

BREAKFAST SANDWICHES

• Served all day •

EARLY BIRD 9.50
Chicken sausage, cage-free egg, cream cheese, honey, apples, and melted Cheddar, panini pressed on sourdough

IRA'S BIG FISH 15.20
Cage-free egg with lox, chive cream cheese, tomato, capers & sprouts on buttered, toasted pumpkin seed bread

STEAK & EGGS 9.70
Roast beef, cage-free egg, roasted red peppers & melted pepper Jack, on our plain bagel

RYAN'S FAVORITE 9.70
Cage-free egg with sausage, roasted red peppers, arugula & provolone cheese served warm on buttered toasted focaccia bread

BIG SUR 7.50
Sausage, cage-free egg, tomato & melted pepper Jack on our plain bagel

EGGS CHRISTINA 5.70
Cage-free egg with ham, on our plain bagel. **With cheese** 6.60

BRONX BAGEL 6.20
Cage-free egg with sausage, on our plain bagel. **With cheese** 7.10

BROOKLYN BAGEL 6.20
Cage-free egg with bacon, on our plain bagel. **With cheese** 7.10


DOWN IN THE VALLEY 10.20
Cage-free egg with thick-sliced bacon, jalapeño cream cheese, roasted red pepper & fresh spinach, on toasted multigrain bread


ROUND HOUSE 10.20
Cage-free egg, bacon, sausage, melted pepper Jack and a hash brown on a rosemary salt bagel


RISE 'N GRIND 11.20
Hot pastrami with cage-free egg, jalapeño cream cheese, roasted red peppers and provolone, melted on a croissant


QUEENS 8.00
Egg salad, bacon & tomato, open face on a bagel


VEGETARIAN & VEGAN


 **THE POWER PLANT** 10.20
JUST egg, Beyond sausage, vegan cheese with arugula and vegan roasted garlic aioli, on our plain bagel

 **GREEN STREET** 8.50
Pesto, tomato, feta, and egg whites scrambled with arugula on an English muffin

 **EGGS MELISSA** 5.50
Cage-free egg with melted Cheddar cheese, on our plain bagel

 **HUEVOS SONORA** 7.70
Cage-free egg, avocado, house-made salsa & Cheddar, in a whole wheat wrap

 **SOHO CROISSANT** 7.75
Veggie cream cheese, mushrooms, tomato & melted Swiss cheese, on a croissant

 **CALIFORNIA SUNRISE** 7.75
Cage-free egg with avocado, red onion & melted pepper Jack, on our plain bagel

BAGELS WITH SPREADS

BAGELS

PLAIN • SESAME • CINNAMON RAISIN • GARLIC • GRANOLA • HONEY WHEAT
LONG ISLAND • ONION • POPPY • ROSEMARY SALT • SALT • SPICY ITALIAN
ZA'ATAR SESAME ...PLUS SEASONAL FAVORITES!

BUTTER or VEGAN BUTTER 2.60

CREAM CHEESE 3.85

WHIPPED CREAM CHEESE
Scallion, Parsley-Garlic, Green Olive, Chive, Jalapeño, Honey-Walnut 4.85

Veggie, Bacon-Scallion 5.35

Nova 6.05

VEGAN CREAM CHEESE 5.20

JAM OR PRESERVES 3.40

PEANUT BUTTER 3.50

PEANUT BUTTER AND JELLY 4.00

NUTELLA 4.60

CINNAMON-SUGAR & BUTTER 3.10

HONEY & BUTTER 3.30


WHITEFISH SALAD 7.05

NOVA LOX & CREAM CHEESE 13.05


SAN DIEGO BAGEL 5.05


Cream cheese and raspberry jalapeño spread


PIZZA BAGELS & MELTS

 **PIZZA BAGEL** 5.50
Pizza sauce & melted mozzarella

 **PESTO PIZZA BAGEL** 7.75
Pesto with melted mozzarella cheese

 **MEXICAN BAGEL** 6.95
Jalapeño cream cheese, fresh salsa & melted Cheddar


 **VEGETARIAN BAGEL** 6.45
Veggie cream cheese, tomato & melted Muenster


 **CHEESE MELT** 4.30
Choice of American, Cheddar, mozzarella Muenster, pepper Jack, provolone or Swiss melted open-face on a bagel
Vegan cheese 4.75

