



INDIVIDUALLY PACKED MEALS FOR LIFE ON THE GO

Available in the Grab 'N Go case at all Ithaca Bakery and Collegetown Bagels locations
TAKE-OUT • DELIVERY • CURBSIDE PICKUP

UPCOMING ENTREES

JULY 20-22

- Tofu Spiedies with Brown Rice & Garlic Greens 7.99
- Salmon with Sweet Chili Glaze, Coconut Rice and Snowpeas 9.99
- Chicken Cutlet with Penne Vodka & Zucchini Parmesan 7.99
- BBQ Flank Steak with Roasted Potatoes and Baked Beans 9.99

JULY 23-26

- Grilled Chicken w/ Jalapeño Mac & Cheese 7.99
- Sesame Almond Tofu with Soy Noodles and Gingered Broccoli 7.99
- Rosemary Pork Chop with Roasted Garlic Jus, Roasted Potatoes, Beets
Carrots & Chickpeas 7.99
- Blackened Salmon with Rice Pilaf and Steamed Broccoli 9.99

These meals are popular and can sell out, therefore this menu is subject to availability.

SAME DAY DELIVERY! • CALL (607) 273-7110 TO PLACE YOUR ORDER •