

BAGEL COVE

Since 1988

THE WELLNESS MENU

Power Breakfast



Fire Chili Avocado Toast
20g protein 470 Cal \$15.99

Toasted sourdough bread, sliced fresh avocado, hemp seeds, extra virgin olive oil, fire roasted chili flakes, and eggs.

+ hard boiled egg

16g protein \$2 .99

+ nova slice

18g protein 120 Cal \$6.99



Skinny Veggie Scramble
20g protein 240 Cal \$14.99

Egg whites, spinach, feta cheese with a side of cherry tomato, fresh arugula, and avocado salad. Served with a sourdough toast.

Nourish Bowls



Mediterranean Protein Bowl
10g protein 310 Cal \$14.99

Arugula, spinach, alfalfa, avocado, cucumber, toasted pumpkin seeds.

Choice of dressing: cilantro lime, soy ginger or miso ginger.

+ scoop of low fat veggie tuna

22g protein 310 Cal \$4.99

+ grilled salmon

50g protein 940 Cal \$9.99



Power Berries Yogurt Bowl
28g protein 370 Cal \$11.99

Greek yogurt, fresh berries, house granola, chia seeds, drizzled with honey.



Cove Bowl
12g protein 380 Cal \$14.99

Fresh mixed greens, sliced avocado, side onions, cucumber, sprouts, roasted pumpkin seeds and chickpeas served with balsamic dressing.

+ low fat veggie tuna

24g protein 790 Cal \$4.99

+ grilled salmon

50g protein 940 Cal +\$9.99

+ chicken salad

40g protein 940 Cal +\$5.99

Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness.
Please inform us of any food allergies before ordering.

BAGEL COVE

Since 1988

THE WELLNESS MENU

Healthy Sandwiches



Esteé Chopped Salad

16g protein \$14.99

Lettuce , tomato, carrot, cucumber, onion, lemon, a scoop of veggie tuna.



Loaded Turkey Avocado

34g protein \$19.99

Turkey on a scooped bagel, sliced tomato, sliced avocado. side of mixed greens and sprouts.

Replace with Kosher Turkey

+5.99



Open Face Tuna Sprout Sandwich

32g protein \$17.49

Low fat veggie tuna salad, sprouts, sliced avocado, drizzled with extra olive oil.



The Wellness Bagel

22g protein \$14.49

Open face everything bagel with egg white, sliced avocado, cherry tomato, arugula, olive oil finish.

Feel-good food that hits!