

Frederick's Favorite Bagels & Café



Rose Hill Plaza
1560 Opossumtown Pk.
Frederick, MD 21702
Phone 301-620-1932
Fax 301-620-2024

NEW

Quiche
*Spinach, Three Cheese and
 Meat Lovers*

CATERING AND DELIVERY
301-620-1932

VISIT US AT
Frederick.com

SPECIALTY SANDWICHES

- | | |
|----------------------------------------------------------------------------------------------------------------------------------------------------|------|
| ROAST BEEF & CHEDDAR | 5.49 |
| THINLY SLICED TENDER ROAST BEEF, SLICED RED ONIONS AND CHEDDAR CHEESE SERVED HOT OR COLD ON A ONION ROLL. | |
| TURKEY HAVARTI..... | 5.49 |
| THINLY SLICED ROASTED TURKEY BREAST, DILL HAVARTI CHEESE, FRESH LETTUCE, RIPE TOMATOES, STONE-GROUND DIJON MUSTARD AND MAYONNAISE ON NEW YORK RYE. | |
| SOUTHWEST CHICKEN..... | 5.49 |
| GRILLED CHICKEN BREAST, PEPPER-JACK CHEESE, SLICED RED ONION, ROASTED RED PEPPERS, FRESH LETTUCE AND CAJUN MAYO SPREAD ON A FRENCH BAGUETTE. | |
| CHUNKY CHICKEN SALAD..... | 5.29 |
| CREAMY CHICKEN SALAD, SPROUTS, SLICED RED ONION, FRESH LETTUCE, RIPE TOMATOES ON A FRENCH BAGUETTE. | |
| SUPREME TURKEY CLUBHOUSE..... | 5.49 |
| THINLY SLICED TURKEY BREAST, CRISP BACON, SWISS CHEESE, RIPE TOMATOES, FRESH LETTUCE, HONEY MUSTARD AND RANCH DRESSING ON A FRENCH BAGUETTE. | |
| ZI ZESTY TRIO..... | 5.79 |
| THINLY SLICED TURKEY, HAM, SALAMI, SWISS CHEESE, FRESH LETTUCE, RIPE TOMATOES, SLICED RED ONION AND BALSAMIC DRESSING ON AN FRENCH BAGUETTE. | |
| TUNA SALAD ON ONION ROLL..... | 4.99 |
| ALL WHITE TUNA WITH CRISP LETTUCE, RIPE TOMATO, RED ONION AND YOUR CHOICE OF CHEESE, SERVED COLD OR HOT FROM OUR PANINI GRILL. | |
| EGG SALAD FRESH EGGS BOILED DAILY, DICED AND MIXED WITH LITE MAYO, ADD YOUR CHOICE OF FRESH VEGGIES | 4.39 |



Visit us at **www.Frederick.com**

Prices and information are subject to change.

BAGEL & CREAM CHEESE

WE BOIL AND BAKE SMALL BATCHES OF BAGELS ALL DAY LONG
ASK FOR WHAT JUST CAME OUT OF THE OVEN.YUMMY

BAGELS

SINGLE .75 1/2 DOZEN 3.99 BAKERS DOZEN (13) 6.79

BAGELS & CREAM CHEESE

SMOKED SALMON, BACON SCALLION HORSE RADISH, HUMMUS 2.99

ALL OTHER FLAVORS..... 1.99

1/2 LB. CREAM CHEESE

SMOKED SALMON, BACON SCALLION HORSE RADISH 3.89

ALL OTHER FLAVORS..... 3.39

ZI CROWD PLEASER 10.99

A BAKER'S DOZEN BAGELS AND 2 TUBS OF CREAM CHEESE.

