

Panini

Antonio	12.95
Imported Prosciutto di Parma, fresh mozzarella cheese and baby arugula with balsamic glaze	
Remo	9.95
Fresh mozzarella cheese, tomato and fresh basil with balsamic glaze	
Milano	12.95
Fried chicken cutlet, fresh mozzarella cheese, red onion, and tomato with herb mayo	
Roma	11.95
Grilled chicken cutlet, fresh mozzarella cheese, Applewood smoked ham and arugula with balsamic glaze	
Bistecca	12.95
Thin sliced top round roast beef grilled with chopped white onions, smothered with Gruyere cheese and a mild horseradish aioli.	
<i>*Each Philly Cheesesteak Lox Board Lunch Special Let's Wrap Panini comes with one side of macaroni, potato, cole slaw, pickle Or small bag of Wise potato chips</i>	

Meats and Cheeses

On A Bagel	Price per 1/2 lb
Oven Gold Turkey	7.45 5.50
Honey Maple Turkey	7.45 5.75
Cracked Peppermill Turkey	7.45 5.75
Cajun Turkey	7.45 5.75
Ham	7.25 5.50
Fried Chicken Cutlet	7.75 7.50
Grilled Chicken Cutlet	7.75 7.50
Buffalo Chicken Breast	7.45 5.75
Ever Roast Chicken Breast	7.45 5.75
Roast Beef	7.45 6.25
Salami	7.25 5.50
Bologna	5.50 3.95
Pepperoni	5.50 4.95
Prosciutto	x 12.50
Pastrami	7.45 5.95
American Cheese	4.50 3.95
Muenster Cheese	4.50 3.95
Provolone	4.50 3.95
Swiss Cheese	4.50 3.95
Fresh Mozzarella	4.50 3.95
Monterey Jack	4.50 3.95
Cheddar	4.50 3.95
Colby Jack Cheese	4.50 3.95
Gouda	4.50 3.95
Gruyere	4.50 3.95

Add Ons

Tomato 75¢
Lettuce 75¢
Spinach 75¢
Arugula 1.00
Avocado 1.95
Guacamole Spread 2.50
Red or White Onion 50¢
Bacon 2.00
Turkey Bacon 2.50
Cheese (2 Slices) 2.00

Prices may vary and prices subject to change without notice. **Taxes Not Included**

Spreads & Salads

On A Bagel	Price per 1/2 lb
Butter	2.85 5.50
& Jelly	3.25 x
Cream Cheese	3.25 5.95
& Jelly	3.65 x
Peanut Butter	3.00 x
& Jelly	3.40 x
Jelly	2.85 3.25
Nutella	3.00 x
Vegetable Scallion Olive Strawberry Blueberry Sundried Tomato and Fresh Herb Walnut Raisin Jalapeño Roasted Garlic and Fresh Herb Cream Cheeses	4.25 6.95
Light Vegetable Light Scallion Cream Cheese	4.25 6.95
Lox Spread Scallion & Bacon Spread Nutella and Chocolate Chips Cream Cheeses	4.75 7.25
Lox and Scallion Spread	4.95 7.50
Tuna	7.50 7.25
Light Vegetable Tuna	7.75 7.75
Honey Mustard Tuna	7.75 7.75
Dill Pickled Tuna	7.75 7.75
Chicken Salad	7.50 7.25
Cranberry Apple Chicken Salad	7.75 7.75
Buffalo Chicken Salad	7.75 7.75
Honey Mustard Chicken Salad	7.75 7.75
Egg Salad	6.75 5.95
Whitefish Salad	7.95 9.45
Acme Center Cut Sliced Lox	x 27.00
Macaroni	x 4.25
Cole Slaw	x 4.25
Potato	x 4.25
Grilled Vegetables	x 4.95

Sub Bread

Hero 1.25
Wrap 1.25
Flat Bagel 1.25
Cheddar/Asiago Bagel 1.25
Holiday Bagel 1.25
Croissant 1.50



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BREAKFAST

From The Bakery

Fresh Hand Rolled Bagel	1.50
Half Dozen Hand Rolled Bagels	9.00
One Dozen Hand Rolled Bagels	18.00
Mini Hand Rolled Bagel	.95¢
Half Dozen Mini Hand Rolled Bagels	5.70
One Dozen Mini Hand Rolled Bagels	11.40
Flat Bagels	1.85
Cheddar/Asiago Bagels	1.85
Holiday Bagel	2.25
Croissants	2.95
Yogurt Muffins	3.25
Apple Turnovers	2.95
Black and White Cookies	2.95
Big Chocolate Chip Cookies	2.75
Crumb Cake	2.95
Assorted Cookies	.85¢

Hot Coffee and Tea Bar

Coffee Flavors:

French Vanilla | Mocha | Caramel |
Dolce Cinnamon | Hazelnut

Tea Flavors:

Green Tea | English Breakfast | Jasmine Blossom
Chamomile | Peppermint | Mango Passion Fruit
| Wild Raspberry | Orange Spice | Chai Spice
| Lemon Ginger | Pomegranate Raspberry - **Add .65¢**

