |       |
|--|-------|
| EACH.....  | 1.25  |
| Plain, sesame, poppy, whole wheat, egg, egg everything, garlic, onion, everything, whole wheat everything, cinnamon raisin, pumpernickel, rye, salt, multi-grain |       |
| BAKER'S DOZEN.....   | 15.00 |
| MINI BAGEL.....  | 0.75  |
| BACON ASIAGO.....  | 3.00  |
| FRENCH TOAST.....  | 1.50  |
| FLAGELS (PLAIN EVERYTHING, POPPY, SESAME).....   | 1.50  |
| Gluten free (Plain, Everything).....   | 3.00  |

## BAKERY

|   |      |
|---|------|
| MUFFINS.....  | 2.75 |
| Corn, banana walnut, blueberry, cranberry, oat bran, chocolate chip, double chocolate chip, pistachio & cinammon coffee |      |
| DOZEN MINI MUFFINS.....   | 8.00 |
| (Four each of corn, chocolate chip, & blueberry)  |      |
| CAKES.....  | 3.00 |
| (Regular or Raspberry Crumb Cake AND Carrot Cake)   |      |
| DAVID'S COOKIES.....  | 3.00 |
| (Reeces Peanut Butter, Hershey Chocolate Chunk, or M&M)   |      |

## BAGEL SANDWICHES

|  |       |
|--|-------|
| BUTTER.....  | 2.35  |
| CREAM CHEESE.....  | 2.80  |
| FLAVORED CREAM CHEESE.....   | 4.30  |
| (Vegetable, Scallion, Lox, Jalapeno, Olive, Strawberry, and Walnut Raisin) |       |
| Fresh NOVA LOX Sandwich on Everything Bagel.....                           | 9.99  |
| (Fresh Lox, Scallion cream cheese, capers, tomatos & red onions)           |       |
| Peanut Butter OR Nutella.....  | 2.80  |
| FRESH NOVA LOX(1/2Lb).....   | 18.00 |
| ADD ONS: JELLY.....  | 0.50  |

## EGG SANDWICHES

|  |      |
|--|------|
| EGG SANDWICH.....                                      | 2.99 |
| EGG WITH Choice of BACON, SAUSAGE, OR TAYLOR HAM.....  | 4.50 |
| EGG WITH TURKEY BACON.....                             | 5.50 |
| EGG WITH Choice of HAM, TURKEY, STEAK, OR CHORIZO..... | 5.50 |

### ADD ONS:

|                 |      |
|-----------------|------|
| CHEESE.....     | 0.50 |
| HASHBROWNS..... | 1.00 |
| EXTRA EGG.....  | 0.75 |
| EXTRA MEAT..... | 1.99 |
| AVOCADO.....    | 1.50 |

## BREAKFAST BURRITOS

|  |      |
|--|------|
| AMERICAN.....  | 6.99 |
| Eggs with Bacon, American cheese & hashbrowns                |      |
| ITALIAN.....   | 6.99 |
| Eggs with Sausage, peppers & onions, provolone & hashbrowns  |      |
| SPANISH.....   | 6.99 |
| Eggs with Ham, peppers & onions, cheddar cheese & hashbrowns |      |
| PARAMUS.....   | 6.99 |
| Egg WHITES with Turkey, tomatos, onions & Swiss cheese       |      |
| VEGETABLE.....   | 6.99 |
| Egg WHITES with broccoli, spinach, mushrooms & Swiss cheese  |      |
| SUNRISE.....   | 6.99 |
| Egg WHITES with turkey bacon, spinach & Swiss cheese         |      |

## OMELETTES & PLATTERS

Served with three eggs & toasted white, wheat, or rye bread with butter

|  |      |
|--|------|
| THREE EGG PLATTER (ANY STYLE).....                 | 4.99 |
| THREE EGG PLATTER WITH BACON, SAUSAGE, OR HAM..... | 5.99 |
| CHEESE OMELETTE.....                               | 5.99 |
| VEGETABLE OMELETTE.....                            | 6.99 |
| Broccoli, spinach & mushrooms                      |      |
| WESTERN OMELETTE.....                              | 6.99 |
| Ham, peppers & onions                              |      |
| PARAMUS OMELETTE.....                              | 6.99 |
| Bacon, onion & American cheese                     |      |
| CLASSIC OMELETTE.....                              | 6.99 |
| Sausage, mushrooms & cheddar cheese                |      |
| PROTEIN OMELETTE.....                              | 8.99 |
| Grilled chicken, broccoli & cheddar cheese         |      |
| MEDITERRANEAN OMELETTE.....                        | 6.99 |
| Spinach, tomatos & feta cheese                     |      |
| HOUSE OMELETTE.....                                | 6.99 |
| Egg whites, spinach, broccoli, avocado & beets     |      |
| ADD ONS: HASHBROWNS.....                           | 1.00 |

