



BAGELS & BREW GLUTEN FREE MENU

Please mention to our staff that you are ordering from our Gluten Free Menu. We have cooking procedures in place reduce the amount of cross contamination with our gluten products. However, our kitchen is not sterile of gluten products. *****If you are highly sensitive to the smallest amount of gluten, then we would not recommend ordering from our menu. We do not accept responsibility or liability if you experience any reaction as a result of eating from the menu choices below.**

TEMPTING TOPPINGS

Please ask for Gluten Free Whole Grain Bread

PLAIN CREAM CHEESE

Choice of Philadelphia regular or low-fat

GOURMET CREAM CHEESE

- | | |
|---------------|-----------------|
| Salsa | Scallion |
| Garden Veggie | Garlic Herb |
| Lox Spread | Cinnamon Raisin |
| Regular | Low-Fat |

THE RANCHO- open face

Tomatoes, cucumbers, red onion & feta cheese or choice of cream cheese

LOX CREAM CHEESE SPREAD

With tomatoes & red onion

SLICED NOVA SCOTIA SALMON

Nova salmon, cream cheese, red onion, tomatoes & cucumbers

BUTTER & PRESERVES

CREAM CHEESE & PRESERVES

WHIPPED BUTTER

Portion control packets

THE MISSION VIEJO- open face

Avocado, tomatoes & choice of cream cheese (no lemon pepper)

EGGCITING OPENERS

Choice of either egg whites (+.59) or real egg

Please ask us to "spray the pan"

Ask for Gluten Free Whole Grain Bread

BREAKFAST BAGELWICH

Open face gluten free whole grain bread with 2 eggs and melted cheddar

SUNRISE SANDWICH

Egg & cheddar sandwich

SUNRISE SUPREME

Egg, cheddar, tomato, lettuce & schmear of cream cheese (no bacon)

SUNDRIED TOMATO & BASIL SUNRISE

Scrambled egg, mushrooms, fresh basil, tomato, provolone & sundried tomato aioli

PESTO FLORENTINE SUNRISE

Scrambled egg, spinach, mushrooms, tomato, swiss & pesto aioli

SUNRISE OLE

Egg, avocado, salsa cream cheese, pepperjack, tomato & lettuce (no bacon)

FIESTA BREAKFAST BURRITO

Eggs, tomatoes, green chili, cilantro, onions & pepperjack wrapped in a warm tortilla, served with a side of salsa and sour cream (ask for corn tortilla and no bacon)

THE FOLLOWING BREAKFAST ENTRÉES SERVED WITH CHOICE OF:

Whole Grain Gluten Free Bread	Melon Cup
Corn Tortilla	Sliced Tomatoes
BREAD TOPPING CHOICES	
Butter in portion control packets	Garlic Herb Cream Cheese
Preserves	Salsa Cream Cheese
Regular Cream Cheese	Garden Veggie Cream Cheese
Low-Fat Cream Cheese	Lox Spread Cream Cheese
Scallion Cream Cheese	Cinnamon Raisin Cream Cheese

BACON, AVOCADO, TOMATO OMELET

With jack cheese (no bacon)

PARIS OMELET

Sautéed spinach, mushrooms, onions & swiss (no sausage)

BAJA SCRAMBLE

Tomatoes, green chili, cilantro, onions & pepperjack (no bacon)

DOWNTOWN SCRAMBLE

Mushrooms, tomatoes, onions & jack (no bacon)

GREEK FETA OMELET

Feta cheese, tomatoes, black olives, onions & parsley

HAM, AVOCADO, PEPPERJACK OMELET

DENVER OMELET

Ham, bell peppers, onions & cheddar

VEGGIE OMELET

Tomatoes, mushrooms, bell peppers, onions & cheddar

TWO EGGS- ANY STYLE

GLUTEN FREE SUBSTITUTIONS

CHEESE SUBSTITUTIONS

Asiago	Shredded Mozzarella
Sliced Mozzarella	Feta Cheese
Cheddar	Jack
Swiss	Pepperjack

BAGEL/BREAD SUBSTITUTIONS

Whole Grain Gluten Free Bread	Lettuce Wrap
Corn Tortilla	

SANDWICHES

May be served on Whole Grain Gluten Free Bread or Lettuce Wrap

SIDE CHOICES

- | | |
|----------------------|-------------------------------------|
| Green Salad | Caesar Salad-no croutons, no cheese |
| Ms Vicki Simply Salt | Apple |
| Melon Cup | Pop Chips |

DRESSING CHOICES

- | | |
|---------------------------------|---------------------|
| Caesar Dressing | Greek Feta Dressing |
| Olive Oil with Red Wine Vinegar | |

SPECIALTY DELI SANDWICHES

CALIFORNIA TURKEY

Oven roasted turkey, avocado, tomato, lettuce, & red onion (no pickle or deli mustard)

MEDITERRANEAN TURKEY

Oven roasted turkey, feta cheese, fresh basil, cucumbers, tomato & red onion (no balsamic vinaigrette)

CHIPOTLE RANCH TURKEY CLUB

Oven roasted turkey, avocado, pepperjack, tomato, red onion & lettuce (no bacon or chipotle ranch dressing)

TRIPLE DECKER CLUB

Oven roasted turkey, ham, avocado, swiss, tomato & lettuce (no bacon)

CRANBERRY TARRAGON CHICKEN SALAD

All white meat chicken mixed with dried cranberries, touch of tarragon and mayo and served with lettuce, tomato & mayo

BEEFEATER ROAST BEEF

Swiss, tomato, lettuce, red onion & horseradish aioli

ALISO VIEJO

Ham, provolone, tomato, red onion, pepperoncinis, lettuce, oregano, oil & vinegar (no capicola or salami)

