

## Menu

# M.T.L. Bagel

5452 Avenue Westminster, Côte Saint-Luc, QC H4W | (514) 903-2525

## Petit déjeuner / Breakfast (Duo)

### Cheese Bagel Pastry (with sugar topping) & Large Coffee

7,99 \$

Flaky pastry bagel topped with sugar, paired with a large coffee.

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### Bagel matin (+ café/coffee)

10,99 \$

Servi avec un café ou jus. / Served with a coffee or juice.

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### Bagel fromage en tranches (+ café) / Bagel Sliced Cheese (+coffee)

6,99 \$

Bagel garni de fromage en tranches, accompagné d'un café pour un petit déjeuner savoureux et réconfortant.

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### Bagel fromage à la crème (+ café) / Bagel Cream Cheese (+coffee)

7,99 \$

Freshly baked bagel topped with cream cheese, served with a side of coffee.

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### Cheese Bagel Pastry (no sugar topping) & Large Coffee

7,99 \$

Flaky pastry bagel paired with a rich large coffee.

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### Bagel with butter & Large Coffee

4,99 \$

Freshly baked bagel served with a generous helping of butter, paired with a large coffee.

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## Jamaican cuisine

### Jamaican Patty (Chicken): sold heated, by three (3)

11,50 \$

Chicken filled Jamaican patties. Sold heated, by three (3).

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## Menu M.T.L. Bagel

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### Jamaican Patty (Beef): sold frozen, by three (3)

10,00 \$

Beef filled Jamaican patties. Sold frozen, by three (3).

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### Jamaican Chicken Roti

18,99 \$

Tender chicken wrapped in a Jamaican-inspired roti.

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### Jamaican Patty (Vegetable): sold heated, by three (3)

11,50 \$

Vegetable filled Jamaican patties. Sold heated, by three (3).

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## Articles en vedette

### 6 bagels

12,75 \$

Sésame, pavot, nature, multigrains pumpernickel, canneberge, canneberge coconut, coconut, carotte, cannelle raisin, "tout garni épicé", oignon et ail, blé entier, banane & pépite de chocolat/  
Sesame, poppy, plain, multigrain pumpernickel, cranberry, cranberry coconut, coconut, carrot, cinnamon raisin, "all dressed spicy", onion and garlic, whole wheat, banana chocolate chip.

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### 12 bagels

17,99 \$

Sésame, pavot, nature, multigrains pumpernickel, canneberge, canneberge coconut, coconut, carotte, cannelle raisin, "tout garni épicé", oignon et ail, blé entier, banane & pépite de chocolat/  
Sesame, poppy, plain, multigrain pumpernickel, cranberry, cranberry coconut, coconut, carrot, cinnamon raisin, "all dressed spicy", onion and garlic, whole wheat, banana chocolate chip.

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### Bagel (dinde / Turkey)

15,99 \$

Trio servi avec une boisson gazeuse et salade de chou ou olives épicées. / Trio includes a soft drink and and coleslaw or spicy olives.

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### Bagel (Saumon fumé & fromage a la creme / Smoked salmon & cream cheese) 18,99 \$

Trio servi avec une boisson gazeuse et un choix de croustilles ou de salade. / Trio includes a soft drink and a choice of chips or salad.

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### Bagel matin (+ café/coffee)

10,99 \$

Servi avec un café ou jus. / Served with a coffee or juice.

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## Menu M.T.L. Bagel

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### Smoked Salmon & Cream cheese SANDWICH

14,95 \$

Smoked salmon paired with cream cheese on a bagel.

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### Cheese Bagel (sugar) pastry

4,50 \$

Sweet pastry filled with cheese and a touch of sugar.

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### Sandwich (Salade de Thon / Tuna Salad)

14,99 \$

Trio servi avec une boisson gazeuse et salade de chou ou olives épicées. / Trio includes a soft drink and and coleslaw or spicy olives.

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### Cinnamon Puff Pastry

5,00 \$

Flaky pastry infused with warm cinnamon.

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### Jamaican Chicken Roti

18,99 \$

Tender chicken wrapped in a Jamaican-inspired roti.

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## BEVERAGE

### Coffee (Large)

2,56 \$

Freshly brewed coffee in a large cup.

