

# BREAKFAST SANDWICHES

• Served all day •

**EARLY BIRD** 9.25  
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** 13.95  
Cage-free egg with lox, chive cream cheese, tomato, capers & sprouts on buttered, toasted pumpernickel bread

**STEAK & EGGS** 9.45  
Roast beef, cage-free egg, roasted red peppers & melted pepper Jack, on our plain bagel

**RYAN'S FAVORITE** 9.45  
Cage-free egg with sausage, roasted red peppers, arugula & provolone cheese served warm on buttered toasted focaccia bread

**BIG SUR** 7.25  
Sausage, cage-free egg, tomato & melted pepper Jack on our plain bagel

**EGGS CHRISTINA** 5.45  
Cage-free egg with ham, on our plain bagel. **With cheese** 6.35

**BRONX BAGEL** 5.95  
Cage-free egg with sausage, on our plain bagel. **With cheese** 6.85

**BROOKLYN BAGEL** 5.95  
Cage-free egg with bacon, on our plain bagel. **With cheese** 6.85


**DOWN IN THE VALLEY** 9.95  
Cage-free egg with thick-sliced bacon, jalapeño cream cheese, roasted red pepper & fresh spinach, on toasted multigrain bread


**ROUND HOUSE** 9.45  
Cage-free egg, bacon, sausage, melted pepper Jack and a hash brown on a rosemary salt bagel


**RISE 'N GRIND** 10.25  
Hot pastrami with cage-free egg, jalapeño cream cheese, roasted red peppers and provolone, melted on a buttery croissant


**QUEENS** 7.75  
Egg salad, bacon & tomato open faced on a bagel


## VEGETARIAN & VEGAN


 **THE POWER PLANT** 9.75  
JUST egg, Beyond sausage, vegan cheese with arugula and vegan roasted garlic aioli, on our plain bagel

 **GREEN STREET** 8.25  
Pesto, tomato, feta, and egg whites scrambled with arugula on an English muffin

 **EGGS MELISSA** 5.25  
Cage-free egg with melted Cheddar cheese, on our plain bagel

 **HUEVOS SONORA** 7.45  
Cage-free egg, avocado, house-made salsa & Cheddar, in a whole wheat wrap

 **SOHO CROISSANT** 7.25  
Veggie cream cheese, mushrooms, tomato & melted Swiss cheese, on a croissant

 **CALIFORNIA SUNRISE** 7.25  
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** 2.50

**CREAM CHEESE (OR LIGHT)** 3.65

**WHIPPED CREAM CHEESE**  
Scallion, Parsley-Garlic, Green Olive, Chive, Jalapeño, Cinnamon-Raisin, Honey-Walnut 4.20

Veggie, Veggie Light, Bacon-Scallion 4.75  
Nova 5.50

**VEGAN CREAM CHEESE** 4.90

**JAM OR PRESERVES** 3.30

**PEANUT BUTTER** 3.40

**PEANUT BUTTER AND JELLY** 3.90

**NUTELLA** 4.40

**CINNAMON-SUGAR & BUTTER** 3.00


**HONEY & BUTTER** 3.20

**WHITEFISH SALAD** 6.85


**NOVA LOX & CREAM CHEESE** 11.95


**SAN DIEGO BAGEL** 4.65  
Cream cheese and raspberry jalapeño spread


## PIZZA BAGELS & MELTS

 **PIZZA BAGEL** 4.75  
Pizza sauce & melted mozzarella

 **PESTO PIZZA BAGEL** 7.25  
Pesto with melted mozzarella cheese

 **MEXICAN BAGEL** 5.95  
Jalapeño cream cheese, fresh salsa & melted Cheddar


 **VEGETARIAN BAGEL** 5.95  
Veggie cream cheese, tomato & melted Muenster


 **CHEESE MELT** 3.80  
Choice of American, Cheddar, mozzarella Muenster, Pepper Jack, provolone or Swiss melted open-face on a bagel  
Vegan Cheese 4.25

**CHICKEN MELT** 7.95  
House-made chicken salad with tomato & melted Cheddar cheese on a bagel

**FULTON ST. MELT** 7.95  
House-made albacore tuna salad with tomato & melted Cheddar, served open-face on our plain bagel

## AVOCADO TOAST

 **AVOCADO TOAST** 6.20  
Avocado spread on oatmeal wheat toast topped with extra virgin olive oil, salt & pepper

 **AVOCADO TOAST #1** 9.25  
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** 10.95  
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** 9.50  
Hot corned beef, sauerkraut, melted Swiss & Russian dressing panini pressed on our rye bread

**THE MILANESE** 11.25  
Cage-free chicken breast, roasted red peppers, pesto mayonnaise, provolone & Italian herbs panini pressed on our rosemary focaccia

**THE PARISIAN** 9.75  
Roast turkey, house-made 3-fruit chutney, fresh spinach & Brie on our sourdough bread


**FRICKIN' CHICKIN'** 12.25  
Cage-free chicken breast, pesto, Asiago cheese & mushrooms on focaccia


**LITTLE ITALY** 9.50  
Cage-free chicken breast, marinara sauce, spices & melted mozzarella cheese on focaccia

**SHELDON COURT** 9.25  
Smoked turkey, chipotle aioli, arugula, and Pepper Jack cheese panini pressed on southwest sourdough

