

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 • PEANUT BUTTER & JELLY



“Healthy” Stud Muffin

Filled With Plenty of Fiber, Whey Protein & Healthy Nuts
TRIPLE BERRY BLAST

Filled with Antioxidant Berries... Acai, Blueberry, Cranberry and Flax Seeds for Omega 3s in a Whole Grain Batter.

The Healthy Taste of New York In A Bottle

Filled With Plenty Of “NYC Attitude”



Hot & Cold Beverages

ALL PRODUCED WITH WATER CREATED FROM OUR
“BROOKLYNIZED”™ WATER

Small Fresh Orange Juice

Large Fresh Orange Juice

Coca-Cola Soft Drinks Small Medium Large

Our Own Freshly Roasted Brooklyn Java

Small Large Extra Large

GOURMET COFFEE
ASSORTED ORGANIC HOT TEAS \$2.89

REAL BROOKLYN FOX'S UBET



Chocolate
Egg Cream



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

Large
Extra Large

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 SOUTH BEACH

Menu

305-674-7425

1119 5th Street, Miami Beach, FL 33139

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

Each 1/2 Dozen Bakers Dozen (13)



- | | |
|--|-----------------|
| PLAIN | POPPY |
| WHOLE WHEAT | SESAME |
| MULTIGRAIN (8 Healthy Grains) | ONION |
| OMEGA 3 (with Flax Seeds and Cranberries in Whole Wheat) | GARLIC |
| WHOLE WHEAT EVERYTHING | CINNAMON RAISIN |
| MULTIGRAIN SUNFLOWER | EVERYTHING |
| MARBLE | SALT |
| RYE | ASIAGO |
| PUMPERNICKEL | EGG |
| | FLAGELS |

AN OVEN FRESH BAGEL WITH...

- Whipped Butter or Heart-Smart Low-Cholesterol Spread.....
- Natural Peanut Butter.....
- Plain Cream Cheese.....
- Nova Cream Cheese Spread.....
- Vegetable Cream Cheese.....
- Scallion Cream Cheese.....
- LOW-FAT CREAM CHEESE
- Plain Veggie Scallion Nova Spread
- Sliced Nova with Cream Cheese, Tomato and Onion.....

Signature 3-Egg Bagel Sandwiches

- Egg & Cheese.....
- Bacon, Egg & Cheese.....
- Ham, Egg & Cheese.....
- Sausage, Egg & Cheese.....
- Western Omelet.....
- Meat Lovers.....
- Bacon, Sausage, Ham
- Nova, Egg & Onion.....
- Veggie Lovers.....
- Green Peppers, Onions, Diced Tomatoes, Mushrooms, Spinach
- Egg Whites.....
- With Spinach & Mushrooms (Add Alpine Lace Low Fat Cheese)
- “The Hangover”.....
- Asiago Bagel toasted with melted Mozzarella Cheese and filled with Bacon, Egg and Cheese



Bagelwiches

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



- Sliced Nova and Cream Cheese.....
- Whitefish Salad.....
- Albacore Tuna Salad.....
- Low-Fat Vegetable Tuna.....
- Fresh Daily Egg Salad.....



- Oven Roasted Turkey Breast.....
- Homemade Chunky Chicken Salad.....
- Hot Corned Beef.....
- Corned Beef Reuben.....
- Ham and Cheese.....



Original Brooklyn Pizza Melts ...fugeddaboudit!

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

- Classic Cheese.....
- Veggie Lovers.....
- Peppers, Onions, Mushrooms, Tomato, Spinach
- Pepperoni or Sausage.....
- “The Bagoli”.....
- Asiago Bagel, scooped and filled with Marinara, Mozzarella, Pepperoni and Sausage

Homemade Soups

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



Brooklyn's Freshest



- Fresh Red Bliss Potato Salad.....
- Freshly Grated Cole Slaw.....
- Fresh Fruit Salad.....
- Fresh Cucumber Salad.....

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

“Where Healthy Tastes Great”™



BROOKLYN RAPPERS

CHOICE OF WHOLE WHEAT, MULTIGRAIN OR SPINACH
ALL WRAPS ARE SERVED WITH FRESH FRUIT



- ALBACORE TUNA.....
- With Iceberg Lettuce & Tomato Slices
- CHUNKY CHICKEN SALAD.....
- With Iceberg Lettuce & Tomato Slices
- FRESH TURKEY.....
- With Iceberg Lettuce & Tomato Slices
- MONTE CRISTO.....
- Fresh Slices Of Turkey, Ham & Swiss Cheese With Iceberg Lettuce, Tomato Slices, Topped With 1000 Island Dressing