

## BREAKFAST SANDWICHES

• Served all day •

### EARLY BIRD 8.75

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

### TODD'S MORNING GLORY 10.95

Pastrami with cage-free egg, melted Swiss cheese, spinach & stone-ground mustard on our buttered, toasted focaccia bread

### IRA'S BIG FISH 13.25

Cage-free egg with lox, chive cream cheese, tomato, capers & sprouts on buttered, toasted pumpernickel bread

### STEAK & EGGS 8.95

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

### RYAN'S FAVORITE 8.95

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

### BIG SUR 6.75

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

### EGGS CHRISTINA 4.95

Cage-free egg with ham, on our plain bagel. **With cheese** 5.85

### BRONX BAGEL 5.50

Cage-free egg with sausage, on our plain bagel. **With cheese** 6.40

### BROOKLYN BAGEL 5.50

Cage-free egg with bacon, on our plain bagel. **With cheese** 6.40

### DOWN IN THE VALLEY 9.50

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

### ROUND HOUSE 8.95

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

### RISE 'N GRIND 9.75

Hot pastrami with cage-free egg, jalapeño cream cheese, roasted red peppers and provolone, melted on a buttery croissant

### QUEENS 7.50

Egg salad, bacon & tomato open faced on a bagel

## VEGETARIAN & VEGAN

### THE POWER PLANT 9.25

JUST egg, Beyond sausage, vegan cheese with arugula and vegan roasted garlic aioli, on our plain bagel

### GREEN STREET 7.75

Pesto, tomato, feta, and egg whites scrambled with arugula on an English muffin

### EGGS MELISSA 4.75

Cage-free egg with melted Cheddar cheese, on our plain bagel

### HUEVOS SONORA 6.95

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

### SOHO CROISSANT 6.95

Veggie cream cheese, mushrooms, tomato & melted Swiss cheese, on a croissant

### CALIFORNIA SUNRISE 6.75

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 2.25

### CREAM CHEESE (OR LIGHT) 3.40

### WHIPPED CREAM CHEESE

Scallion, Parsley-Garlic, Green Olive, Chive, Jalapeño, Cinnamon-Raisin, Honey-Walnut 3.95

Veggie, Veggie Light, Bacon-Scallion 4.50

Nova 5.25

### VEGAN CREAM CHEESE 4.65

### JAM OR PRESERVES 3.05

### PEANUT BUTTER 3.15

### PEANUT BUTTER AND JELLY 3.65

### NUTELLA 4.15

### CINNAMON-SUGAR & BUTTER 2.75

### HONEY & BUTTER 2.95

### WHITEFISH SALAD 6.60

### NOVA LOX & CREAM CHEESE 11.50

### SAN DIEGO BAGEL 4.40

Cream cheese and raspberry jalapeño spread

## PIZZA BAGELS & MELTS

### PIZZA BAGEL 4.50

Pizza sauce & melted mozzarella

### PESTO PIZZA BAGEL 6.95

Pesto with melted mozzarella cheese

### MEXICAN BAGEL 5.50

Jalapeño cream cheese, fresh salsa & melted Cheddar

### VEGETARIAN BAGEL 5.75

Veggie cream cheese, tomato & melted Muenster

### CHEESE MELT 3.55

American, Cheddar, Mozzarella, Swiss, Muenster, Provolone or Pepper Jack

Vegan Cheese 3.95

### CHICKEN MELT 7.65

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

### FULTON ST. MELT 7.65

House-made albacore tuna salad with tomato & melted Cheddar, served open-face on our plain bagel

## AVOCADO TOAST

### AVOCADO TOAST 5.95

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

### AVOCADO TOAST #1 8.95

Avocado with goat cheese, sun-dried tomatoes, olive oil, salt and pepper on oatmeal wheat

### AVOCADO TOAST #2 9.95

Avocado with feta crumbles, bacon, olive oil, salt and pepper on oatmeal wheat

### AVOCADO TOAST #3 8.95

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** 9.25  
Hot corned beef, sauerkraut, melted Swiss & Russian dressing panini pressed on our rye bread

**THE MILANESE** 11.00  
Cage-free chicken breast, roasted red peppers, pesto mayonnaise, provolone & Italian herbs panini pressed on our rosemary focaccia

**THE PARISIAN** 9.50  
Roast turkey, house-made 3-fruit chutney, fresh spinach & Brie on our sourdough bread


**FRICKIN' CHICKIN'** 12.00  
Cage-free chicken breast, pesto, Asiago cheese & mushrooms on focaccia


**LITTLE ITALY** 9.25  
Cage-free chicken breast, marinara sauce, spices & melted mozzarella cheese on focaccia

**SHELDON COURT** 9.00  
Smoked turkey, chipotle aioli, arugula, and Pepper Jack cheese panini pressed on southwest sourdough

**WINNER'S CIRCLE** 14.25  
Cage-free chicken breast, goat cheese, raspberry jalapeño jam, spinach, Cheddar cheese and bacon panini pressed on southwest sourdough

**ZABS** 9.15  
Roast turkey, avocado, chipotle aioli dressing and sliced mozzarella panini pressed on ciabatta bread


 **ULTIMATE GRILLED CHEESE** 6.50  
Cheddar, mozzarella cheese, and caramelized onions panini pressed on garlic-buttered sourdough bread


