

Menu Fresh.. Local... Natural...



BREAKFAST STANDWICHES..... Served on you choice of of our Award Winning Bagels OR Cracked Wheat, Croissant\$, **Gluten Free Bread**\$, Jalapeno Cheddar Biscuit (weekends only)\$, Cibatta or Focaccia (when available)

Early Bird6.75

Fresh Egg, Swiss, Cheddar , & Roma Tomatoes

The Breakfast Sandwich7.00

Antibiotic Free Smoked Ham, Turkey Sausage, Nitrate Free Turkey, or Bacon, w/ ABF Free-Range Eggs and Cheddar.

Green Eggs & Ham7.75

Antibiotic Free Smoked Ham, Egg, Roma Tomatoes, House Made Basil Pesto Mayo , & bRST free Smoked Gouda

Santé Fe7.75

Omelet Egg (peppers , onions, & Tomato), Pepper Jack Cheese, & Turkey Sausage

Denver Sandwich7.75

Omelet Egg, Antibiotic Free Smoked Ham, & rBGH free Swiss

California7.75

Antibiotic Free / Free-Range Eggs , Roma Tomato., Avocado, and rBGH free Swiss Cheese.

Austin7.75

Swiss & Feta, Cage Free or Free Range Eggs , Organic Baby Spinach, and Local Roma Tomatoes

Local Granola & Fruit

Granola & Fruit Parfait 5.50

Local Low Fat Yogurt, Granola (made w/ Organic Oats), and Strawberries and Bananas

King Wrap 8.50

Natural Peanut Butter, Local Honey, House Made Granola, and Bananas on whole wheat Wrap

Strawberry Granola Wrap 8.50

Strawberry Cream Cheese, Granola, & Fresh Strawberries on whole wheat wrap

Fresh Cut Fruit 12 oz (seasonal) 5.50

Artisan Granola



Coffee & Espresso

Classic Coffee		2shot / 2sht / 3shot	
	12 oz	16 oz	20 oz
Café Latte	4.25	4.75	5.75
Cappuccino	4.25	4.75	5.75
Mocha (Ghiradelli Coco)	5.00	5.50	6.00
made w HFCF free chocolate sauce)			
Caramel Macchiato	5.00	5.50	6.00
Americano	3.50	3.50	4.00
Espresso + Water			
Café Au lait	3.50	4	4.50
Brewed Coffee + Steamed Milk			
DRIP Coffee	2.75	3.00	3.50
Milk option			
Dairy:	Non Dairy: +.75		
Whole	Oat Milk		
2%	Almond		
Breve(1/2 n 1/2) + \$1			



SMOOTHIES \$7-9
100% fruit/100% juice

Healthy Tropics –spinach, mango, banana, pineapple juice

Go Green - spirulina, mango, banana, coconut milk, kale

Strawberry Fields - strawberry, peaches, banana, pineapple juice

Classico - Strawberries, bananas, Orange Juice

Dr. Flynns Cold Elixir - strawberries, banana, peaches, OJ, Echina- cea, Vitamin C

FULL MANGO - Mango, pineapple juice , coconut cream

Berry Blast - Strawberries, blueberries, berry juice

Blue Lagoon - Blueberries, Bananas, Pineapple Juice, Coconut Cream

COLADO FRESCA creamy fresh coconut & Pineapple

BERRY HEMP - S.Berries, Blueberries, Hemp Seed, Coconut Milk

Bagel Sandwiches

Bagel & Cream Cheese..... 4.00

Smoked Salmon Spread & Bagel 5.00

Made with real salmon skids

Lox & Cream Cheese.....10.50

Smoked Salmon, Lettuce, Tomato, Onion, & Capers

All Natural Peanut Butter 3.75

Butter or Strawberry Jam..... 3.00

HUMMUS 4.00

Honey Cinnamon Butter 4.00

Organic Butter, Organic or Local Honey, and Organic Cinnamon

Cream Cheese Flavors

Plain - Lite Plain - Lite Veggie - Olive Pimento

Lite honey Walnut Raisin - Lite Spicy Cucumber

Scallion - Herb - Lox Spread - Lite Strawberry

Specialty Drinks 2shot / 2sht / 3shot

Chai Latte4.25/4.75/5.50

Our Organic Chai + Milk = perfection.... Kind of like a warm hug

Dirty Chai5.25/5.75/6.50

Our Chai + 1 shot Espresso

Honey Bee.....5.00/5.50/6.00

Local Raw or Organic Honey + Vanilla + Cinnamon + Espresso + Milk

Aztec Mocha5.00/5.50/6.00

Salted Caramel Mocha.....5.00/5.50/6.00

Chocolate + Caramel + Syrup + Espresso + Milk + Himalayan Salt

Wicked Hot Chocolate4.50/5.00/5.50

Our Blend of Chocolates and Spices

+ Steamed Milk + Vanilla (this is a spicy drink)



