

BAGELS

\$1.40

Plain*
Wheat
Everything*
Wheat Everything
Egg
Salt
Onion
Garlic
Poppy
Sesame
Asiago
Blueberry
Cinnamon Raisin
Rosemary Olive Oil

\$2.00

Cinnamon Burst
French Toast

TOPPINGS

PRICE VARIES

Infused Butters:

Cinnamon, Honey,
Garlic & Herb

Spreads:

Hummus, Peanut Butter,
Sunflower Butter

Cream Cheese:

Plain, Plain Light, Veggie,
Scallion, Garlic & Herb, Olive
Pimento, Lox, Jalapeño,
Mix Berry, Apple Cinnamon
Raisin, Maple, Peanut Butter,
Poblano

1/2 lb. Take Home:

Plain **\$3.99**
Specialty **\$4.99**

OFF THE GRILL

Meat/Egg/Cheese **\$5.25**
Egg/Cheese **\$4.45**
Meat/Egg **\$5.05**
Meat/Cheese **\$5.05**
Meat Only **\$4.25**
Egg Only **\$3.75**

MEATS

Bacon, Sausage, Pork Roll, Deli Ham, Chorizo

ADD-ON OPTIONS

2x Meat **\$1.50**
2x Egg **\$1.00**
2x Cheese **\$1.00**
Avocado **\$1** Additional Veggies **\$.50**

CRAFT BAGELS

The Jersey Morning **\$7.25**
Choice of Bagel, Cream Cheese, Capers, Lox, Tomato & Onion

The Elvis **\$4.25**
Choice of Bagel, Peanut Butter Cream Cheese & Sliced Bananas

The PB&J FT. **\$4.50**
*French Toast Bagel, Peanut Butter Cream Cheese & Jelly-
Strawberry or Grape.*

Maple Bacon **\$5.00**
*French Toast Bagel, Maple Cream Cheese, 2 Slices of Bacon &
Maple Drizzle*

The Hangover Cure **\$7.00**
*Choice of Bagel, Double Toasted with Double Bacon, Double
Egg, Double Cheddar*

Double B.L.T. **\$6.50**
Choice of Bagel, Double Bacon, Lettuce, Tomato, Mayo

The Southwest **\$4.25**
*Sundried Tomato Bagel, Poblano Cream Cheese, Spinach,
Tomato, Onion*

BAKED GOODS

Croissants **\$2.49**
Crumb Cake (*Chocolate or Vanilla*) **\$3**
Scones **\$3**
Muffins **\$3**
Cinnamon Buns **\$2.95**
Pecan Sticky **\$3**
Biscuits **\$1.40**
Fresh Baked Bread **\$5.99**

Sold in loaves.

5549 N. CROATAN HWY.
KITTY HAWK, MP.1
AT THE MARKETPLACE



BREAKFAST & LUNCH

OPEN EVERYDAY 7AM-3PM

Featuring Boar's Head Premium Deli Meats & Cheeses

DINE IN OR TAKE OUT

GET YOUR

BIB
on!

ORDER
ONLINE!

252.255.2888

WWW.BARRIERISLANDBAGELS.COM

info@barrierislandbagels.com

FRESH SMOOTHIES

The Noah	\$6
<i>Strawberry, Banana, Blueberry, Yogurt, Honey, Apple Juice</i>	
Green Living	\$6
<i>Banana, Kale, Spinach, Honey, Yogurt, Apple Juice</i>	
The Sunset	\$6
<i>Banana, Pineapple, Mango, Yogurt, Honey, Apple Juice</i>	
Purple Power	\$6
<i>Purple Kale, Blueberry, Banana, Yogurt, Honey</i>	
The Jam	\$7
<i>Organic Açai, Strawberry, Blueberry, Peanut Butter, Apple Juice</i>	
Shorebreak	\$7
<i>Organic Açai, Mango, Kale, Honey, Apple Juice</i>	

FRESH ACAI BOWLS

Build Your Own	\$7
<i>Organic Açai, Peanut Butter, Coconut, Chia, Strawberry, Blueberry, Banana, Almonds, Honey</i>	

FOR THE KIDS

PB&J Sandwich	\$3.25
Grilled Cheese	\$4.50
Fresh Fruit Cup	\$2.50
Hummus & Veggies	\$3.25

ORDER
ONLINE!

