

BREAKFAST



Classic Bagels

STARTED FROM THE BOTTOM NOW WE'RE SCHMEAR

Choice of bagel + a schmear. **\$3.50**

NYC Flavas: Plain, Everything, Sesame, Cinnamon Raisin
Local Flavas: Asiago, Pump+Rye Twist, Onion, French Toast

Gluten free bagel substitute
Plain, Everything, Blueberry (+\$1)

Schmears: Plain | Seasonal (+\$.50) | Chive (+\$.50) | Veggie (+\$.50) | House Lox (+\$.50)

New School Bagel Sandwiches

THE LOX SMITH

House cured lox, chive cream cheese, cucumbers, pickled red onions, caper berries, plain bagel. **\$12**

THE BIG POPPA

Pastrami, chive cream cheese, scrambled egg, broccoli rabe, everything bagel. **\$12**

THE WAKE + BAKE

Turkey sausage or thick-cut bacon, scrambled egg, smoked tomato jam, cheddar, everything bagel. **\$10**

THE HOT MESS (VEGETARIAN)

Scrambled egg, avocado, kale pesto, miso-tahini dressing, sesame bagel. **\$9**

Toasts (served open-faced)

TOAST MALONE (VEGAN)

Avocado, kale pesto, miso-tahini dressing, marinated cherry tomatoes, sourdough. **\$9**

Put an egg on it: \$2

MASH MAKER, MASH MAKER (VEGETARIAN)

Sweet potato mash, seasonal berries, granola, greek yogurt, pepitas, toasted coconut, local honey, grains galore. **\$8.50**

SOY LUCK CLUB (VEGAN)

Scrambled tofu, marinated kale, dukkah, chives, grains galore. **\$8**

Put an egg on it: \$2

Classic Breakfast Sandwiches

Egg + cheese **\$6**
Egg + cheese + avocado **\$8**
Egg + cheese + thick-cut bacon **\$8**
Egg + cheese + turkey sausage **\$8**
Egg + cheese + house-cured lox **\$9**

Choice of scrambled or fried egg

Choice of provolone or cheddar

Choice of bread:
Bagel of choice | Gluten Free: Country White, Rye, Brioche, Poppy Brioche, Grains Galore, Sauerkraut Rye, Sourdough, Ciabatta
Rye | Country White, Rye, Plain Bagel (+\$1), Everything Bagel (+\$1), Blueberry Bagel (+\$1)

Smoothies

A PLACE IN THE SUN

Banana, pineapple, mango, strawberry, coconut milk. **\$10**

THIS MIX IS B-A-N-A-N-A-S

Banana, mango, dark cherries, almond milk, almond butter, cinnamon, dark chocolate. **\$10**

RASPBERRY BERET

Peach, raspberry, dark cherries, almond milk, vanilla yogurt, cinnamon. **\$10**

Pump it up:
add spinach \$1
add turmeric \$1.50

For tha Shorties

(with a side of fruit)

HOME PLATE SLIDER

Roast beef, turkey, chicken tender, or scrambled egg with your choice of provolone or cheddar on mini brioche bun. **\$6**

HONEY MUSTARD, I SHRANK THE KIDS

Chicken tenders with honey mustard. **\$6**

MAC ATTACK

Vegan mac + cheese. **\$6**

PIZZA PIE IN THE SKY

Pizza bagel with cheese blend and house marinara. **\$6**

YOU'RE KILLIN' ME, SMALLS

One scrambled or fried egg with choice of bacon, turkey sausage, or avocado served with sourdough toast. **\$5**



COFFEE

House blend	12 OZ	20 OZ
Decaf	\$2.75	\$3.25
½ caf	\$2.75	\$3.75

ESPRESSO

Americano	12 OZ	20 OZ
Cappuccino	\$3.00	\$3.25
Latté	\$3.65	\$4.25
Macchiato	\$3.75	\$4.35
Brevé	\$3.75	\$4.35
Cortado	\$3.25	\$3.75
Espresso	\$2.00	-

FRAPPÉ

Coffee	16 OZ
Mocha	\$4.50
Caramel	\$5.00
Mint Chip	\$5.00

Flavas (+\$.60):

Vanilla, Peppermint, Cinnamon Bun, House Lavender, Sugar-free Vanilla, Hazelnut, Toasted Marshmallow, Coconut, Chocolate Sauce, Caramel Sauce

Organic Dairy + Dairy Alternatives (+\$1):

Whole Milk, Non-fat Milk, Half + Half, Almond Milk, Oat Milk, Coconut Milk



HOT TEA

Baltimore Breakfast	12 OZ	20 OZ
Maryland Mint	\$3.75	\$4.25
Chai	\$3.75	\$4.25
Cinnamon walnut	\$3.75	\$4.25
Blueberry basil	\$3.75	\$4.25
Fireside Fig	\$3.75	\$4.25
Authentic Matcha	\$4.00	\$4.75
Chai Latte	\$4.25	\$4.75
House Iced Tea	\$4.00	\$4.50

PUMPANDRYE.COM
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HOURS

Check site for current hours.