CHICKEN MELT 8.75
House-made chicken salad with tomato & melted Cheddar cheese on a bagel

FULTON ST. MELT 8.75
House-made albacore tuna salad with tomato & melted Cheddar, served open-face on our plain bagel

AVOCADO TOAST

 **AVOCADO TOAST** 6.30
Avocado spread on oatmeal wheat toast topped with extra virgin olive oil, salt & pepper

 **AVOCADO TOAST #1** 9.35
Avocado with goat cheese, sun-dried tomatoes, olive oil, salt and pepper on oatmeal wheat

AVOCADO TOAST #2 10.05
Avocado with feta crumbles, bacon, olive oil, salt and pepper on oatmeal wheat

AVOCADO TOAST #3 11.05
Avocado with arugula, cage-free eggs, olive oil, salt and pepper on oatmeal wheat



Order online
@ ITHACABAKERY.COM

MENU

DINE IN

TAKE OUT

DELIVERY

OPEN 7 DAYS A WEEK

400 N. MEADOW STREET 607.273.7110
TRIPHAMMER MARKETPLACE 607.257.2255

WWW.ITHACABAKERY.COM



GRILLED PANINIS

RENWICK REUBEN 10.00
Hot corned beef, sauerkraut, melted Swiss & Russian dressing, panini pressed on our rye bread

THE MILANESE 12.75
Cage-free chicken breast, roasted red peppers, pesto mayonnaise, provolone & Italian herbs, panini pressed on our rosemary focaccia


THE PARISIAN 10.75
Roast turkey, house-made 3-fruit chutney, fresh spinach & Brie, panini pressed on our sourdough bread


FRICKIN' CHICKIN' 13.45
Cage-free chicken breast, pesto, Asiago cheese & mushrooms on focaccia

LITTLE ITALY 10.45
Cage-free chicken breast, marinara sauce, spices & melted mozzarella cheese on focaccia

SHELDON COURT 9.75
Smoked turkey, chipotle aioli, arugula and pepper Jack cheese, panini pressed on southwest sourdough

ZABS 10.45
Roast turkey, avocado, chipotle aioli dressing and sliced mozzarella, panini pressed on ciabatta bread

 **ULTIMATE GRILLED CHEESE** 7.25
Cheddar, mozzarella cheese and caramelized onions, panini pressed on garlic-buttered sourdough bread


 **ANNE OF DANBY** 8.45
Avocado, spinach, tomato & red onion with Swiss cheese on our oatmeal wheat bread


GREEN & GRAIN BOWLS

AVAILABLE AT MEADOW ST. LOCATION

BRAIN POWER 11.95
Spring Mix, quinoa, seared Ahi tuna, avocado, grapes, walnuts, goat cheese, onion and balsamic vinaigrette

GREEN GODDESS 9.95
Kale and Spring Mix, edamame, cucumber, avocado, cage-free chicken, pistachios, sunflower seeds, green goddess dressing

 **MED FED** 9.95
Spring mix, quinoa, falafel, feta, tomatoes, cucumbers, hummus & cucumber tzatziki dressing

 **SESAME STREET** 9.95
Kale, warm grain blend, cucumbers, sunflower seeds, warm portobello mushroom, sesame tofu, edamame, miso sesame ginger dressing

SANTA FE 9.95
Kale, warm grain blend, avocado, roasted chicken, roasted corn, red onion, tortilla strips, tomatoes, fresh lime squeeze, radish slices, cilantro lime jalapeño vinaigrette

...or build your own!