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## Achetez 1, recevez 1 gratuitement

### Bagel (Saumon fumé & fromage a la creme / Smoked salmon & cream cheese) 18,99 \$

Trio servi avec une boisson gazeuse et un choix de croustilles ou de salade. / Trio includes a soft drink and a choice of chips or salad.

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### Bagel fromage à la crème (+ café) / Bagel Cream Cheese (+coffee)

9,99 \$

Freshly baked bagel topped with cream cheese, served with a side of coffee.

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## Menu M.T.L. Bagel

### Cheese Bagel Pastry (with sugar topping) & Large Coffee

7,99 \$

Flaky pastry bagel topped with sugar, paired with a large coffee.

### Cheese Bagel Pastry (no sugar topping) & Large Coffee

9,99 \$

Flaky pastry bagel paired with a rich large coffee.

## Nos bagels / Our Bagels

### 6 bagels

12,75 \$

Sésame, pavot, nature, multigrains pumpernickel, canneberge, canneberge coconut, coconut, carotte, cannelle raisin, "tout garni épicé", oignon et ail, blé entier, banane & pépite de chocolat/  
Sesame, poppy, plain, multigrain pumpernickel, cranberry, cranberry coconut, coconut, carrot, cinnamon raisin, "all dressed spicy", onion and garlic, whole wheat, banana chocolate chip.

### 1 bagel

2,50 \$

Sésame, pavot, nature, multigrains pumpernickel, canneberge, canneberge coconut, coconut, carotte, cannelle raisin, "tout garni épicé", oignon et ail, blé entier, banane & pépite de chocolat/  
Sesame, poppy, plain, multigrain pumpernickel, cranberry, cranberry coconut, coconut, carrot, cinnamon raisin, "all dressed spicy", onion and garlic, whole wheat, banana chocolate chip.

### 12 bagels

17,99 \$

Sésame, pavot, nature, multigrains pumpernickel, canneberge, canneberge coconut, coconut, carotte, cannelle raisin, "tout garni épicé", oignon et ail, blé entier, banane & pépite de chocolat/  
Sesame, poppy, plain, multigrain pumpernickel, cranberry, cranberry coconut, coconut, carrot, cinnamon raisin, "all dressed spicy", onion and garlic, whole wheat, banana chocolate chip.

## Dîner / Lunch (Trio)

### Le BOSS

18,99 \$

Trio servi avec une boisson gazeuse et salade de chou ou olives épicées. / Trio includes a soft drink and and coleslaw or spicy olives.

### Bagel (dinde / Turkey)

15,99 \$

Trio servi avec une boisson gazeuse et salade de chou ou olives épicées. / Trio includes a soft drink and and coleslaw or spicy olives.

### Bagel (Saumon fumé & fromage a la creme / Smoked salmon & cream cheese)

18,99 \$

Trio servi avec une boisson gazeuse et un choix de croustilles ou de salade. / Trio includes a soft drink and a choice of chips or salad.

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### Bagel (Saumon fumé laitue/ Smoked salmon lettuce)

16,99 \$

Trio servi avec une boisson gazeuse et salade de chou ou olives épicées. / Trio includes a soft drink and and coleslaw or spicy olives.

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### Sandwich (Salade de Poulet / Chicken Salad)

14,99 \$

Trio servi avec une boisson gazeuse et salade de chou ou olives épicées. / Trio includes a soft drink and and coleslaw or spicy olives.

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### Sandwich (Salade de Thon / Tuna Salad)

14,99 \$

Trio servi avec une boisson gazeuse et salade de chou ou olives épicées. / Trio includes a soft drink and and coleslaw or spicy olives.

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### Bagel (vinde fumée / Smoked Meat)

17,99 \$

Bagel garni de viande fumée, servi avec boisson gazeuse et choix de salade de chou ou olives épicées.

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### Bagel T.L.C

10,99 \$

Trio servi avec une boisson gazeuse et salade de chou ou olives épicées. / Trio includes a soft drink and and coleslaw or spicy olives.

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## Extra Sandwiches

### Smoked Salmon & Cream cheese SANDWICH

14,95 \$

Smoked salmon paired with cream cheese on a bagel.

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### Jamaican Chicken Roti

18,99 \$

Tender chicken wrapped in a Jamaican-inspired roti.

