



**sandwichtheory**

sandwichtheory of Upper Montclair  
www.sandwichtheory.com

590 valley road  
upper montclair, n.j. 07043  
phone 973.746.5666 fax 973.746.3265

**breakfast**

served until 2pm

**specialty breakfast sandwiches**

- scrambled eggs, black forest ham and swiss on a croissant..... 3.95
- fried eggs, sausage and cheddar on an english muffin..... 3.75
- scrambled eggs, pepper jack and bacon with salsa in a wrap..... 3.75
- taylor ham, fried egg and american cheese on a bagel..... 3.75
- healthy wrap - four egg whites, roast turkey, havarti in a whole wheat wrap..... 4.95
- whole wheat french toast with egg whites and a side of fresh fruit salad..... 4.95

**specialty omelets**

- pico de gallo omelet - mushrooms, hot peppers, onions, tomato and provolone..... 6.25
- mediterranean omelet - fresh mozzarella, roasted red pepper and spinach..... 6.95
- western omelet - diced ham, mixed bell peppers, red onion and cheddar cheese..... 6.75
- veggie omelet - grilled vegetables and swiss cheese..... 6.25
- greek omelet - grilled chicken, tomato, onions, avocado and feta cheese..... 7.25

*all omelets are served with home fries and toast (substitute fruit salad for 1.00 more)*

*\*build you own omelet option available*

**cereal**

- homemade oatmeal made with brown sugar & cinnamon with your choice of fruit  
(apples, bananas, blueberries, dried cranberries, raisins or strawberries) starting at 2.50
- organic granola with fresh blueberries & milk..... 3.50

**bagels**

- plain
- cinnamon raisin
- everything
- poppy seed
- sesame
- whole wheat

**muffins**

- banana nut
- blueberry crumb
- cappuccino
- carrot frosted
- chocolate chip
- corn
- cranberry walnut
- raisin bran

**served with your choice of spread**

- plain cream cheese
- vegetable cream cheese
- olive cream cheese
- sun-dried tomato cream cheese
- honey walnut cream cheese
- butter
- peanut butter
- grape jelly
- apricot preserves
- raspberry preserves
- strawberry preserves

**croissants (plain) & scones (blueberry • cranberry orange)**  
**other breakfast options available in the daily specials menu**