ADD .90/TUB OF SALMON CREAM CHEESE OR BSH

BREAKFAST CREATIONS

MORNING FRESH ENSEMBLES

EGG SANDWICH AND A 16OZ FRESHLY BREWED COFFEE..... 3.99

W/BACON, SAUSAGE OR HAM..... 4.59

BAGEL W/CREAM CHEESE AND A 16OZ FRESHLY BREWED COFFEE..... 3.39

EGG SANDWICH

EGG WITH CHEDDAR CHEESE ON YOUR FAVORITE ZI PANI BAGEL 2.99

WITH BACON, SAUSAGE OR HAM..... 3.69

SOUTHWESTERN EGG.... W/ ONIONS, GR. PEPPER, AND 3.69

PEPPER JACK CHEESE

ZI PANI EXCLUSIVE COFFEE AND ESPRESSO

REGULAR, DECAF AND HAZELNUT..... 1.49 1.59

FLAVOR SYRUPS..... .60

MUG REFILLS..... .95

CAFFE LATTE..... 2.90 3.40

CAPPUCCINO..... 2.86 3.35

CAFFE MOCHA..... 3.30 3.60

CAFFE AMERICANO..... 2.00 2.25

CHAI TEA..... 3.39 3.89

ESPRESSO SHOT SINGLE, DOUBLE..... 1.39 1.69

ZI JAVA JUG.. 96OZ FRESH BREWED 14.99

ZI PANI COFFEE W/ ALL THE TRIMMINGS

BAGEL SANDWICHES

BAGEL WORKS..... 4.99

FRESH-BAKED BAGEL, WITH CHOICE OF ROASTED TURKEY, HONEY BAKED HAM, TUNA OR CHICKEN SALAD, FRESH LETTUCE, SLICED RED ONION, AND RIPE TOMATO ON YOUR CHOICE OF BAGEL
ADD CHEESE .30

TURKEY-N-HERBS..... 5.29

THINLY SLICED TURKEY BREAST, FRESH LETTUCE, SLICED RED ONION, SUN DRIED TOMATO SPREAD AND ONION CHIVE CREAM CHEESE ON A FRESH-BAKED BAGEL.

SMOKED SALMON..... 5.69

ATLANTIC SMOKED SALMON, PLAIN CREAM CHEESE, CAPERS, RIPE TOMATOES AND SLICED RED ONION ON A FRESH-BAKED BAGEL.

VERY VEGGIE..... 4.19

FRESH LEAF SPINACH, RIPE TOMATOES, GREEN PEPPERS, SLICED RED ONION, FRESH ROMAINE, ALFALFA SPROUTS AND VEGGIE CREAM CHEESE ON A FRESH-BAKED BAGEL.

BAGEL BLT..... 4.29

AN ALL-TIME FAVORITE! A FRESH-BAKED BAGEL LAYERED WITH CRISP BACON, FRESH LETTUCE AND RIPE TOMATOES.

PANINI

ALL PANINI SANDWICHES ARE GRILLED TO PERFECTION.

GARDEN PANINI....FRESH SPINACH, SLICED RED ONION, RIPE TOMATOES, ROASTED RED PEPPERS, ZESTY BASIL AND PROVOLONE CHEESE ON HERB FOCACCIA. 4.99

ZI RUEBENLEAN CORN BEEF, SWISS CHEESE, ZESTY KRAUT AND THOUSAND ISLAND DRESSING SERVED ON NEW YORK RYE. 5.49

TURKEY & PROVOLONE...THINLY SLICED TURKEY, PROVOLONE CHEESE, ROASTED RED PEPPERS, FRESH SPINACH, RIPE TOMATOES AND ZESTY BASIL ON HERB FOCACCIA. 5.49

HAM & SWISS...THINLY SLICED HONEY HAM, SWISS CHEESE, SLICED RED ONION AND RIPE TOMATOES ON NEW YORK RYE. 4.99

CHICKEN PESTO...GRILLED CHICKEN BREAST TOPPED WITH SWISS CHEESE, BASIL PESTO SAUCE, SLICED RED ONION, RIPE TOMATOES AND FRESH SPINACH ON HERB FOCACCIA. 5.69

GRILLED TRIPLE CHEESE...CHEDDAR, PEPPER-JACK, SWISS CHEESE, RIPE TOMATOES AND SLICED RED ONION ON HERB FOCACCIA. ADD BACON FOR \$.70 4.19

ZI DA VINCI...BAKED HAM, GENOA SALAMI. TOPPED WITH PROVOLONE CHEESE, CRISPY ROMAINE LETTUCE, RIPE TOMATOES, ROASTED RED PEPPERS, RED ONIONS AND BALSAMIC DRESSING GRILLED ON FOCACCIA 5.69