**WINNER'S CIRCLE** 14.50  
Cage-free chicken breast, goat cheese, raspberry jalapeño jam, spinach, Cheddar cheese and bacon panini pressed on southwest sourdough

**ZABS** 9.50  
Roast turkey, avocado, chipotle aioli dressing and sliced mozzarella panini pressed on ciabatta bread


 **ULTIMATE GRILLED CHEESE** 6.75  
Cheddar, mozzarella cheese, and caramelized onions panini pressed on garlic-buttered sourdough bread


 **ANNE OF DANBY** 7.50  
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** 9.50  
Smoked turkey, avocado, tomato & house-made parsley-garlic dressing, on our hand-sliced multigrain bread

**FLAT ROCK** 10.50  
Roast turkey, local goat cheese, sun-dried tomatoes, basil oil & balsamic vinaigrette, on our baguette

**SWEET RACHEL** 9.50  
Smoked turkey, Muenster, honey mustard & red onion, on our hand-sliced pumpernickel bread

**CALIFORNIA DREAMIN'** 10.25  
Smoked turkey, avocado & house-made coleslaw, on our hand-sliced multigrain bread

**TURKEY HILL B.L.T.** 9.95  
Roast turkey, bacon, aioli dressing, lettuce & tomato, on our hand-sliced pumpernickel bread

**LINDSEY** 8.50  
Roast turkey, mushrooms, house-made parsley-garlic dressing & Muenster, served warm on our bialy

**THE OCTOPUS** 8.65  
Roast turkey, house-made coleslaw, Russian dressing & Swiss cheese, on our pumpernickel bread

**MILES' DOUBLE TAKE** 11.95  
Turkey, smoked turkey, thick-cut bacon, Swiss cheese, arugula & tomato, with basil mayonnaise on our brioche roll

**AUTUMN SKY** 11.95  
Smoked turkey, bacon, spinach, apples, Cheddar cheese & whole grain mustard on sourdough

### HAM, BACON & SALAMI

**WEST WILLOW BBQ** 10.25  
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.** 7.75  
Bacon, lettuce & tomato with aioli dressing and avocado on our toasted sourdough bread

**THE ITALIAN** 10.75  
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 sub roll

### BEEF

**THE NEW YORKER** 11.25  
Pastrami with melted Swiss, Russian dressing & coleslaw on our toasted sesame roll

**BBQ JACK** 8.25  
Hot roast beef with BBQ sauce & melted Pepper Jack cheese on a sesame roll

### WE SERVE

*Beer, Wine, and Cider!*

(MEADOW ST. STORE ONLY)

## SPECIALTY SANDWICHES


### CHICKEN & FISH


**T-BURG WITH A TWIST** 8.50  
House-made tuna salad with avocado and tomato, on our pumpernickel bread


**TUSCAN VERDE** 10.50  
Cage-free chicken breast with house-made pesto, fresh spinach, tomato & provolone, on our rosemary focaccia


**MT. PLEASANT** 8.50  
Cage-free chicken breast, fresh spinach, tomato & chipotle aioli, on our sourdough bread


### VEGETARIAN & VEGAN

 **VIVA CHELSEA!** 8.25  
Fresh mozzarella with basil oil, tomato, salt & pepper, on our rosemary focaccia

 **JONAH'S JIVE** 6.75  
House-made hummus, fresh spinach, tomato, cucumber & house-made parsley-garlic dressing on our hand-sliced multigrain bread

 **CAYUGA CROISSANT** 7.50  
Avocado, tomato, mushrooms, sprouts & house-made parsley-garlic dressing, on a croissant


 **MICHIGAN HOLLOW** 8.40  
Balsamic-marinated portobello mushroom with roasted red peppers, house-made parsley-garlic dressing & provolone, served warm on our multigrain roll


 **FRESHY** 8.50  
Fresh mozzarella cheese, roasted red peppers, spinach, extra virgin olive oil, salt & pepper panini pressed on ciabatta


**THE CUTLET** 10.75  
Chicken cutlet with Italian herbs, provolone, basil mayo & roasted red peppers served warm on our sub roll


**BUFFALO STREET** 9.75  
Warm chicken cutlet with Frank's Hot Sauce, parsley-garlic dressing, and lettuce served on a toasted sub roll


**ZOE** 7.75  
Chicken salad, cranberry sauce, lettuce & tomato on a rosemary-salt bagel

 **BAY BURGER** 9.75  
Veggie burger with goat cheese, basil, sun-dried tomatoes & chipotle aioli on multigrain roll

 **DEWITT MELT** 5.40  
House-made coleslaw, tomato & Swiss, served warm on our fresh bialy

 **PLANT BASED PARM** 11.25  
Vegan chicken patty panini pressed on focaccia bread with basil oil, marinara sauce, and vegan mozzarella cheese

 **VAN DORN'S VEGAN** 6.25  
House-made hummus, roasted red peppers, tomato & sprouts, on our oatmeal wheat bread

 **SUSIE'S GARDEN** 11.50  
Local lemon teriyaki seitan, vegan cheese, avocado, lettuce, tomato & sprouts, on our hand-sliced multigrain bread



**GLUTEN FREE  
BREADS & BAGELS  
ADD 1.50**