 **ANNE OF DANBY** 7.30  
Avocado, spinach, tomato & red onion with Swiss cheese on our oatmeal wheat bread

## GREEN & GRAIN BOWLS AVAILABLE AT MEADOW ST. LOCATION

**BRAIN POWER** 10.00  
Spring Mix, quinoa, seared Ahi tuna, avocado, grapes, walnuts, goat cheese, onion and balsamic vinaigrette

**GREEN GODDESS** 8.00  
Kale and Spring Mix, edamame, cucumber, avocado, cage-free chicken, pistachios, sunflower seeds, Green Goddess dressing

 **MED FED** 8.00  
Spring Mix, quinoa, falafel, feta, tomatoes, cucumbers, hummus & cucumber tzatziki dressing

 **SESAME STREET** 8.00  
Kale, warm grain blend, cucumbers, sunflower seeds, warm portobello mushroom, sesame tofu, edamame, miso sesame ginger dressing

**SANTA FE** 8.00  
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** 9.25  
Smoked turkey, avocado, tomato & house-made parsley-garlic dressing, on our hand-sliced multigrain bread

**FLAT ROCK** 10.25  
Roast turkey, local goat cheese, sun-dried tomatoes, basil oil & balsamic vinaigrette, on our baguette

**SWEET RACHEL** 9.30  
Smoked turkey, Muenster, honey mustard & red onion, on our hand-sliced pumpernickel bread

**CALIFORNIA DREAMIN'** 9.95  
Smoked turkey, avocado & house-made coleslaw, on our hand-sliced multigrain bread

**TURKEY HILL B.L.T.** 9.75  
Roast turkey, bacon, aioli dressing, lettuce & tomato, on our hand-sliced pumpernickel bread

**LINDSEY** 8.25  
Roast turkey, mushrooms, house-made parsley-garlic dressing & Muenster, served warm on our bialy

**THE OCTOPUS** 8.40  
Roast turkey, house-made coleslaw, Russian dressing & Swiss cheese, on our pumpernickel bread

**MILES' DOUBLE TAKE** 11.75  
Turkey, smoked turkey, thick-cut bacon, Swiss cheese, arugula & tomato, with basil mayonnaise on our brioche roll

**AUTUMN SKY** 11.75  
Smoked turkey, bacon, spinach, apples, Cheddar cheese & whole grain mustard on sourdough

### HAM, BACON & SALAMI

**WEST WILLOW BBQ** 9.95  
Pulled pork in Dinosaur BBQ sauce, served warm and topped with house-made coleslaw on our freshly baked brioche roll

**C.T.B.L.T.** 7.50  
Bacon, lettuce & tomato with aioli dressing and avocado on our toasted sourdough bread

**THE ITALIAN** 10.50  
Salami, prosciutto, house-made pesto, spinach, tomato & provolone panini pressed on our rosemary focaccia

**THE CUBAN** 10.95  
Pulled pork, ham, dill pickles, Swiss cheese & Dijon mustard, panini pressed on our buttered French bread

### BEEF

**THE NEW YORKER** 10.95  
Pastrami with melted Swiss, Russian dressing & coleslaw on our toasted brioche roll

**BBQ JACK** 8.00  
Hot roast beef with BBQ sauce & melted Pepper Jack cheese on a kaiser roll

## SPECIALTY SANDWICHES


### CHICKEN & FISH


**T-BURG WITH A TWIST** 8.25  
House-made tuna salad with avocado and tomato, on our pumpernickel bread


**TUSCAN VERDE** 10.25  
Cage-free chicken breast with house-made pesto, fresh spinach, tomato & provolone, on our rosemary focaccia


**MT. PLEASANT** 8.25  
Cage-free chicken breast, fresh spinach, tomato & chipotle aioli, on our sourdough bread


### VEGETARIAN & VEGAN

 **VIVA CHELSEA!** 8.00  
Fresh mozzarella with basil oil, tomato, salt & pepper, on our rosemary focaccia

 **JONAH'S JIVE** 6.50  
House-made hummus, fresh spinach, tomato, cucumber & house-made parsley-garlic dressing on our hand-sliced multigrain bread

 **CAYUGA CROISSANT** 7.25  
Avocado, tomato, mushrooms, sprouts & house-made parsley-garlic dressing, on a croissant

 **MICHIGAN HOLLOW** 8.15  
Balsamic-marinated portobello mushroom with roasted red peppers, house-made parsley-garlic dressing & provolone, served warm on our multigrain roll


 **FRESHY** 8.25  
Fresh mozzarella cheese, roasted red peppers, spinach, extra virgin olive oil, salt & pepper panini pressed on ciabatta


**THE CUTLET** 10.50  
Chicken cutlet with Italian herbs, provolone, basil mayo & roasted red peppers served warm on our torpedo roll


**BUFFALO STREET** 9.50  
Warm chicken cutlet with Frank's Hot Sauce, parsley-garlic dressing, and lettuce served on a toasted sub roll


**ZOE** 7.50  
Chicken salad, cranberry sauce, lettuce & tomato on a rosemary-salt bagel

 **BAY BURGER** 9.50  
Veggie burger with goat cheese, basil, sun-dried tomatoes & chipotle aioli on multigrain roll

 **DEWITT MELT** 4.95  
House-made coleslaw, tomato & Swiss, served warm on our fresh bialy

 **PLANT BASED PARM** 10.95  
Vegan chicken patty panini pressed on focaccia bread with basil oil, marinara sauce, and vegan mozzarella cheese

 **VAN DORN'S VEGAN** 5.95  
House-made hummus, roasted red peppers, tomato & sprouts, on our oatmeal wheat bread

 **SUSIE'S GARDEN** 11.25  
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**