

*Made with Local & Organic Ingredients
Whenever Possible*

Breakfast

- Early Bird-
Bacon, ham or sausage, egg, cheddar cheese
- Western-
Ham, egg, peppers, onion, cheddar cheese
- Mexican-
Bacon, egg, Mexicali cream cheese
- Spanish Fiesta-
Sausage, egg, salsa, pepper jack cheese
- Currious-
Egg, tomato, peppers, onions, curry powder, cheddar cheese
- Spicy Librarian-
Ham, egg, peppers, onions, jalapeño, Mediterranean cream cheese
- Tomato Florentine-
Egg, tomato, spinach, mozzarella cheese
- Salmon Delite-
Lox slices, onion, tomato, capers, cream cheese
- Egg & Cheese-

Lunch

- Honey Ham-
ham slices, cheese, choice of condiments
- B.L.T.-
bacon, lettuce, tomato
- Veggie Galore-
choice of 4 veggies

- Hot Momma-
All-natural grilled chicken breast, buffalo sauce, pepper jack cheese, side of ranch or bleu
- Uncle Bob-
All-natural grilled chicken breast, bacon, BBQ sauce, cheddar cheese
- Bee's Knees-
All-natural grilled chicken breast, bacon, honey mustard, swiss cheese
- Mama Mia-
All-natural grilled chicken breast, sun-dried tomato pesto, mozzarella cheese
- Chicken Bacon Ranch-
All-natural grilled chicken breast, bacon, ranch dressing

Bagel Flavors

- Plain-
- Multi-grain-
- Poppy-
- Everything -
- Sesame-
- Jalapeño Cheddar-
- Spinach Cheddar-
- Onion-
- Salt-
- Garlic-
- Garlic & Salt-
- Cheddar Cheesy-
- Cinnamon Raisin-
- Orange Cranberry-
- Blueberry-(Seasonal)

Cream Cheese - Rotating Availability

- Plain-
- Veggie-
- Chive/Scallion-
- Olive-
- Roasted Garlic & Herb-
- Bacon-
- Horseradish-
- Honey Raisin-
- Walnut-
- Mexicali- Jalapeño, red peppers, cayenne, cumin, chili powder
- Mediterranean- olives, feta cheese, sun dried tomatoes, garlic, chives & seasonings
- Cheesecake-(Seasonal)
- Fresh Strawberry-(Seasonal)
- Smoked Salmon-(Seasonal)
- Tofutti-(V)

Other Toppings

- Butter-
- Peanut Butter-
- Jelly-

Add-ons

- Veggies-(Organic/Local)
- Meat-
- Cheese Slice-
- Cream Cheese-
- Sun-dried Tomato Pesto-(V)
- Lox Slice-
- Croissant/Cheesy Bagel-
- Gluten Free Bagel-
- Sliced Strawberries-

Baked Goods, Soups & Side Salads

When Available

Carrabassett Coffee - Local & Organic

-Big Carry Org.-(French Roast)

-West Branch Org.-(Light/Medium)

-Peruvian Org. Decaf-

-Hazelnut-

-River Runner Org. Espresso-(Hot or Iced)

-Carrabassett Decaf Espresso-(Hot or Iced)

Coffee & Tea

-Lattes-

-Cappuccinos-

-Americanos-

-Fair-Trade Cold Brew Coffee-

-Hot Tea-

-Hot Chocolate-

-Chai-(Hot or Iced)

Specialty Lattes

-Almond Joy-

Chocolate, almond, coconut

-Samoa-

Chocolate, caramel, coconut

-Grasshopper-

Chocolate, mint, green sugar

-Birthday Cake-

Vanilla, dark & white chocolate, sprinkles

-Triple Chocolate-

Dark & white chocolate, chocolate chips

-Mocha Coconut-

2% Milk or Almond Milk Available

Flavor Syrups Made In-House

-Organic Chocolate-

-Vanilla-

-Hazelnut-

-Almond-

-Coconut-

-Peppermint-

-Caramel-

-White Chocolate-

-Pumpkin Spice-(Seasonal)

Bottled Beverages

-Chocolate Milk-

-Orange Juice-

-Iced Teas-

-Fruit Juices-

-Boxed Water-

-Seltzers-

Breakfast & Lunch

Baked Fresh Daily

7 Days A Week

Mon-Wed: 7am-3pm

Thurs-Sun: 7am-1pm

Hole in the Wall Bagels

Café & Bakery



754 Main Street

Rockland, ME

(207) 594-3600