

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 with 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.

Baked Fresh Daily Muffins



BLUEBERRY, CORN, CHOCOLATE CHIP,
HONEY RAISIN BRAN, CARROT,
APPLE CINNAMON.....\$2.99



“Healthy” Stud Muffins

Filled With Plenty of Fiber, Whey Protein & Healthy Nuts

- CHOCOLATE & PEANUT BUTTER\$3.49
With Whey Protein, Natural Peanut Butter
- TRIPLE BERRY BLAST\$3.49
Filled with Antioxidant Berries... Acai, Blueberry, Cranberry and Flax Seeds for Omega 3s in a Whole Grain Batter.
- THE NUTTY PROFESSOR “SMART MUFFIN”\$3.49
Our Multigrain Muffin Filled with Pecans, Walnuts, Almonds, Flax Seeds, Sunflower Seeds, Raisins, Vanilla Extract and Whey Protein.



Signature Dessert Muffins

BROWNIE WITH WALNUTS & CHOCOLATE CHIPS • ROCKY ROAD •
BLACK & WHITE • CARROT CAKE WITH CREAM CHEESE FROSTING •
JELLY DONUT CUPCAKE • BAVARIAN CREME • PEANUT BUTTER &
JELLY • CHOCOLATE & REESES PEANUT BUTTER\$2.99

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

- Freshly Squeezed Orange Juice Large.....\$2.19 Extra Large.....\$3.19
- Coca-Cola Soft Drinks Large.....\$2.19 Extra Large.....\$2.59
- Our Own Freshly Roasted Brooklyn Java Large.....\$2.19 Extra Large.....\$2.59

ASSORTED ORGANIC HOT TEAS \$2.89

REAL BROOKLYN FOX'S UBET



Chocolate Egg Cream....\$2.99



“OUR OWN” ICED COFFEE MADE WITH REAL ICED COFFEE CUBES

Large.....\$2.99
Extra Large...\$3.89

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![®]

BEVERLY HILLS

Menu

310-786-7400

262 South Beverly Drive
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)



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

AN OVEN FRESH BAGEL WITH...

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| Whipped Butter or Heart-Smart Low-Cholesterol Spread | \$1.99 |
| Natural Peanut Butter & Strawberry Jelly | \$2.79 |
| Plain Cream Cheese | \$2.49 |
| Nova Cream Cheese Spread | \$4.79 |
| Vegetable Cream Cheese | \$2.99 |
| Scallion Cream Cheese | \$2.99 |
| LOW-FAT CREAM CHEESE | |
| Plain \$2.49..... Veggie \$2.99 Scallion \$2.99.... Nova Spread \$4.79 | |
| Sliced Nova with Cream Cheese, Tomato and Onion | \$8.79 |

Signature 3-Egg Omelets And Egg Sandwiches

Platters Served With Your Choice Of Home Fries, Freshly Cut French Fries, Or Sweet Potato Fries, Or Tomato, Or Fresh Fruit Plus Choice Of Oven Fresh Bagel. (Egg Whites available \$.69)
We use only cage free pasteurized shell eggs.

- | On a Bagel..... | Platter |
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| Egg & Cheese | \$3.99 \$6.99 |
| Bacon, Egg & Cheese | \$4.99 \$7.99 |
| Ham, Egg & Cheese | \$4.99 \$7.99 |
| Sausage, Egg & Cheese | \$4.99 \$7.99 |
| Western Omelet | \$4.99 \$7.99 |
| Meat Lovers | \$5.99 \$8.49 |
| Bacon, Sausage, Ham | |
| Nova, Egg & Onion | \$6.99 \$8.99 |
| Veggie Lovers | \$4.99 \$7.99 |
| Green Peppers, Onions, Diced Tomatoes, Mushrooms, Spinach | |
| Egg White Omelet | \$5.99 \$7.99 |
| With Spinach & Mushrooms (Add Alpine Lace Low Fat Cheese \$.99) | |
| Egg White Protein Omelet | \$6.99 \$8.99 |
| Grilled Chicken, Mushrooms, Onions, Tomatoes, Spinach and Alpine Lace Cheese | |
| "The Hangover" | \$5.89 |
| Asiago Bagel toasted with melted Mozzarella Cheese and filled with Bacon, Egg and Cheese | |