Kid Friendly Drinks

Hot Chocolate.....3.75/4.25/4.75

Vanilla Cream.....3.75/4.25/4.75



Be EARTH friendly and purchase a reusable Star Bagel Coffee mug

Bagels, Spreads, & Bakery Items

Bagels 1/6/13 ea 2/8/13

Made with the Best Ingredients available

Cream Cheese 1/2 lb 4.50

Our spreads are made fresh here with bRST Hormone free cream cheese & All Natural Ingredients (lox spread 6.00)

Bundles 1cc&6 bagels/ 2 cc & 13 bagels.... 12.5/22.50

Muffins 3.50

Amazing BROWNIES 3.75

Cinnamon Rolls 4.00

Danish 4.00

Black Bottom Brownies..... 3.75

Croissant w/ side or Butter or Honey 4.00

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- HOT DELI STANDWICHES:** served on freshly baked Muffuletta buns or you can pick your choice of bagel or bread.
- Gluten Free Bread** Cran/pecan bread \$1 extra
- Smoked Hot Ham & Cheddar**..... **7.50**
Lean All Natural Nitrate Free Ham, Hormone Free Cheddar, Leaf Lettuce, Vine Ripe Tomatoes, Red Onion, & Spicy Mustard
- Tuna Melt** **8.00**
*Fresh made **Dolphin Safe** Tuna salad, Broiled Tomatoes w/ Hormone Free Swiss on Toasted Sourdough*
- Smoked Turkey & Mozzarella** **8.00**
*Toasted Sourdough Bun, w/ melted Hormone Free Mozzarella, Lettuce, Tomatoes, & Spicy Mustard & **NITRATE FREE** Smoked Turkey*
- Asiago Turkey** **8.50**
*Toasted Asiago Sourdough Bun, **Antibiotic Free Roasted Turkey**, Lettuce, Onions, and Local Roma Tomatoes with House made Chipotle Mayo*
- Chicken Salad (ANTIBIOTIC FREE)**..... **9.00**
*Star Bagel's **ANTIBIOTIC FREE Chicken Salad** with Lettuce, Local Tomatoes, & Hormone Free Swiss on Toasted Sourdough*
- Veggie Melt** **7.75**
Toasted Wheat Bun, Broiled Vine Ripe Tomatoes, Hormone Free Swiss, Leaf Lettuce, Organic Red Onions, Green & Red Bell Peppers, Cucumbers, & Mayo (try with our Pesto or Chipotle Mayo)
- Avocado & Vine Ripe Tomatoes** **7.75**
Fresh Ripe Avocados & Vine Ripe Tomatoes, Red Onions, Leaf Lettuce Cucumbers, Hormone Free Swiss, & House made Basil Pesto Mayo On Toasted Wheat Bun
- Chipotle Chicken Breast** **9.00**
Toasted Sourdough Bun, Grilled Chicken Brest, Leaf Lettuce, Hormone Free Mozzarella, Roma Tomatoes, Red Onions & Chipotle mayo
- B.L.T!** **8.00**
Slices of Bacon, Leaf Lettuce, Vine Ripe Local Tomatoes and Mayo on Toasted Wheat Bun
- Make it a BALT & add AVOCADO** **9.25**
- Starz Classic** **9.00**
Toasted Sourdough, w/ melted Mozzarella & Cheddar Cheeses, Lean Smoked Nitrate free Ham, Genoa Salami, Garlic Butter, Lettuce, Vine Ripe Tomatoes, Red Onions, & Regular Mustard
- Italian Combo** **9.25**
Toasted Sourdough Bun w/ Mozzarella, All Natural Smoked Ham, Genoa Salami, Pepperoni, Tomatoes, Lettuce, Green & Red Peppers, & MAYO
- Ham, Turkey, & Bacon Club** **9.50**
On Toasted Sourdough, Nitrate free Smoked Ham & Turkey, and Bacon with Melted Swiss, Leaf Lettuce, Vine Ripe Local Tomatoes, Organic Red Onions, and Mayo
- PIZZA BAGELS:** made with our tomato pesto sauce
- Classic Pepperoni & Cheese** **7.50**
Antibiotic Free Pepperoni, Generous amounts of Mozzarella & Cheddar Cheeses, Tomato Pesto Sauce & Herbs
- Cheese Pizza Bagel** **7.00**
Generous amounts of Mozzarella & Cheddar Cheeses, Tomato Pesto Sauce, & Herbs
- Feta, Spinach, & Sundried Tomato Pizza** **8.00**
Mozzarella, Feta, Organic Baby Spinach, Sundried Tomatoes, Tomato Pesto Sauce & Herbs