MOZZARELLA CAPRESE

Fresh mozzarella, sweet tomatoes, roasted red peppers & fresh basil (no balsamic vinaigrette)

CAFÉ SANDWICHES

OVEN ROASTED TURKEY

Tomato, lettuce, red onion (no pickle or deli mustard)

SIGNATURE TUNA SANDWICH

White Albacore tuna mixed with cilantro, tomatoes, celery & mayo and served with tomato, lettuce & red onion

CRANBERRY TURKEY

Oven roasted turkey, cranberry, sauce, cream cheese & lettuce

DELI HAM & CHEESE

Cheddar, tomato, red onion & lettuce (no pickle or deli mustard)

VEGETARIAN

Avocado, jack cheese, cucumbers, bell peppers, sprouts, tomato, red onion, pickle & lettuce (no pickle, balsamic vinaigrette or deli mustard)

SPECIALTY HOT & HEARTY SANDWICHES

MEXICALI PHILLY

Grilled roast beef, avocado, caramelized onions, green peppers & melted jack

SOUTH OF THE BORDER

Grilled roast beef, ortega green chili, tomatoes & melted pepperjack (no chipotle ranch dressing)

HAVARTI FLORENTINE

Grilled turkey breast, sautéed spinach, dill havarti, grilled onions & tomato

MELROSE TURKEY

Grilled turkey breast, roasted red peppers, melted provolone & sun dried tomato aioli

COUNTRY CLUB

Grilled turkey breast, grilled tomatoes & melted cheddar

TUNA MELT

Our signature tuna salad, melted cheddar & grilled tomatoes

LAKE FOREST

Grilled ham with melted cheddar & grilled tomatoes

HOT PASTRAMI OR CORNED BEEF RUEBEN

Steamed brisket piled high (no deli mustard or pickle)

RUEBEN

Choice of Corned Beef, Pastrami or Turkey, melted Swiss & tangy Sauerkraut. (no Russian Dressing)

SPECIALTY CHICKEN SANDWICHES

Ask for chicken NOT marinated and with NO seasoning

CHICKEN CLUB

Charbroiled chicken breast, avocado, swiss, lettuce, tomato, & red onion (no bacon or pickle)

SANTA FE CHICKEN

Charbroiled chicken breast, avocado, roasted salsa, pepperjack, lettuce, tomato & red onion (no chipotle ranch dressing)

HONEY MUSTARD CHICKEN

Charbroiled chicken breast, swiss, fresh spinach & tomato (no caramelized onions or honey mustard sauce)

POMODORO CHICKEN

Charbroiled chicken breast, sautéed mushrooms, fresh basil, provolone, field greens, tomato & sun dried tomato aioli

BUFFALO CHICKEN SANDWICH

Charbroiled chicken breast, tomato, lettuce, red onion & buffalo sauce (no gorgonzola cheese or ranch dressing)

CHICKEN PESTO SANDWICH

Charbroiled chicken breast, provolone cheese, field greens, tomato, red onion & pesto aioli



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SPECIALTY SALADS

Ask for chicken NOT marinated with NO seasoning

DRESSING CHOICES

Caesar Dressing	Greek Feta Dressing
Olive Oil with Red Wine Vinegar	

BISTRO SALAD

Charbroiled chicken, tomatoes, walnuts, raisins, field greens & romaine (no gorgonzola cheese, croutons or dressing)

PACIFIC SPINACH SALAD

Charbroiled chicken, feta cheese, dried cranberries, crisp apples, red onion, fresh spinach & field greens (no candied walnuts, croutons or dressing)

SOUTHWEST CHICKEN SALAD

Charbroiled chicken, black beans, sweet corn, tomatoes, cilantro, onions, black olives, mozzarella cheese & romaine (no tortilla chips or dressing)

TRADITIONAL CHICKEN CAESAR

Charbroiled chicken, tomatoes & crisp romaine with Caesar dressing (no croutons or shredded parmesan)

ASIAN CHICKEN SALAD

Charbroiled chicken, mandarin oranges, cucumbers, scallions, carrots, wontons, sesame seeds & romaine (no crispy noodles or dressing)

GREEK FETA SALAD

Feta cheese, tomatoes, cucumbers, red onions, bell peppers, pepperoncinis, kalamata olives & romaine with Greek vinaigrette dressing

GREEK FETA SALAD WITH CHICKEN

GOURMET GARDEN SALAD WITH CHICKEN OR TURKEY
(no croutons or dressing)

STEAK & BURGERS

Ask for hamburgers and steak with NO seasoning

FLAT IRON STEAK

Tender flat iron steak, tomato & field greens (no caramelized onions, gorgonzola cheese or gorgonzola aioli)

SOUTHWEST ANGUS BURGER

Hand-formed ½ lb angus patty, avocado, Ortega green chili, jack, lettuce, tomato, red onion & pickle (no pickle)

MUSHROOM AND SWISS ANGUS BURGER

Hand-formed ½ lb angus patty, grilled mushrooms, swiss, lettuce, tomato, red onion & pickle (no pickle)

TILLAMOOK ANGUS BURGER

Hand-formed ½ lb angus patty, Tillamook cheddar cheese, lettuce, tomato, red onion & pickle (no pickle)

GLUTEN FREE CONDIMENTS

Grey Poupon	French's Yellow Mustard
Frank's Red Hot Buffalo Sauce	Pico de Gallo
Cranberry Sauce	Sauerkraut
Sun-Dried Tomato Pesto	Basil Pesto
Mayonnaise	Our House Sauce