THEN GRAB AND GO!

WWW.BARRIERISLANDBAGELS.COM

DAILY LUNCH SPECIALS

Monday	\$8.99
<i>The Southern Shores - Turkey, Bacon, Smoked Gouda with Lettuce, Tomato, Avocado and Basil Mayo served on Ciabatta. Includes Chips and a Drink.</i>	
Tuesday	\$8.99
<i>The Woods - Roast Beef, Turkey, Bacon, Swiss Cheese, Lettuce, Tomato, Mayo, Dijon Horseradish Dressing served on your choice of bread. Includes Chips and a Drink.</i>	
Wednesday	\$7.99
<i>The Bodie - Ham, Cappy Ham, Pepperoni, Salami, Provolone Cheese with Tomato, Banana Peppers, Lettuce, Onion and Oil /Vinegar on a 6" sub. Includes Chips and a Drink.</i>	
Thursday	\$7.99
<i>The Banks - Turkey, Havarti, Cucumbers, Sprouts and Ranch Dressing served on Ciabatta. Includes Chips and a Drink.</i>	
Friday	\$8.99
<i>Barrier Island Chicken Salad - Our Homemade Chicken Salad, Bacon, Lettuce, Tomato and House Vinaigrette served on Ciabatta. Includes Chips and a Drink.</i>	

FRESH MADE SALADS

House Salad	\$5.99
<i>Fresh Cut Romaine Lettuce with Tomato, Onion, Cucumber, Cheddar Cheese and Homemade Croutons.</i>	
Chicken Caesar	\$7.99
<i>Grilled Chicken served over fresh Romaine Lettuce with Parmesan, Homemade Croutons and Caesar Dressing.</i>	
Greek Salad	\$7.99
<i>Feta, Pepperoni, Black Olives, Onions, Cucumbers, Banana Peppers, Tomato and Croutons served on Romaine Lettuce with our House Vinaigrette.</i>	
Chef Salad	\$8.99
<i>Turkey and Ham served over Romaine Lettuce with Cucumbers, Tomato, Cheddar Cheese, Hard Boiled Eggs, Bacon, Croutons and your Choice of Dressing.</i>	
Beet & Spinach	\$7.99
<i>House Roasted Beets, Feta, Tomato, Onion, Cucumber, and Croutons over Fresh Spinach, Purple Kale and Romaine Lettuce with our House Vinaigrette.</i>	

ADD-ON OPTIONS

Scoop of Chicken or Tuna Salad	\$3.99
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LUNCH SANDWICHES

The Albemarle	\$8.99
<i>Roast Beef, Cheddar, Peppers, Onions, Mushrooms, Mayo, Horseradish served HOT on a 6" Sub. Includes Chips.</i>	
The Currituck	\$8.99
<i>Spicy Turkey, Swiss, Peppers, Onions, Tomato, Mayo, House Vinaigrette served HOT on a 6" Sub. Includes Chips.</i>	
The Hatteras	\$8.99
<i>Corned Beef or Pastrami, Swiss, Sauerkraut, Russian Dressing served HOT on a 6" Sub. Includes Chips.</i>	
The Carolina Club	\$8.99
<i>Turkey, Roast Beef, Bacon with Lettuce, Tomato, Mayo served on your choice of 3 slices of toast. Includes chips.</i>	
The OBX	\$8.99
<i>Fresh Mozzarella, Tomato, Roasted Red Peppers, Cucumbers, Sun Dried Tomatoes, Avocado, Spinach, Balsamic Reduction with Basil Mayo on Ciabatta Bread.</i>	
The Atlantic	\$8.99
<i>Homemade Tuna Salad, melted Swiss, House Vinaigrette, Avocado on Rye.</i>	
The Bodie	\$7.99
<i>Ham, Cappy Ham, Pepperoni, Salami, Provolone Cheese with Tomato, Banana Peppers, Lettuce, Onion, Oil/Vinegar on a 6" Sub.</i>	
Barrier Island Chicken Salad	\$7.99
<i>Our Homemade Chicken Salad served your way, however you like it.</i>	
The 158	\$7.99
<i>Black Forest Ham, Smoked Turkey, Smoked Gouda Cheese, Bacon, Lettuce, Tomato and Honey Mustard served on homemade White Bread.</i>	
The Route 12	\$6.99
<i>Spinach, Tomato, Sprouts, Cucumbers, Onions, Provolone Cheese with House Vinaigrette served on homemade Wheat Bread. Vegetarian.</i>	
The Chicken Bacon Ranch	\$8.99
<i>Rotisserie Chicken, your choice of Cheese, Lettuce, Tomato, Ranch, your choice of Bread.</i>	
The Croatan	\$8.99
<i>Turkey, Brie, Spinach, Fresh Sliced Red Apple & Basil Mayo on your choice of Bread.</i>	

