

Why is It all about the Water?[®] and Why is It so Important?



10 plus reasons why it is all about the water:

- 70 percent of the earth is water
- 70 percent of your body is water
- Water is in just about every food we consume
- Every municipality in every state treats their water supply differently. Some use chlorine and ammonia which are carcinogenic when used together. Some use fluoride which may cause Osteoporosis. Some have pharmaceutical trace elements found in them.
- Some municipalities have traces of lead that comes from extrusions from an antiquated Water system.
- Most people drink bottled water but ice cubes that come from the tap... ice cubes are 100 percent water!
- Anything that you cannot see through in an ice cube is sediment. Coffee is made up of over 95 percent water.
- All soft drinks are made up of over 95 percent water.
- All soups, stocks, sauces and gravies are made up of over 50 percent water.
- All foods take on the characteristics of the water they are prepared with effecting taste as well as health.
- Pasta is approximately 78 percent water once hydrated.
- All canned and prepared foods have significant water content.

Every Brooklyn Water Bagel Franchise uses Brooklynized™ water in the preparation of all of our soups, coffee, ice cubes, soft drinks and, of course, the bagels for consistent health and quality in all we do.

Freshly Baked Gourmet Muffins

BLACK & WHITE • BLUEBERRY • APPLE CINNAMON • CHOCOLATE CHIP • CORN

\$2.99



Stud Muffin

Filled With Plenty of Fiber, Whey Protein & Healthy Nuts

\$3.49

The Healthy Taste of New York In A Bottle

Filled With Plenty Of "NYC Attitude"

\$1.79



Hot & Cold Beverages

ALL PRODUCED WITH WATER CREATED FROM OUR "BROOKLYNIZED"™ WATER

Medium Fresh Orange Juice.....\$2.49 Large Fresh Orange Juice.....\$3.49

Coca-Cola Soft Drinks Regular...\$1.99 Large.....\$2.59

FRESHLY ROASTED "Brooklyn Java" COFFEE BAR

Medium...\$2.39 Large....\$2.79

ASSORTED HOT TEAS \$2.39

REAL BROOKLYN FOX'S UBET



Chocolate Egg Cream....\$2.99



"OUR OWN" ICED COFFEE MADE WITH REAL ICED COFFEE CUBES

Large.....\$3.50
Extra Large...\$4.50

Catering for all occasions.



"The Original Brooklyn Water Bagel Company brought back childhood memories

- one bite and I was back in Brooklyn."

-Larry King

The Original
Brooklyn
Water Bagel Co.

It's all about the water!™

of LADY LAKE

Menu

352-674-9000

514 N. Highway 441/27, Lady Lake, FL 32159

www.brooklynwaterbagels.com

For franchise information

877-BAGEL-80

Brooklyn Water Bagel believes in protecting the environment and uses only environmentally friendly paper goods.



Just-Baked Gourmet Bagels

\$1.29 Each \$6.29 1/2 Dozen \$11.99 Bakers Dozen (13)

PLAIN	POPPY
WHOLE WHEAT	SESAME
MULTIGRAIN (8 Healthy Grains)	ONION
WHOLE WHEAT EVERYTHING	CINNAMON RAISIN
MARBLE	EVERYTHING
PUMPERNICKEL	ASIAGO
GARLIC	SALT

AN OVEN FRESH BAGEL WITH...

Whipped Butter or Jelly	\$1.99
Natural Peanut Butter	\$2.49
Plain Cream Cheese	\$2.39
Nova Cream Cheese Spread	\$4.29
Vegetable Cream Cheese	\$2.99
Scallion Cream Cheese.....	\$2.99
LOW-FAT CREAM CHEESE	
Plain \$2.39..... Veggie \$2.99	Scallion \$2.99..... Nova Spread \$4.29
Sliced Nova with Cream Cheese, Tomato and Onion.....	\$8.49

