



ben & bean

BAKERY AND CAFÉ

OCEAN ISLE BEACH, NC



Signature BREAKFAST

All Signature Breakfasts can come as on a bagel, as a sandwich or as a wrap

THE ORIGINAL* \$9.95

2 scrambled eggs, bacon, sausage, pico de gallo and American cheese wrapped and pressed

THE WILBURRITO* \$9.95

2 scrambled eggs, bacon, sausage and ham wrapped and pressed

VEGGIE FLORENTINE \$8.95

Spinach, roasted red pepper, sun dried tomatoes, feta cheese, basil pesto, wrapped and pressed add egg* \$0.95

WAKE 'N' STEAK* \$8.95

Tender sirloin, egg, sautéed red and green peppers, sweet onions, and melted provolone cheese, all packed onto a plain bagel.

REGARDING HENRY* \$8.95

2 eggs, arugula, tomato, cheddar, butter, mayo, hot sauce, salt and pepper pressed on ciabatta

THE LOX \$11.95

Smoked Lox, cream cheese, capers & onion served on a bagel

Bagels

BAKER'S DOZEN \$15.99

1/2 DOZEN \$8.25

SINGLE \$1.65

→ Blueberry, cinnamon raisin, egg, everything, french toast, onion, plain, poppy, salt, and sesame

→ Asiago & jalapeño cheddar add 50¢

→ Substitute kaiser roll

BAGEL & \$0.45

& jelly or butter \$0.85

& sweet cinnamon butter \$1.45

& plain cream cheese \$0.95

& egg* or cheese \$2.45

& bacon, sausage, or ham \$3.45

& Taylor pork roll or turkey

GRILLED CHEESE \$5.45

PB & J \$5.45

BAGEL DIPPERS \$3.25

PIZZA BAGEL \$3.95

House made pizza sauce, shredded mozzarella cheese and house seasoning.

add pepperoni \$0.50

add veggies (peppers, tomato, and spinach) \$0.50

Cream Cheeses

SPECIALTY \$1.95

Scallion

Veggie

GOURMET \$2.05

Blueberry

Strawberry

Jalapeño cheddar

SIGNATURE \$2.25

Bacon cheddar

Honey walnut

Sun-dried tomato & basil

Lox spread (\$3.70)

*These items are served raw or undercooked. Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions.

Lunch

All sandwiches served with chips.

THE BADA BING **\$9.95**

FUHGGETABOUTIT. Ham, salami, pepperoni, provolone, lettuce, tomato, onion, banana peppers & Italian dressing served on a kaiser

THE OIB USUAL **\$10.95**

Roasted turkey, brie, red onion, arugula, and apricot preserves on a toasted honey wheat bread

CUBAN **\$10.95**

Roasted pork, black forest ham, swiss, roasted poblano mustard and B&B pickles on ciabatta.

CAPRESE **\$10.95**

Mozzarella, tomato, balsamic vinaigrette and basil pesto on ciabatta

EGG SALAD* **\$8.95**

House egg salad, lettuce, tomato on honey wheat

HUMMUS VEGGIE WRAP **\$9.95**

Creamy hummus, arugula, spinach, ripe tomato, roasted red pepper, sun-dried tomatoes, and crumbled feta

SMASH BURGER* **\$9.95**

2 patties, lettuce, red onion, cheddar cheese with special sauce on potato bun

add bacon **\$1.95**

add egg* **\$0.95**

PHILLY **\$10.95**

Tender sirloin, sautéed red and green peppers, sweet onions, and melted provolone cheese, served on a toasted hoagie

FRENCH DIP **\$10.95**

Tender sirloin, melted provolone cheese, served on a toasted hoagie with Au Jus

BLT **\$8.95**

Applewood bacon, lettuce and vine ripe tomato on honey wheat

Build-Your-Own

\$9.95

BREAD

Honey wheat, ciabatta, bagel, wrap, tomato basil wrap, spinach wrap, or kaiser

PROTEIN (CHOOSE UP TO 2)

Ham, bacon, turkey, pork, salami, pepperoni

CHEESE (CHOOSE 1)

American, swiss, cheddar, provolone

TOPPINGS

Lettuce, tomato, onion, B & B pickle, dill pickle

CONDIMENTS

Salt, pepper, ketchup, mustard, deli mustard, mayo, Italian dressing

FOR SPECIALTY DESSERT
REQUESTS OR CATERING:
EMAIL US
INFO@BENANDBEAN.COM

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BAKERY AND CAFÉ

Contact Us:

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