BAGELS

Plain*
Wheat
Everything*
Wheat Everything
Egg
Salt
Onion
Garlic
Poppy
Sesame
Asiago
Blueberry
Cinnamon Raisin
Rosemary Olive Oil
Cinnamon Burst
French Toast

TOPPINGS

Infused Butters:

Cinnamon, Honey,
Garlic & Herb

Spreads:

Hummus, Peanut Butter,
Sunflower Butter

Cream Cheese:

Plain, Plain Light, Veggie,
Scallion, Garlic & Herb,
Olive Pimento, Lox,
Jalapeño, Mix Berry,
Apple Cinnamon Raisin,
Maple, Peanut Butter,
Poblano

Meats & Cheeses:

Bacon, Sausage, Pork
Roll, Deli Ham, Chorizo,
American, Swiss,
Cheddar, Muenster,
Provolone, Smoked
Gouda, Fresh Mozzarella
+ Veggies!

BAKED GOODS

Croissants, Crumb
Cake, Scones, Muffins,
Cinnamon Buns, Pecan
Sticky, Biscuits, Fresh
Baked Bread

CRAFT BAGELS

The Jersey Morning

Choice of Bagel, Cream Cheese,
Capers, Lox, Tomato & Onion

The Elvis

Choice of Bagel, Peanut Butter
Cream Cheese & Sliced Bananas

The PB&J FT.

French Toast Bagel, Peanut Butter
Cream Cheese & Jelly- Strawberry
or Grape.

Maple Bacon

French Toast Bagel, Maple Cream
Cheese, 2 Slices of Bacon & Maple
Drizzle

The Hangover Cure

Choice of Bagel, Double Toasted
with Double Bacon, Double Egg,
Double Cheddar

Double B.L.T.

Choice of Bagel, Double Bacon,
Lettuce, Tomato, Mayo

The Southwest

Sundried Tomato Bagel, Poblano
Cream Cheese, Spinach, Tomato,
Onion

FRESH JUICES

Peachie

Orange, Apple, Pineapple, Carrot

Poppy

Cucumber, Apple, Kale, Spinach,
Ginger

Daybreak

Beet, Apple, Orange, Ginger

Trop50

Orange, Apple, Pineapple, Lemon

V-8

Tomato, Celery, Carrot, Jalapeño

Orange Juice

Apple Juice

Build Your Own- Choose 4

Orange, Apple, Pineapple, Carrot,
Cucumber, Lemon, Spinach,
Ginger, Tomato, Celery, Jalapeño

FRESH SMOOTHIES & SMOOTHIE BOWLS

The Noah

Strawberry, Banana,
Blueberry, Yogurt, Honey,
Apple Juice

Green Living

Banana, Kale, Spinach,
Honey, Yogurt, Apple Juice

The Sunset

Banana, Pineapple, Mango,
Yogurt, Honey, Apple Juice

Purple Power

Purple Kale, Blueberry,
Banana, Yogurt, Honey

Shorebreak

Organic Açai, Mango, Kale,
Honey, Apple Juice

The Jam

Organic Açai, Strawberry,
Blueberry, Peanut Butter,
Apple Juice

The Local

Organic Açai, Granola,
Blueberry, Strawberry, Banana,
Honey

PB&A

Organic Açai, Peanut Butter,
Granola, Banana, Strawberry

Green Goddess

Kale, Spinach, Banana, Granola,
Fresh Fruit, Chia

The Harmony

Mango, Banana, Pineapple,
Granola, Fresh Fruit, Chia

FRESH SALADS

House Salad

Fresh Cut Romaine Lettuce with
Tomato, Onion, Cucumber,
Cheddar Cheese, Croutons

Chicken Caesar

Grilled Chicken served over
fresh Romaine Lettuce
with Parmesan,
Croutons, Caesar
Dressing