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### BAGEL saumon fumé laitue / BAGEL smoked salmon lettuce

10,99 \$

Smoked salmon and lettuce on a bagel.

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## Menu M.T.L. Bagel

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**BAGEL tartinade aux ciboulette/BAGEL chives cream cheese spread** 6,00 \$

Fresh bagel spread with chives and cream cheese.

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**Smoked Salmon Bagel Matin** 12,95 \$

Bagel with egg smoked salmon and Cheddar cheese

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**BAGEL tartinade aux saumon fume et ciboulettes / BAGEL smoked salmon and chives spread** 6,00 \$

Smoked salmon and chives spread on a toasted bagel.

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**BAGEL tartinade aux saumon fumé / BAGEL smoked salmon spread** 6,00 \$

Smoked salmon spread on a bagel.

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**BAGEL tartinade olives piquante / BAGEL spicy olive spread** 6,00 \$

Spread of olives with a piquant flavor on a bagel.

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## Side Orders

**coca-cola** 2,10 \$

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**Lactancia chocolate milk (500ml)** 3,65 \$

Rich and creamy chocolate milk.

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**Philidelphia fromage à la crème Léger/Light cream cheese (500g)** 10,99 \$

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## Menu M.T.L. Bagel

### **Fromage à la crème aux olives piquante fait maison/Homemade spicy olive cream cheese (200g)** ~~9,50 \$~~

Rich and creamy cheese spread infused with the savory flavor of olives.

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### **Jamaican Patty (Chicken): sold frozen, by three (3)**

**10,00 \$**

Chicken filled Jamaican patties. Sold frozen, by three (3).

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### **Jamaican Patty (Chicken): sold heated, by three (3)**

**11,50 \$**

Chicken filled Jamaican patties. Sold heated, by three (3).

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### **Jamaican Patty (Vegetable): sold frozen, by three (3)**

**10,00 \$**

Vegetable filled Jamaican patties. Sold frozen, by three (3).

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### **Fromage à la crème aux ciboulettes fait maison/Homemade chives cream cheese (200g)** ~~9,50 \$~~

Freshly made cream cheese infused with chives.

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### **Oeufs (Dz, gros, NutriGroupe)/Eggs (dozen, large, NutriGroupe)**

**6,99 \$**

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### **Philidelphia fromage à la crème/cream cheese (227g)**

**7,99 \$**

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### **Milk 2% (1.5L)**

**5,99 \$**

Lactantia

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### **Fromage à la crème aux saumon fumée et ciboulettes fait maison/Homemade smoked salmon and chives cream cheese (200g)** ~~9,50 \$~~

Smoked salmon and chives blended into a rich cream cheese spread.

## Menu M.T.L. Bagel

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### Cheddar Cheese 100 grams

10,25 \$

Rich and creamy cheddar cheese, perfect for snacking or adding to your favorite dishes.

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### Philidelphia fromage à la crème/cream cheese (500g)

10,99 \$

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### Pain rôti (1) congelé / Roti skin (1) frozen

5,00 \$

Roti skin, sold frozen. One (1) piece.

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### Milk 3.25% (1.5L)

5,99 \$

Lactantia

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### Fromage Swiss Cheese 100 Grams

10,25 \$

Mild, nutty Swiss cheese in a 100 g portion, ideal as a side or snack.

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### Pain rôti (10) congelé / Roti skin (10) frozen

40,00 \$

Pain rôti (10) congelé / Roti skin (10) frozen

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## Desserts

### Chocolate Puff Pastry

5,00 \$

Flaky pastry filled with rich chocolate.

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### Cheese Bagel (sugar) pastry

4,50 \$

Sweet pastry filled with cheese and a touch of sugar.

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## Menu M.T.L. Bagel

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### **Cinnamon Puff Pastry**

**5,00 \$**

Flaky pastry infused with warm cinnamon.

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### **Cheese bagel (plain) pastry**

**5,00 \$**

Flaky, golden bagel-style pastry baked with cheese.

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### **Chaussons aux pommes/Apple turnover**

**4,50 \$**

Flaky pastry filled with sweet apple filling.

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### **Chaussons aux cerises/Cherry turnover**

**4,50 \$**

Flaky pastry filled with sweet cherry filling.

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