	12oz	16oz	20oz
Coffee or Tea	2.05	2.35	2.65
Hot Chocolate	2.35	2.85	3.15

Iced Coffee and Tea Bar

Iced Coffee Flavors:

French Vanilla | Mocha | Caramel |
Dolce Cinnamon | Hazelnut - **Add .65¢**

	16oz	20oz	32oz
Iced Coffee	x	3.25	3.95
Cold Brew	4.25	4.75	x

Shaken Iced Tea | Lemonade | Mixer Flavors:

Peach | Raspberry | Mango | Dragon Fruit

| Guava | Red Passion Fruit - **Add .65¢**

	16oz	20oz	32oz
Unsweet Iced Tea	1.65	2.10	3.10
Lemonade	1.65	2.10	3.10
M.T.S. Mixer	x	3.10	3.60

Hot Espresso Bar

Espresso Bar Flavors:

French Vanilla | Mocha | Caramel Dolce Cinnamon
| Hazelnut - **Add .65¢**

	Single	Double
Espresso	1.95	2.95
Americano	2.95	3.25
Cappuccino	3.50	3.95
Café Latte	3.50	3.95
Macchiato Caramel Mocha	4.50	4.95

Iced Espresso Bar

Iced Espresso Bar Flavors:

French Vanilla | Mocha | Caramel Dolce Cinnamon
| Hazelnut - **Add .65¢**

	16oz	20oz
Iced Cappuccino	3.95	4.25
Iced Café Latte	3.95	4.25
Iced Macchiato Caramel Mocha	4.95	5.45

Breakfast Sandwiches & Sides

1 Egg on a Bagel	3.00
2 Eggs on a Bagel	3.50
Add: Cheese	1.00
Add: Bacon Sausage or Ham	2.00
Add: Turkey Turkey Bacon Turkey Sausage	2.50
Add: Steak	3.25
Add: Extra Egg	50¢
Hungry Man Hero (3 Eggs)	10.25
Hungry Man Bagel/Roll (2 Eggs)	8.25
Bacon on a Bagel	5.50
w/Cream Cheese	5.95
w/American Cheese	5.75
Grilled Cheese	5.95
Side Order Home Fries	4.50
Side Order Hash Brown Patties (2)	3.50
Side Order of Eggs (2)	3.25
Side Order of Bacon	3.50
Side Order Sausage (2)	3.50
Side of Whole Avocado	3.95
Side Guacamole Spread (4oz)	4.95
Fruit Cup	4.95

Signature Breakfast Specials

Bee Sting	(Spicy) 7.95
2 eggs over medium, Applewood smoked ham, Monterey Jack Cheese, crispy hash brown on a toasted hand rolled bagel then topped with Mike's Hot Honey	
Truffled BEC	(Mushroom Allergy) 7.25
2 eggs over medium, Applewood smoked bacon, melted smoked Gouda on a toasted hand rolled bagel smothered with homemade truffled butter	
Truffled Croissant	(Mushroom Allergy) 9.50
2 eggs sunny side up, Applewood smoked bacon, melted gruyere cheese, homemade truffle butter and topped with arugula in a lightly toasted croissant	
The Guac	(Spicy) 9.50
2 eggs scrambled, Applewood smoked bacon, melted Colby Jack cheese topped with a homemade guacamole spread on a toasted hand rolled bagel	

Omelette Station

Plain Omelette	7.50
3 Eggs or Egg Whites	
Cheese Omelette	8.50
3 Eggs or Egg Whites with any cheese	
Garden Omelette	13.50
Chopped onions, spinach, green and red peppers, sliced mushrooms, topped with whole avocado	
Nassau Blvd. Omelette	10.50
Egg Whites, chopped turkey bacon, spinach and melted swiss cheese	
Western Omelette	11.50
Chopped green and red peppers, onions, Applewood smoked ham and melted American Cheese	
Greek Omelette	10.50
Egg Whites, chopped spinach and tomato with melted Feta Cheese	
MTS Steak Omelette	13.50
Sautéed white onion, green and red peppers mixed with Philly style sirloin steak, melted Provolone cheese	
<i>*All Omelettes come with a side of home fries or hash brown patties (2)</i>	
<i>Sub for Sliced Bread or Bagel Add Butter .50</i>	
<i>Add Cream Cheese 1.00</i>	
<i>Add Specialty Cream Cheese 1.50</i>	

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Breakfast Wraps

M.T.S. Wrap	8.25
Scrambled eggs, hash brown patty, bacon and melted American Cheese	
Greek Wrap	7.75
Egg Whites, spinach, tomato and melted Feta Cheese	
Manor Wrap	9.25
Scrambled Eggs, green and red peppers, onions, chopped turkey sausage and Monterey Jack Cheese	
Covert Wrap	11.25
Egg Whites, spinach, onions, avocado, melted cheddar cheese, turkey bacon and chipotle aioli	
MTS Philly Cheesesteak Wrap	11.25
Scrambled eggs, sautéed white onions, green and red peppers mix, with Philly style sirloin steak and American cheese	
<i>*All Breakfast Wraps are made w/3 eggs</i>	
<i>OR 3 egg whites</i>	