SPECIALTY SANDWICHES

TURKEY & SMOKED TURKEY

DANBY REVISITED 10.45
Smoked turkey, avocado, tomato & house-made parsley-garlic dressing, on our hand-sliced multigrain bread

FLAT ROCK 11.00
Roast turkey, local goat cheese, sun-dried tomatoes, house-made basil oil & balsamic vinaigrette, on our baguette

SWEET RACHEL 10.00
Smoked turkey, Muenster, honey mustard & red onion, on our hand-sliced pumpernickel bread

CALIFORNIA DREAMIN' 11.45
Smoked turkey, avocado & house-made coleslaw, on our hand-sliced multigrain bread

TURKEY HILL B.L.T. 10.45
Roast turkey, bacon, aioli dressing, lettuce & tomato, on our hand-sliced pumpernickel bread

LINDSEY 9.00
Roast turkey, mushrooms, house-made parsley-garlic dressing & Muenster, served warm on our bialy

THE OCTOPUS 9.15
Roast turkey, house-made coleslaw, Russian dressing & Swiss cheese, on our pumpernickel bread

MILES' DOUBLE TAKE 12.45
Turkey, smoked turkey, thick-cut bacon, Swiss cheese, arugula & tomato, with basil mayonnaise on our brioche roll

AUTUMN SKY 12.45
Smoked turkey, bacon, spinach, apples, Cheddar cheese & whole grain mustard on sourdough

HAM, BACON & SALAMI

C.T.B.L.T. 8.45
Bacon, lettuce & tomato with aioli dressing and avocado on our toasted sourdough bread

THE ITALIAN 11.75
Salami, prosciutto, house-made pesto, spinach, tomato & provolone, panini pressed on our rosemary focaccia

THE CUBAN 11.45
Pulled pork, ham, dill pickles, Swiss cheese & Dijon mustard, panini pressed on our buttered sub roll

BEEF

THE NEW YORKER 12.45
Pastrami with melted Swiss, Russian dressing & coleslaw on our toasted sesame roll

BBQ JACK 9.45
Hot roast beef with BBQ sauce & melted pepper Jack cheese on a sesame roll

SPECIALTY SANDWICHES


CHICKEN & FISH


T-BURG WITH A TWIST 10.00
House-made tuna salad with avocado and tomato, on our pumpernickel bread


TUSCAN VERDE 12.00
Cage-free chicken breast with house-made pesto, fresh spinach, tomato & provolone, on our rosemary focaccia


THE CUTLET 11.45
Chicken cutlet with Italian herbs, provolone, basil mayo & roasted red peppers served warm on our sub roll


VEGETARIAN & VEGAN

 **VIVA CHELSEA!** 8.75
Fresh mozzarella with house-made basil oil, tomato, salt & pepper, on our rosemary focaccia

 **JONAH'S JIVE** 7.45
House-made hummus, fresh spinach, tomato, cucumber & house-made parsley-garlic dressing on our hand-sliced multigrain bread


 **CAYUGA CROISSANT** 8.45
Avocado, tomato, mushrooms, sprouts & house-made parsley-garlic dressing, on a croissant


 **FRESHY** 9.00
Fresh mozzarella cheese, roasted red peppers, spinach, extra virgin olive oil, salt & pepper, panini pressed on ciabatta


 **AMG** 9.75
Portobello mushroom, pesto, spinach, and Cheddar, panini pressed on focaccia


BUFFALO STREET 10.45
Warm chicken cutlet with hot sauce, parsley-garlic dressing, and lettuce served on a toasted sub roll


ZOE 8.75
Chicken salad, cranberry sauce, lettuce & tomato on a rosemary salt bagel

 **BAY BURGER** 10.25
Veggie burger with goat cheese, house-made basil oil, sun-dried tomatoes & chipotle aioli on multigrain roll

 **DEWITT MELT** 6.65
House-made coleslaw, tomato & Swiss, served warm on our fresh bialy

 **PLANT BASED PARM** 12.45
Vegan chicken patty panini pressed on focaccia bread with house-made basil oil, marinara sauce and vegan mozzarella cheese

 **VAN DORN'S VEGAN** 6.75
House-made hummus, roasted red peppers, tomato & sprouts, on our oatmeal wheat bread

 **SUSIE'S GARDEN** 12.45
Local lemon teriyaki seitan, vegan cheese, avocado, lettuce, tomato & sprouts, on our hand-sliced multigrain bread

WE SERVE

*Beer, Wine, and
Cider!*

(MEADOW ST. STORE ONLY)

**GLUTEN FREE
BREADS & BAGELS
ADD 1.50**



If you have a food allergy, please notify us.
Allergen information for menu items is available.
Ask an employee for details.