Greek Salad

Feta, Pepperoni,
Black Olives, Onions,
Cucumbers, Banana
Peppers, Tomato,
Croutons, Romaine
Lettuce, House Vinaigrette

Chef Salad

Turkey, Ham, Romaine
Lettuce, Cucumbers,
Tomato, Cheddar
Cheese, Hard Boiled
Eggs, Bacon, Croutons,
Choice of Dressing

Beet & Spinach

Roasted Beets, Feta,
Tomato, Onion,
Cucumber, Croutons,
Fresh Spinach, Purple
Kale, Romaine Lettuce,
House Vinaigrette

LUNCH SANDWICHES

The Albemarle

Roast Beef, Cheddar, Peppers,
Onions, Mushrooms, Mayo,
Horseradish served HOT on a 6" Sub.
Includes Chips.

The Currituck

Spicy Turkey, Swiss, Peppers, Onions,
Tomato, Mayo, House Vinaigrette
served HOT on a 6" Sub. Includes
Chips.

The Hatteras

Comed Beef or Pastrami, Swiss,
Sauerkraut, Russian Dressing served
HOT on a 6" Sub. Includes Chips.

The Carolina Club

Turkey, Roast Beef, Bacon with
Lettuce, Tomato, Mayo served on
your choice of 3 slices of toast.
Includes chips.

The OBX

Fresh Mozzarella, Tomato, Roasted
Red Peppers, Cucumbers, Sun
Dried Tomatoes, Avocado, Spinach,
Balsamic Reduction, Basil Mayo,
Ciabatta.

The Atlantic

Homemade Tuna Salad, melted
Swiss, House Vinaigrette, Avocado
on Rye.

DAILY LUNCH SPECIALS

Monday/The Southern Shores - Turkey, Bacon, Smoked Gouda, Lettuce,
Tomato, Avocado, Basil Mayo, Ciabatta. Chips & Drink.

Tuesday/The Woods - Roast Beef, Turkey, Bacon, Swiss Cheese, Lettuce,
Tomato, Mayo, Dijon Horseradish Dressing, Choice of Bread. Chips & Drink.

Wednesday/The Bodie - Ham, Cappy Ham, Pepperoni, Salami, Provolone
Cheese, Tomato, Banana Peppers, Lettuce, Onion, Oil /Vinegar on a 6" sub.
Chips & Drink.

Thursday/The Banks - Turkey, Havarti, Cucumbers, Sprouts, Ranch
Dressing, Ciabatta. Chips & Drink.

Friday/Barrier Island Chicken Salad - Homemade Chicken Salad, Bacon,
Lettuce, Tomato, House Vinaigrette, Ciabatta. Chips & Drink.

The Bodie

Ham, Cappy Ham, Pepperoni, Salami,
Provolone Cheese with Tomato,
Banana Peppers, Lettuce, Onion, Oil/
Vinegar on a 6" Sub.

Barrier Island Chicken Salad

Our Homemade Chicken Salad
served your way, however you like it.

The 158

Black Forest Ham, Smoked Turkey,
Smoked Gouda Cheese, Bacon,
Lettuce, Tomato and Honey Mustard
on homemade White Bread.

The Biggie

Hot Ovengold Turkey, Brie, Apricot
Jam and Bacon served on your
choice of Bread.

The Route 12

Spinach, Tomato, Sprouts,
Cucumbers, Onions, Provolone
Cheese with House Vinaigrette on
homemade Wheat Bread. Vegetarian.

The Chicken Bacon Ranch

Rotisserie Chicken, your choice of
Cheese, Lettuce, Tomato, Ranch,
Choice of Bread.

The Croatan

Turkey, Brie, Spinach, Fresh Sliced
Red Apple & Basil Mayo on Choice
of Bread.

GET YOUR **BIB** on!

5549 N. CROATAN HWY. KITTY HAWK, MILEPOST 1 AT THE MARKETPLACE

VIEW OUR FULL MENU ONLINE AT WWW.BARRIERISLANDBAGELS.COM