

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 pumpernickel 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  
PEANUT BUTTER AND JELLY 4.00  
CREAM CHEESE 3.85  
NUTELLA 4.60  
WHIPPED CREAM CHEESE  
CINNAMON-SUGAR & BUTTER 3.10  
Scallion, Parsley-Garlic, Green Olive, Chive, Jalapeño, Honey-Walnut 4.85  
HONEY & BUTTER 3.30  
Veggie, Bacon-Scallion 5.35  
WHITEFISH SALAD 7.05  
Nova 6.05  
NOVA LOX & CREAM CHEESE 13.05  
VEGAN CREAM CHEESE 5.20  
SAN DIEGO BAGEL 5.05  
JAM OR PRESERVES 3.40  
Cream cheese and raspberry jalapeño spread  
PEANUT BUTTER 3.50

PIZZA BAGELS & MELTS

 PIZZA BAGEL 5.50  
Choice of American, Cheddar, mozzarella Muenster, pepper Jack, provolone or Swiss melted open-face on a bagel  
Pizza sauce & melted mozzarella  
Vegan cheese 4.75  
 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  
CHICKEN MELT 8.75  
FULTON ST. MELT 8.75  
House-made chicken salad with tomato & melted Cheddar cheese on a bagel  
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 #2 10.05  
Avocado with feta crumbles, bacon, olive oil, salt and pepper on oatmeal wheat  
 AVOCADO TOAST #1 9.35  
Avocado with goat cheese, sun-dried tomatoes, 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** 14.95  
Spring Mix, quinoa, seared Ahi tuna, avocado, grapes, walnuts, goat cheese, onion and balsamic vinaigrette

**GREEN GODDESS** 12.95  
Kale and Spring Mix, edamame, cucumber, avocado, cage-free chicken, pistachios, sunflower seeds, green goddess dressing

**SANTA FE** 12.95  
Kale, warm grain blend, avocado, roasted chicken, roasted corn, red onion, tortilla strips, tomatoes, fresh lime squeeze, radish slices, cilantro lime jalapeño vinaigrette

**BAHN VOYAGE** 11.95  
Choice of Chicken or Tofu. Kale, warm grain blend, cucumbers, carrots, radish, pickled onions, cilantro, sweet sriracha mayo, brown sugar soy dressing

**BREKKY BOWL** 12.95  
Kale, warm grain blend cage-free egg, bacon, avocado, roasted sweet potatoes, cherry tomatoes, maple bacon dressing

**JERK-ISLAND VIBES** 12.95  
Kale, warm grain blend, cage-free chicken, pineapple salsa, red pepper, avocado, radish, cilantro, jerk marinade dressing

*...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 pumpnickel 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 pumpnickel 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 pumpnickel 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 bread

**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 pumpnickel 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



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

WE SERVE  
*Beer, Wine, and Cider!*  
(MEADOW ST. STORE ONLY)



**GLUTEN FREE  
BREADS & BAGELS  
ADD 1.50**