- SIGNATURE SANDWICHES:** served on locally inspired Fresh Baked Breads, *MUFFULETTA BUN, BAGEL, WRAP or Gluten Free Bread*
- Chicken Salad on Cranberry Pecan Bread** **10.00**
*Star Bagel's **ANTIBIOTIC FREE Chicken Salad** on Cranberry Pecan Bread w/ Lettuce, Local Tomatoes, & Hormone Free Swiss*
- Smoked Turkey on Jalapeno Cheddar**.....**8.50**
With Leaf Lettuce, Roma Tomatoes, bRST Free Cheddar Cheese, Nitrate Free Smoked Turkey & Spicy Mustard
- Pesto Chicken on Herbed Focaccia Bread****9.00**
***ANTIBIOTIC FREE** Grilled Chicken, Hormone Free Provolone, Vine Ripe Tomatoes, with Fresh Basil Pesto Mayo*
- Hummus Fusion** **7.75**
*House Made Hummus (*made w/ organic garbanzo beans*), Basil, Ripe Avocado Slices, Feta, Cucumbers, Roma Tomatoes, & Leaf Lettuce on Cracked Wheat Bread*
- Southwest Turkey on Herbed Focaccia Bread****8.50**
Smoked Turkey Breast, w/ melted Hormone Free Cheddar, Leaf Lettuce, Red Onions, Tomatoes, & Chipotle Mayo
- Roasted Turkey on Cranberry Pecan****8.50**
w/ Lettuce, Tomatoes, Swiss, and Honey Mustard
- Bagelwich or WRAPS:** served on choice of bagel or wheat tortilla
- Turkey Fresco****8.00**
***Antibiotic Free Roasted Turkey** & Cucumber Spread w/ Lettuce, Roma Tomato, Cucumbers, & Red Onions*
- Hummus & Roasted Red Peppers** **7.75**
House Made Hummus, Roasted Red Peppers, Swiss, Lettuce, Tomato, Cucumbers & Red Onions.
- Tour De Veggie** **7.75**
Veggie Spread, Hormone Free Swiss, Organic Spring Mix, Vine Ripe Tomatoes, Cucumbers, Red Onions, & Roasted Red Peppers
- ENTREE SALADS:** freshly prepared with great stuff
....all dressings are house made, Gluten, HFCS, & Preservative FREE.
- Strawberry Fields Salad**.....**7.50**
Leaf Lettuce, Sliced Fresh Strawberries, Pecans, & Feta Cheese and our Cranberry Vinaigrette
- With ANTIBIOTIC FREE CHICKEN SALAD** **10.50**
- Chicken Caesar Salad****7.50**
Fresh Romaine, Crouton, Antibiotic Free Chicken, Parmesan Cheese, Sun Dried Tomatoes, and House Made Caesar Dressing
- Spicy Thai Chicken Salad****8.50**
Leaf Lettuce, Mandarin Oranges, Feta, Cheese, Toasted Almonds, Antibiotic free Oven Roasted Chicken Strips, with our Sesame Thai Vinaigrette
- Little Planet Salad****8.00**
Leaf Lettuce, Tomatoes, Cucumbers, & Scoops of Star Bagel's All Natural Gourmet Chicken Salad With our Toasted Sesame Vinaigrette
- Chicken Salad Scoop****4.50**
On lettuce with cucumber, and Tomato slices



*We proudly serve
All Natural Deli Meats.*

Our Goal:
to serve you the Best and Most Nutritious Food at a Great Value.
Have confidence in eating at Star Bagel Café knowing that we are doing our best to look out for you.

Thanks and ENJOY!

**** prices subject to change**



Nashville, TN.