Griddle

Buttermilk Pancakes (3)	6.95
Brioche French Toast (2)	7.95
Belgium Waffle (2)	10.95
Toppings and Drizzles Add 1.25	
Banana Blueberry Strawberries Candied Walnuts Chocolate Chips Nutella Drizzle Chocolate Drizzle Raspberry Drizzle Caramel Drizzle	
Strawberry Banana Stack	10.50
Sliced strawberries and banana topped with a Nutella drizzle	
Mixed Berry Toast	11.50
Sliced strawberries and blueberries topped with a raspberry drizzle	
Banana Walnut Stack	10.50
Crumbled candied walnuts, sliced bananas with a caramel drizzle	
Nutty Banana Toast	11.50
Crumbled candied walnuts, sliced bananas with a chocolate drizzle	

Philly Cheesesteaks

MTS Philly Cheesesteak	
(Bagel/Roll) 9.95	(Hero) 14.45
Sautéed white onions, green and red peppers mix, with Philly style sirloin steak, melted American cheese	
The Swiss Cheesesteak	
(Bagel/Roll) 10.50	(Hero) 15.00
Sautéed white onions, mushrooms, green and red peppers mix, with Philly style sirloin steak and melted Swiss cheese	
El Jefe Cheesesteak	
(Bagel/Roll) 11.95	(Hero) 16.45
Sautéed white onions, green and red peppers mix, with Philly style sirloin steak, Applewood smoked bacon, melted cheddar cheese then topped with a chipotle aioli	

Lox Board

Philly Lox	11.95
Plain cream cheese on a bagel with fresh center cut sliced lox	
The LEO	11.95
2 Eggs any style with sautéed white onions and fresh center cut sliced lox	
Avocado Lox	13.95
Plain cream cheese on a bagel with avocado, tomato and red onions with fresh center cut sliced lox	
The Works	13.50
Plain cream cheese on a bagel with tomato, red onions, cucumber and capers with fresh center cut sliced lox	

LUNCH SPECIALS

M.T.S. Club	10.95
Turkey, Ham, American cheese, lettuce and tomato with mayo and mustard	
Enrico's Classic BLT	7.95
Applewood smoked bacon, lettuce and tomato with mayo	
Anthony's Old World Pastrami	10.95
Hot Pastrami & melted Muenster cheese with mustard	
Nicky's Original Chicken Club	11.95
Fried chicken cutlet, American cheese, Applewood smoked bacon, lettuce and tomato with Thousand Island dressing	
The Godfather	10.95
Fried chicken cutlet, roasted red peppers and fresh mozzarella with balsamic glaze	
Spicy Jack	11.95
Buffalo chicken breast, melted Monterey Jack cheese, Applewood smoked bacon, lettuce, tomato with bleu cheese and hot sauce	
Bella Maria	10.95
Cajun turkey breast, melted Muenster cheese, lettuce and tomato with Thousand Island dressing	
Richie	11.95
BBQ chicken breast, melted American cheese, Applewood smoked bacon, lettuce and tomato with BBQ sauce	
Bella Nonna	11.95
Hot roast beef, melted swiss, Applewood smoked bacon, lettuce and tomato with mayo	
Western	11.95
Grilled Applewood smoked ham, cheddar cheese, bacon, white onions and tomato	

Let's Wrap

Wrap Choices: Plain | Whole Wheat | Spinach or Tomato Wraps Available

Turkey Delight	11.95
Honey maple turkey, Muenster Cheese, lettuce and tomato with honey Dijon dressing	
Raspberry Turkey Wrap	11.95
Oven Gold turkey, swiss cheese, baby spinach, dried cranberries with raspberry vinaigrette	
Healthy Wrap	12.95
Grilled chicken cutlets and grilled marinated veggies with balsamic vinaigrette	
Grilled Veggie Wrap	9.95
Fresh mozzarella cheese and grilled marinated veggies with balsamic glaze	
Italian Wrap	11.95
Salami, pepperoni, provolone, lettuce and tomato with Italian dressing	
Roman Chicken Wrap	12.95
Grilled chicken cutlets, parmigiana cheese, croutons, lettuce with Caesar dressing	
Chicken Melt Wrap	12.95
Fried chicken cutlet, melted swiss cheese, Applewood smoked ham, lettuce and tomato with mayo	
Chipotle Chicken Wrap	12.95
Fried chicken cutlet, cheddar cheese, avocado, Applewood smoked bacon, tomato with chipotle aioli	
Grilled Chicken Ranch Wrap	12.95
Grilled chicken cutlet, melted swiss cheese, Applewood smoked bacon, red onion, lettuce, tomato with ranch dressing	
MTS Spicy Chicken Wrap	(Spicy) 12.95
Fried chicken cutlet, sliced tomato, melted Colby Jack cheese, Applewood smoked bacon topped with mayo and Mike's Hot Honey	