

## Our Sandwiches and Melts:

Like our bagels, our sandwiches and bagel melts are made using only the highest quality ingredients: Black Forest ham, Abrusso salami, real smoked turkey breast. We order in fresh produce daily and grill or roast our eggplant, peppers, fennel and onions etc. in house. Our condiments are all made from scratch.

We use one kind of cream cheese. Philadelphia brand, regular or light. It costs more than other cream cheeses, but hey ... our bagels deserve the best. Our flavoured cream cheeses are made on the premises with fresh ingredients.

Compliment any bagel sandwich with a hot bowl of soup or a glass of freshly squeezed vegetable or citrus juice. Carrot-ginger, local apple, celery and beet, orange and grapefruit are just a few of the combinations you can try!

## Our Philosophy:

At Bernoulli's Bagels, we have a strong commitment to fresh, wholesome, quality ingredients, friendly service, competitive pricing and sustainability. We compost 100% of our pre-consumer waste, recycle all of our waste paper and cardboard and try to source our products locally wherever possible. We understand the necessity of providing take-out containers, but please remember that we offer discount incentives when you bring your own mug or reusable containers or bowl.

We hope you enjoy your Bernoulli experience. We believe in our product and stand by our commitment to customer satisfaction. If you have any questions, comments or concerns, please feel free to contact us at [foodbevmgr@ams.ubc.ca](mailto:foodbevmgr@ams.ubc.ca)

## About Bernoulli's Bagels:

Bernoulli's bagels are genuine, Montreal style bagels. We make them the traditional way real bagels are supposed to be made. We use pure, high quality ingredients, fresh yeast (*not powdered*) and never add preservatives.

Our bagels are made on the premises and are kettle boiled in honey water and baked on a clay bottomed rotary oven to create that authentic chewy top crust and slightly crispy bottom. This is why they taste like bagels and not buns with holes in the middle.

Every bagel is weighed to ensure consistency, but our bagels are hand-rolled. If you find some bagels slightly irregular in shape, that's why! After all our bakers are only human.

We bake our bagels fresh throughout the day. Your bagel will never be more than a few hours from the oven.

Bagels are a great source of energy and complex carbohydrates. They are naturally low in fat and many of our flavours contain no fat at all! (*An example of the exception to this would be the peanut-butter chocolate chip bagels ...*)

Vegan or lactose intolerant? Most of our bagels contain no dairy or animal products.



*a business owned and operated by your student society*



**Located on the  
Main Concourse**

### *Summer Hours*

Monday thru Friday  
7:00 am - 2:00 pm

Saturday  
10:00 am to 4:00 pm





# Bernoulli's Bagels Sandwich Menu



## Sandwiches

Our sandwiches are made to order on a regular bagel and include lettuce, tomato, cucumbers, mayo and a dill pickle spear!

### **Just like Mom's ... \$3.95**

chicken, tuna, egg or salmon salad

### **Garden Bagel - Vegan \$5.75**

grilled veggies, miso-mustard and red onion relish

### **Ham and Swiss \$4.75**

shaved ham piled high with Swiss cheese

### **Toasted PB & J with Bananas \$3.75**

crunchy peanut butter and grape jelly with ripe bananas

### **Money's Garden Bagel Burger \$5.75**

with melted Cheddar and red onion relish

### **Smoked Turkey \$4.75**

thinly sliced smoked turkey breast and Gouda cheese

### **Toasted Clubhouse \$5.95**

turkey, bacon, Cheddar, fresh lettuce and tomato

### **Bernoulli's Specialty, Wild BC Smoked Salmon, cream cheese, capers and red onion relish \$5.95**

### **Bagel Pretzels, served with chipotle-lime mustard \$1.50**

### **Today's Soup, served with bagel chips \$2.95**

### **SUB Sandwich, a hot grilled sandwich on our freshly baked 6" sub bun \$4.95 - \$5.75**

### **Squeelers, Smokie and cheese wrapped in bagel dough \$3.75**

### **Calzones, Pizza pockets stuffed with a variety of fillings \$3.95**

### **Fresh made bagels:**

Regular .....	\$0.85	Premium .....	\$0.95
Toasted with butter .....	\$1.25	Toasted with butter .....	\$1.30
½ dozen .....	\$4.50	½ dozen .....	\$4.95
Baker's dozen .....	\$7.75	Baker's dozen .....	\$7.95

your choice of regular or lite Philadelphia Cream cheese Add \$1.15  
or one of our own flavoured cream cheese blends Add \$1.50

We also offer a full selection of cold drinks and fresh squeezed juices

**ALL prices include gst**

## Bagel Melts

Like our sandwiches, melts are made to order and then broiled 'til melted and golden brown!

### **The Mediterranean \$5.75**

roasted eggplant, zucchini, caramelized onions and Mozza

### **The Soprano \$5.75**

Abruzzo salami, grilled peppers, mushrooms and mozzarella

### **Maui Melt \$5.75**

tuna, water chestnuts, Monterey Jack, red onion relish and Maui sauce

### **Four Cheese and Tomato \$5.75**

tomato, Cheddar, Monterey Jack, cream cheese, Asiago and fresh basil

### **The Sicilian \$5.75**

Italian sausage, roasted fennel, balsamic syrup and mozzarella

## Bernoulli's Catering

**Bernoulli's Bagels** also provides office catering.

Bagels and cream cheese with freshly squeezed juice and hot coffee make early morning breakfast meetings much more palatable. Assorted Bagel sandwiches, fresh vegetables with sour-cream herb dip and our famous Blue Chip Cookies make for an affordable and delicious lunch.

Just call us or fax in your order 24 hours in advance and we can deliver your order anywhere on campus (large orders may require more advance notice).

Did you now that our baker can produce a wide range of other breads for your sandwiches? Change any of our bagel sandwiches to Kaiser buns, mini-cheese baguettes or crusty rolls for an additional 40¢ per sandwich.

For Bernoulli's Catering contact information, in addition to a full range of AMS Catering, please visit our website at

[ams.ubc.ca/businesses/index.htm](http://ams.ubc.ca/businesses/index.htm)  
or call us at 604-822-4617  
or fax us at 604- 822-9019