@pumpandrye



SALADS



Year Round

LETTUCE ENTERTAIN YOU

Marinated kale, artisan lettuce mix, pickled red onions, heirloom cherry tomatoes, avocado, parmesan, pepitas, honey dijon dressing. **\$12**

EVERY DAY WE'RE BRUSSELIN'

Crispy brussels sprouts, cauliflower, bacon, golden raisins, over a bed of marinated kale + arugula, maple-balsamic dressing + grilled lemon. **\$12**

Seasonal

Summer (July-September):

PEACH DON'T KILL MY VIBE

Quinoa, arugula, green onions, pepitas, mint, lavender goat cheese, prosciutto-wrapped peaches, champagne-lavender vinaigrette, local honey. **\$14**

DROP THA BEET

Braised beets, arugula, oranges, almonds, mint, chèvre goat cheese, aged balsamic, local honey. **\$13**

BOWLS (Warm)

LET THAT SHIITAKE GO

Black beluga lentils, spinach, balsamic mushrooms, zucchini, roasted fennel, scallions, toasted sunflower seeds, shredded parmesan. **\$13.50**

SO CLOSE, YET SO FARRO

Warm farro, fried prosciutto, thyme-roasted apples, sautéed marinated kale, caramelized onions, candied walnuts, honey-apple vinaigrette. **\$14**

SALAD + BOWL ADD ONS: \$4

Avocado: \$3
Fried chicken
Roast beef
Turkey

Thick-cut bacon
Fennel-roasted pork
Lox
Brisket

Pastrami
Chicken-pesto meatballs

SANDWICHES



Pumpnickel + Rye is a down-to-earth, homegrown market and new school deli with a modern vibe where our goal is to fulfill your body + soul cravings. As sisters and the best of friends, for us deli means family - and we invite you to our table for a nosh! Indulge yourself in the flavors that inspired our love for deli creations, as well as some elevated culinary finds from our travels around the world.

New School Sandwiches

NOTORIOUS P.I.G.

Fennel-roasted pork shoulder, broccoli rabe, apricot jam, provolone, garlic aioli, ciabatta. **\$13.50**

THE GOOD 'WICH (VEGETARIAN)

Hand-breaded fried zucchini, house marinara, spinach, roasted fennel, provolone, fried basil, sesame baguette. **\$13**

GETTIN' FIGGY WITH IT

Roast beef, fig jam, black garlic aioli, arugula, French fried shallots, poppy brioche bun. **\$13.50**

KALE OF DUTY (VEGAN)

Marinated kale, radishes, tomato, pickled red onions, avocado, roasted apples, Multi-grain. **\$11.50**

SMOKEY AND THE BANDIT

House brisket, cheddar, broccoli rabe, tarragon aioli, tomato jam, ciabatta. **\$14**

HOW FUNKY IS YOUR CHICKEN

Pickle-brined fried chicken schnitzel, garlic aioli, cheddar, lettuce, tomatoes, pickled red onions, hoagie roll. **\$13**

LUCILLE BALLS

Chicken-pesto meatballs, spinach, provolone, giardiniera, garlic aioli, ciabatta. **\$13.50**

THE WHISTLE STOP (VEGETARIAN)

Fried green tomatoes, cheddar, provolone, lettuce, giardiniera, garlic aioli, hoagie roll. **\$12**

THE BIG DIPPER

Hot turkey, provolone, caramelized onions, balsamic mushrooms, arugula, garlic aioli, side of turkey jus, sesame baguette. **\$13.50**

LOOKING FOR LOW CARB?

Any sandwich can be made into a salad!



Roast beef, turkey, brisket, fennel-roasted pork, pastrami, and lox all made in-house with love. ♥

We are a scratch kitchen, which means all jams, dressings, sauces, spreads, and veggies are prepared in-house and we use local purveyors and artisans whenever possible.

Classic Sandwiches

BIRD'S THE WORD

Turkey, provolone, lettuce, tomato, pickled red onions, garlic aioli, baguette. **\$13**

HOW NOW BROWN COW

Roast beef, cheddar, lettuce, fried green tomatoes, onions, horseradish aioli, hoagie roll. **\$13.50**

OY VEY ALL DAY

Pastrami, HEX Ferments kraut, smoky French dressing, rye. **\$14**

BAGUETTE ABOUT IT

Soppressata, hot capicola, prosciutto, provolone, lettuce, tomato, onions, giardiniera, red wine-oregano vinaigrette, sesame baguette. **\$14**

DON'T GO BACON MY HEART

Thick-cut bacon, lettuce, tomato, pickled red onions, garlic aioli, sourdough. **\$13**

FOWL PLAY

Pesto chicken salad, lettuce, tomato, brioche bun. **\$11.50**

WE'RE KIND OF A BIG DILL (VEGETARIAN)

Egg salad, lettuce, tomato, brioche bun. **\$10.50**

LET ME SEE YOUR TUNA ROLL

Balsamic tuna salad, lettuce, tomato, brioche bun. **\$11.50**

(Contains Almonds)

AIN'T NOTHIN' BUT A CHEESE THANG (VEGETARIAN)

Chef's daily cheese selection and fig jam on artisan bread. **\$9.50**

Sides

FRIED GREEN TOMATOES
with horseradish aioli **\$4**
HASH BROWNS
with tomato jam **\$4**

*Consuming raw or uncooked meats, poultry, seafood, or eggs may increase your risk of food-borne illness especially if you have certain medical conditions.

*Our store offers products with peanuts, tree nuts, soy, milk, eggs, and wheat. While we take steps to minimize the risk of cross contamination, we cannot guarantee that any of our products are safe to consume for people with these specific allergies.

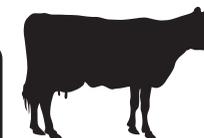
HOMEGROWN



BAGELS



MARKET



NOM



COFFEE

TEMPTING CURATIONS