

BAGELS



SERVED ON A PLAIN BAGEL

I SAID BAGEL, NOT BUGLE!



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| Tuna Bagel
Albacore Tuna on a bagel with melted swiss and cheddar cheese, tomato and sunflower seeds. | 9.50 |
|  Avocado Bagel
Melted cheddar cheese topped with sliced avocado, tomato and sunflower seeds. | 9.50 |
| Bagel Array
Ham and swiss on one side, salami and cheddar on the other. Served hot and melted. | 9.50 |
|  Greek Bagel
Feta cheese, tomato, olives and red onion on a toasted bagel. Mediterranean dressing on side. | 9.50 |
| Pizza Bagel
Tomato sauce, cheese and pepperoni. | 5.95 |
|  Veggie Pizza Bagel
Tomato sauce, cheese, mushrooms and olives. | 5.95 |
|  Peanut Butter Bagel
With or without jelly. | 3.95 |
|  Melted Cheese Bagel
One side swiss, the other side cheddar. | 3.95 |
|  Cream Cheese Bagel
With or without jelly. | 3.95 |
|  Parmesan & Garlic Bagel | 3.50 |
|  Butter Bagel | 1.95 |

RUTA'S WRAP-UPS

*These are served in our whole wheat tortillas.
With dressing on the side.*

Garlic Chicken Wrap 10.50
Garlic chicken, cucumber, tomato, lettuce and feta cheese. Served with balsamic vinaigrette.

Curry Chicken Wrap 10.50
Chicken, peanuts, baby corn, spinach and brown rice. Served with Curry dressing.

Turkey Avocado Wrap 10.50
Turkey, avocado, lettuce, tomato and blue cheese crumbles. Served with Mediterranean dressing.

Chicken Caesar Wrap 10.50
Chicken, romaine, parmesan cheese, Caesar dressing, tomato and croutons.

 **Falafel Wrap 10.50**
Falafel patties, lettuce, tomato, cucumber, onion and our creamy herb dressing. Served with hummus on the side.

Italiano Wrap 10.50
Salami, pepperoncini, mozzarella, onion, lettuce and tomato. Served with dijon vinaigrette.

BBQ Fiesta Wrap 10.50
Chicken, black beans, BBQ sauce, jack cheese, onion, cilantro, tomato, corn, and guacamole. Served with Southwestern Bleu Cheese dressing.

Thai Wrap 10.50
Chicken, shrimp, peanuts, lettuce, brown rice and cilantro. Served with Thai dressing.

 **Greek Wrap 10.50**
Artichoke hearts, red onion, cucumber, tomato, lettuce and feta cheese. Served with Mediterranean dressing.

Tuna Wrap 10.50
Albacore Tuna, shredded carrots, tomato and spinach. Served with balsamic vinaigrette.



SANDWICHES



*Our Bread Selection:
Squaw, French Roll,
Sourdough and Pita*

Ham it Up 9.95

Ham, swiss cheese, lettuce, tomato and onion.
Served on sourdough bread.

The Salami Sandwich 9.95

Salami, cheddar cheese, lettuce and tomato.
Served on squaw bread.

Tuna Sandwich 9.95

Albacore Tuna blended with mayo, tomato and onion served
on squaw bread with cheddar cheese, tomato and sunflower seeds.

The Walnut that Kissed the Chicken 9.95

A salad-like blend of chicken, mayo, walnuts and celery.
Served with lettuce and tomato on squaw bread.

 **Avocado Sandwich** 9.95

Avocado, tomato, cheddar cheese and sunflower seeds.
Served on squaw bread.

You Turkey 9.95

Turkey breast, lettuce, tomato, swiss cheese on squaw bread.

 **Eggcredible Sandwich** 9.95

Not an egg salad, but instead a delicious layering of sliced
egg, cucumber, tomato, mayo and onion. Served on squaw bread.

1/2 Sandwich Combo's from This Page Only!

with Cup of Soup - 9.95

with Dala Salad - 11.25

with Cup of Chili - 10.25

with Caesar Salad - 11.25

Your choice of Soup:

Cockie Leeky, Chicken Tortilla, Chicken Rice Vegetable, or the Soup of the Day.

**Veggie Burger****10.25**

Vegetarian pattie served on sourdough garlic bread, with melted cheddar cheese, lettuce and tomato. Mustard and mayo on the side.

Mediterranean Delight 10.50

Shrimp, cream cheese, artichoke hearts, lettuce, tomato and feta cheese. Stuffed in pita bread.

Shrimp and Avocado Sandwich**11.25**

Shrimp, cheddar cheese, cream cheese, tomato and avocado stuffed in pita bread.

The Heap**11.25**

Hot turkey, ham and salami served open face on squaw bread, topped with melted cheese! Want more? For a small charge, try some additional toppings:

Tomato, mushroom, onion, Ortega chile, and/or sunflower seeds. Truly a heap-o-fun!

**Cream Cheese & Olive Sandwich****9.95**

Cream cheese, black olives, onion and tomato. Served on squaw bread

With Pepperoni

11.95**The Ruta's Club****10.50**

Ham, turkey, avocado, swiss cheese and tomato. Served on sourdough bread.

Garlic Chicken Sandwich 10.50

Our garlic chicken along with melted jack cheese, avocado, lettuce and tomato. Served on a toasted french roll.

Joe's BBQ Chicken Sandwich**10.50**

Warm BBQ chicken, served on toasted squaw with melted Jack cheese, lettuce, tomato, red onion and avocado.

**Vegetarian Sandwich****10.50**

A hot, open faced sandwich with lots of fresh veggies and melted cheese, then topped with tomato, parmesan cheese and sunflower seeds. Served on squaw bread.

**Melted Cheese****6.95**

Jack and cheddar cheese melted on squaw bread with tomato inside. Served warm.

**Peanut Butter Sandwich****6.95**

Peanut butter with jelly or honey. Served on squaw bread.



Vegetarian Items