"Brooklynized"™ Avocado Omelet

Fresh Avocado, Tomato Salsa, Shredded Cheddar, Sour Cream and Avocado Oil \$8.99

Bagelwiches

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



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| Sliced Nova and Cream Cheese | \$8.79 |
| Whitefish Salad | \$8.99 |
| Albacore Tuna Salad | \$7.79 |
| Low-Fat Vegetable Tuna | \$7.29 |
| Fresh Daily Egg Salad | \$7.99 |
| Oven Roasted Turkey Breast | \$7.99 |
| Homemade Chunky Chicken Salad | \$7.49 |
| Hot Corned Beef | \$7.99 |
| Corned Beef Reuben | \$8.99 |
| Ham and Cheese | \$6.99 |



Original Brooklyn Pizza Melts ...fuggedaboutit!

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

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| Classic Cheese | \$6.99 |
| Veggie Lovers | \$7.49 |
| Peppers, Onions, Mushrooms, Tomato, Spinach | |
| Pepperoni or Sausage | \$7.99 |
| "The Bagoli" | \$6.49 |
| Asiago Bagel, scooped and filled with Marinara, Mozzarella, Pepperoni and Sausage | |

Homemade Soups

TOMATO BISQUE, CHICKEN NOODLE, SPLIT PEA, LOBSTER BISQUE with crabmeat

\$3.79



Brooklyn's Freshest



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| Fresh Cut French Fries | \$2.79 |
| Fresh Cut Sweet Potato Fries | |
| Plain or Covered in Cinnamon & Sugar | \$2.99 |
| Fresh Fruit Salad | \$3.49 |

"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!



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| Classic Corned Beef Reuben | \$8.99 |
| Hot Corned Beef Smothered In Sauerkraut & Melted Swiss Cheese & Topped With Thousand Island Dressing | |
| Tuna Melt | \$8.49 |
| Tuna Fish Salad, Melted Mozzarella & American Cheese & Topped With Tomato Slices | |
| Philly Cheese | \$7.99 |
| Thinly Sliced Rib Eye With Sauted Onions & Melted Provolone | |
| 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 | |
| Fresh Turkey Reuben | \$8.49 |
| The Fresh Turkey version of the Classic Reuben | |
| The Coney Island | \$7.99 |
| Grilled Chicken, Sautéed Onions & Mushrooms Covered In Melted Provolone & Mozzarella | |
| 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 WHOLE WHEAT, MULTIGRAIN OR SPINACH

ALL WRAPS ARE SERVED WITH FRESH FRUIT



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| CLUB WRAP | \$7.99 |
| Grilled Chicken Breast, Crisp Bacon, Avocado & Chipotle Mayo | |
| CHICKEN CAESAR | \$7.99 |
| Grilled Chicken Breast, Parmesan Cheese & Romaine Lettuce With Creamy Caesar Dressing | |
| PHILLY CHEESE STEAK MELT | \$7.99 |
| Thinly Sliced Grilled Ribeye Smothered In Sauted Onions & Melted Provolone | |
| ALBACORE TUNA | \$7.99 |
| Delicious Albacore Tuna With Iceberg Lettuce & Tomato Slices | |
| CHUNKY CHICKEN SALAD | \$7.99 |
| Fresh & Chunky Chicken Salad With Iceberg Lettuce & Tomato Slices | |
| MONTE CRISTO | \$7.99 |
| Fresh Slices Of Turkey, Ham & Swiss Cheese With Iceberg Lettuce, Tomato Slices, Topped With 1000 Island Dressing | |