ZI WRAPS

ALBACORE TUNA.....	5.19
ALL WHITE TUNA, DILL HAVARTI CHEESE ON A BED OF ROMAINE, TOPPED WITH TOMATO AND ZI PANI CUCUMBER RELISH. SERVED IN A SPINACH HERB WRAP.	
CHICKEN ON THE HOUSE.....	5.19
GRILLED CHICKEN BREAST ON TOP OF OUR FAMOUS HOUSE SALAD MIX AND ZI PANI RASPBERRY VINAIGRETTE DRESSING. SERVED IN A SPINACH HERB WRAP. (SEE HOUSE SALAD DISCRIBTION)	
CAJUN CHEESE STEAK.....	5.19
BEEF EYE ROUND, MELTED CHEDDAR CHEESE ON A BED OF LETTUCE, ROASTED PEPPERS, ONIONS AND ZI PANI CAJUN MAYO. SERVED IN A GARLIC HERB WRAP	
CHICKEN EL DORADO.....	5.19
GRILLED CHICKEN BREAST TOPPED WITH PROVOLONE CHEESE ON A BED OF SPINACH, TOPPED WITH ZI PANI BLACK BEAN CORN RELISH. SERVED IN A SPINACH HERB WRAP	
HUMMERS WRAP.....	5.19
CREAMY HUMMUS, LETTUCE, TOMATO, CUCUMBER, RED ONION, GREEN PEPPER AND ALFALFA SPROUTS. SERVED IN A TOMATO BASIL WRAP	
MORNING FIESTA.....	3.89
EGG, GREEN PEPPERS AND ONION TOPPED WITH PEPPER JACK CHEESE AND A ZESTY SALSA. SERVED IN A GARLIC HERB WRAP. KICK IT UP WITH BACON, SAUSAGE OF HAM.	

ZI PANI COMBOS

1/2 SANDWICH & A BOWL OF SOUP.....	5.99
HALF SANDWICH & SALAD (HOUSE OR CAESAR)....	5.99
BOWL OF SOUP & SALAD (HOUSE OR CAESAR).....	5.99

LIVELY SOUPS & SALADS

SIGNATURE SOUPS	BY THE BOWL	
	SERVED WITH A SIDE OF BREAD	2.99
HOUSE SALAD.....	SMALL	3.49
ZI PANI GOURMET GREENS, SUNFLOWER SEEDS, SUN-DRIED CRANBERRIES, BLUE CHEESE CRUMBLES AND RIPE TOMATOES WITH RASPBERRY VINAIGRETTE	LARGE	4.59
CAESAR SALAD.....	SMALL	3.49
CRISP ROMAINE GREENS, SEASONED CROUTONS, PARMESAN AND LEMON WITH CAESAR DRESSING.	LARGE	4.59
SALAD WITH GRILLED CHICKEN, CHICKEN SALAD OR TUNA SALAD.....	SMALL	4.79
	LARGE	5.89

DESSERTS & THINGS

BROWNIES.....	1.49
PECAN BARS.....	2.25
FRESH BAKED COOKIES.....	1.19
ASSORTED CHIPS.....	.75
ASSORTED MUFFINS.....	1.39
TEA CAKES. BY THE SLICE OR THE WHOLE79/5.99
CINNAMON ROLLS.....	1.99

BEVERAGES

SODA OR FRESH BREWED ICE TEA	1.39	1.69
HOT CHOCOLATE	1.49	1.59
ASSORTED BOTTLED DRINKS.....	1.39/1.99	
ODWALLA.....	2.99	
FRESH SQUEEZED OJ.....	1.79	
JUICE BOX.....	.80	
FROZEN FRUIT TEA BLAST.....	3.49	
STRAWBERRY, RASPBERRY, MANGO, PEACH, PASSION FRUIT		
FROZEN COFFEE ICE RAGE.....	3.49	
MOCHA, VANILLA, HEATH MOCHA, MINT MOCHA, CARMEL, PEANUT BUTTER MOCHA, AND MALT.		



GOURMET SANDWICHES

ON FRESH BAKED
HERB FOCACCIA, ONION ROLLS,
AND OUR FAMOUS

FRENCH AND WHOLE WHEAT BAGUETTES

NY STYLE BAGELS

KETTLED AND BAKED ON A STONE HEARTH.

FREDERICK'S BEST CHAI TEA

AND FROZEN FRUIT

BLAST DRINKS