## PANCAKES

|  |      |
|--|------|
| STACK OF BUTTERMILK PANCAKES.....                      | 5.99 |
| SHORT STACK SPECIAL.....                               | 7.99 |
| Pancakes with two fried eggs & bacon or sausage        |      |
| FRENCH TOAST.....                                      | 4.99 |
| SPECIALTY PANCAKES.....                                | 7.99 |
| Pancakes with blueberries, bananas, or chocolate chips |      |
| ADD ONS: BACON, SAUSAGE, OR HAM.....                   | 1.99 |

## FLATBREAD PANINIS

|   |      |
|---|------|
| CHICKEN DELICATO PANINI.....  | 8.99 |
| Grilled chicken, roasted red peppers, fresh mozzarella & pesto sauce                          |      |
| HAM & SWISS PANINI.....   | 8.99 |
| Ham, Swiss cheese, baby spinach, basil & pesto mayo   |      |
| BUFFALO CHICKEN PANINI.....   | 8.99 |
| Buffalo Grilled chicken, PepperJack cheese, chopped celery & Blue cheese                      |      |
| VEGGIE PANINI.....  | 8.99 |
| Grilled Eggplant, portabella mushrooms, roasted peppers, fresh mozzarella & horseradish sauce |      |
| TUSCAN PANINI.....  | 8.99 |
| Proscuitto, fresh mozzarella, sun-dried tomato, red onions, basil, & balsamic vinegar         |      |
| SOUTHWESTERN PANINI.....  | 8.99 |
| Roast beef, pepperjack cheese, red onions, tomato & chipotle mayo                             |      |
| THE ROMANO PANINI.....  | 8.99 |
| Boar's Head Ham, salami, provolone cheese, basil, tomato & oil & vinegar                      |      |
| BACON AVOCADO PANINI.....   | 8.99 |
| Bacon, avocado, mozzarella cheese, tomato & pesto mayo  |      |

## BURGERS & STEAKS

|   |      |
|---|------|
| HAMBURGER.....                              | 4.99 |
| CHEESEBURGER.....                           | 5.99 |
| PARAMUS BURGER.....                         | 7.99 |
| Mushrooms, onions & provolone cheese        |      |
| BULLSEYE BURGER.....                        | 7.99 |
| Bacon, BBQ sauce, lettuce & cheddar cheese  |      |
| PHILLY CHEESESTEAK.....                     | 8.99 |
| Peppers, onions & American cheese           |      |
| PARAMUS CHEESESTEAK.....                    | 8.99 |
| Peppers, onions, mushrooms & cheddar cheese |      |
| CALIFORNIA STEAK.....                       | 8.99 |
| Lettuce, tomato, onions & Swiss cheese      |      |
| ADD ONS: FRENCH FRIES OR ONION RINGS.....   | 1.99 |

## FRIED CHICKEN

Served with choice of BBQ sauce, ranch, blue cheese, honey mustard, or hot sauce

|  |      |
|--|------|
| CHICKEN WINGS (6pcs) (HOT OR SWEET)..... | 8.99 |
| CHICKEN STRIPS (4pcs).....               | 7.99 |

Add French Fries or onion rings for 1.99\$

## HEALTHY SALADS

|   |      |
|---|------|
| GARDEN SALAD.....   | 6.49 |
| GREEK SALAD.....  | 6.99 |
| CHEF SALAD.....   | 9.99 |
| Boar's Head Turkey & Swiss cheese & boiled egg  |      |
| GRILLED CHICKEN CAESAR SALAD.....   | 9.99 |
| Grilled chicken, parmesan cheese, croutons & Caesar dressing  |      |
| MANHATTAN SALAD.....  | 9.99 |
| Grilled chicken, roasted peppers & fresh mozzarella   |      |
| ANTIPASTO SALAD.....  | 9.99 |
| Boar's Head Ham, salami & provolone cheese  |      |
| COBB SALAD.....   | 9.99 |
| Grilled chicken, bacon, boiled egg, beets & feta cheese   |      |
| EGG SALAD OVER SALAD SPECIAL.....   | 9.99 |
| Egg salad, avocado & bacon  |      |
| TUNA SALAD OVER SALAD SPECIAL.....  | 9.99 |
| Tuna salad, avocado & beets   |      |
| QUINOA SALAD.....   | 9.99 |
| Quinoa Mixed with chopped peppers, tomatoes, cucumber and red onions served over mix of romaine lettuce and spinach |      |