Signature 3-Egg Bagel Sandwiches

Egg & Cheese	\$3.99
Bacon, Egg & Cheese	\$4.99
Ham, Egg & Cheese.....	\$4.99
Sausage, Egg & Cheese.....	\$4.99
Veggie Lovers.....	\$4.99
Green Peppers, Onions, Diced Tomatoes, Mushrooms, Spinach	
Egg Whites	\$5.99
With Spinach & Mushrooms (Add Alpine Lace Low Fat Cheese \$.99)	
"The Hangover"	\$6.89
Asiago Bagel toasted with melted Mozzarella Cheese and filled with Bacon, Egg and Cheese	



Bagelwiches

ALL SERVED ON CHOICE OF OVEN-FRESH BAGEL with LETTUCE, TOMATO, ONION & PICKLE



Sliced Nova and Cream Cheese.....	\$8.49
Whitefish Salad.....	\$8.79
Albacore Tuna Salad	\$7.29
Fresh Daily Egg Salad	\$6.79
Oven Roasted Turkey Breast.....	\$7.99
Homemade Chunky Chicken Salad.....	\$7.49
B. L. T.	\$6.99
Corned Beef Reuben	\$8.99
Ham and Cheese	\$6.99



Original Brooklyn Pizza Melts ...fuggedaboudit!

SERVED ON WHOLE WHEAT OR ASIAGO BAGEL, TOPPED WITH MARINARA AND THE FINEST MELTED MOZZARELLA

Classic Cheese.....	\$5.49
Veggie Lovers.....	\$6.29
Peppers, Onions, Mushrooms, Tomato, Spinach	
Pepperoni or Sausage	\$6.79

Deluxe Salad Platters

SERVED WITH LETTUCE, TOMATO, ONION, CUCUMBER, PASTA SALAD & OVEN-FRESH BAGEL

Albacore Tuna	\$8.29
Homemade Chunky Chicken	\$8.49
Freshy Daily Egg	\$7.79
Brooklyn Water Trio	\$9.95
Combination of Tuna, Chicken and Egg Salad	



Brooklyn's Freshest



Fresh Red Bliss Potato Salad.....	\$1.69
Freshly Grated Cole Slaw	\$1.69
Fresh Fruit Salad.....	\$2.49
Fresh Cucumber Salad.....	\$1.69
Fresh Pasta Salad	\$1.69

"Original" Scooper Melts™

WHAT IS A SCOOPER MELT?

AN OVEN-FRESH BAGEL EXPERTLY SCOOPED TO THE CRISPY INTERIOR & FILLED WITH YOUR CHOICE OF MEAT, CHEESE, FRESH VEGGIES AND YOUR SPECIAL CONDIMENTS, THEN HIGH SPEED BAKED TO MELTED PERFECTION!



Corned Beef Reuben	\$8.99
Hot Corned Beef Smothered In Sauerkraut & Melted Swiss Cheese & Topped With Thousand Island Dressing	
Tuna Melt.....	\$7.99
Tuna Fish Salad, Melted Mozzarella & American Cheese & Topped With Tomato Slices	
Cordon Bleu	\$7.99
Grilled Chicken With Melted Ham & Swiss Cheese & Topped With Dijon Mustard	
Monte Cristo.....	\$7.99
Fresh Turkey, Melted Ham & Swiss Cheese & Topped With Russian Dressing	
The Veggie Lover	\$7.99
Green Peppers, Sautéed Onions, Diced Tomato, Mushrooms & Spinach Covered in Melted Low-Fat Alpine Lace Swiss Cheese	
The Protein Melt	\$7.99
Grilled Chicken, Sautéed Mushrooms & Onions Covered in Spinach And Low-Fat Alpine Lace Cheese (Totally Guiltless!)	

"Where Healthy Tastes Great"™



BROOKLYN RAPPERS

CHOICE OF PLAIN, WHOLE WHEAT, MULTIGRAIN OR SPINACH

ALL WRAPS ARE SERVED WITH FRESH FRUIT



ALBACORE TUNA.....	\$7.99
With Iceberg Lettuce & Tomato Slices	
CHUNKY CHICKEN SALAD	\$7.99
With Iceberg Lettuce & Tomato Slices	
FRESH TURKEY.....	\$7.99
With Iceberg Lettuce, Tomato Slices & Swiss	
CHICKEN CAESAR	\$7.99
Grilled Chicken Breast, Parmesan Cheese & Romaine Lettuce With Creamy Caesar Dressing	