

# bec

BACON • EGG • CHEESE

148 8th Avenue • New York, NY 10011

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[www.becnyc.com](http://www.becnyc.com)

7am - 4pm Monday - Friday

8am - 5pm Saturday - Sunday

*just because*

delivery — \$15 minimum

10% surcharge on deliveries over \$100

catering — \$150 minimum

full-size and junior-size sandwiches available

credit/debit card only



@BEC\_NYC



BACON • EGG • CHEESE

SANDWICHES (OR BOWLS)

BEC CLASSIC.....\$8.50

Two eggs\* / Applewood smoked bacon / New York State sharp cheddar cheese / Signature bacon & cheese crusted Brioche bun

JUNIOR BEC.....\$5.50

One egg\* / Applewood smoked bacon / New York State sharp cheddar cheese / Mini Ciabatta roll

VEG-EC.....\$9.50

Two eggs\* / Baked sweet potato and eggplant / Grilled zucchini and red onion / Kale / Goat cheese spread / Ciabatta roll

CHELSEA LO-CAL.....\$10.50

Two eggs\* / Turkey bacon / Roasted red peppers / Broccoli rabe / Greek yogurt / Walnut pesto sauce / Multi-grain toast

FARMHOUSE.....\$10.50

Two eggs\* / Crispy pancetta / Ricotta cheese / Fig jam / Honey / Spinach / Ciabatta roll

ROADHOUSE.....\$10.50

Two eggs\* / Sweet Italian pork sausage / New York State sharp cheddar cheese / Avocado / Slaw / BBQ sauce / Ciabatta roll

SPICY SPANIARD.....\$10.50

Two eggs\* / Serrano ham / Manchego cheese / Pickled jalapeños / Romaine / Tomato compote / Ciabatta roll

GODMOTHER.....\$11.50

Two eggs\* / Prosciutto / Salami / Mozzarella cheese / Spinach / Walnut pesto sauce / Ciabatta roll

MAMMOTH.....\$11.50

Two eggs\* / Sweet Italian pork sausage / Applewood smoked bacon / Pepper jack cheese / Caramelized onions / Pickled jalapeños / Tomato compote / Ciabatta roll

BISTEC.....\$12.50

Two eggs\* / Flat Iron Angus steak / Applewood smoked bacon / Blue cheese / Caramelized onions / Spinach / Sun-dried tomato vinaigrette / Ciabatta roll

SALADS

CAESAR.....\$9.50

Romaine / Spinach / Kale / Shaved parmesan / House croutons / Creamy romano

SHAVED BROCCOLI & CAULIFLOWER.....\$10.50

Spinach / Kale / Broccoli / Cauliflower / Dried cranberries / Dried cherries / Almonds / Cashews / Pumpkin seeds / Sunflower seeds / Sun-dried tomato vinaigrette

COBB.....\$11.50

Spinach / Kale / Hard-boiled egg / Bacon / Blue cheese / Avocado / Red onions / Cherry tomatoes / Balsamic vinaigrette

Additions: Chicken, Avocado or Bacon - \$2.00

SIDES

ROASTED POTATOES.....\$3.50

Crispy fingerling potatoes / Sambal chili sauce

FRESH FRUIT.....\$4.50

Citrus / Berries

SNACKS

GRILLED CHEESE.....\$5.00

New York State sharp cheddar cheese / Multi-grain toast

AVOCADO TOAST.....\$7.00

Avocado / Chili flakes / Sea salt / Multi-grain toast

SIPS

BY THE CUP 12 oz / 16 oz / 20 oz

Hot Coffee by Brooklyn Roasting Company.....\$2.50 / \$3.00

Hot Tea by Harney & Sons.....\$2.50 / \$3.00

Cold Brew by Brooklyn Roasting Company.....\$3.00 / \$3.50 / \$4.00

Fresh Squeezed Orange Juice.....\$3.50 / \$4.50 / \$5.50

Lemonade / Iced Tea / Arnold Palmer.....\$2.50 / \$3.00 / \$3.50

BOTTLED

Red Jacket Cold Pressed Juices.....\$3.50

Harney & Sons Organic Teas.....\$3.50

Saratoga Still / Sparkling Water.....\$2.50

Soft Drinks.....\$2.00

Beer.....\$6.00

Wine (by the glass).....\$9.00

Additions: Avocado - \$1.50 / Extra Egg\* - \$1.00 / Extra Meat - \$2.00 / Other - \$0.50

Substitutions: Egg Whites\* - \$1.50 / Gluten-Free Bread - \$2.50 / No Bread / No Meat / No Egg\*

\*Our locally-sourced, organic eggs are prepared over easy. Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness.

BEC is committed to using only the freshest, highest quality, locally-sourced ingredients and handcrafted breads.