BREAKFAST



Classic Bagels

STARTED FROM THE BOTTOM **NOW WE'RE SCHMEAR**

Choice of bagel + schmear. \$4.50

Flavas:

Plain Everythina Sesame Cinnamon Raisin

Multi-grain Blueberry Pumpernickel Рорру

French Toast

Gluten free bagel substitute

Plain or Everything (+\$1)

Schmears:

Plain or Butter | Seasonal (+\$.50) | Chive (+\$.50) Veggie (+\$.50) | House Lox (+\$.50)



Choice of scrambled or fried egg (eggs garnished with chives + parsley)

Egg + cheese \$8

Egg + cheese + avocado \$10

Egg + cheese + thick-cut bacon \$10

Egg + cheese + turkey sausage \$10 Egg + cheese + house-cured lox \$14

Choice of cheese:

provolone or white cheddar

Choice of bread:

Bagel Brioche Marble Rye Sourdough Multi Grain Ciabatta Hoagie roll

Baquette

Gluten Free:

Country White (+.50) Plain Bagel (+\$1) Everything Bagel (+\$1)

Scrambled eggs, house turkey brushed french toast bagel \$11.50

oasts (served open-faced)

TOAST MALONE

(VEGETARIAN)

Smashed avocado, kale pesto, misotahini dressing, watermelon radish, arugula, hemp hearts, sourdough. \$11 Put an egg on it: \$2



THE LOX SMITH

House cured lox, chive cream cheese, cucumbers, pickled red onions, capers, choice of bagel. \$14

THE BIG POPPA

Pastrami, chive cream cheese, scrambled egg, broccoli rabe, everything bagel. \$13.50

THE WAKE + BAKE

House turkey sausage patty or thick-cut bacon, scrambled egg, smoked tomato jam, cheddar, everything bagel. \$11.50

THE HOT MESS

(VEGETARIAN)

Scrambled egg, avocado, kale pesto, miso-tahini dressing, sesame bagel. \$11.50

THE STICKY ICKY

sausage, cheddar, on maple syrup-



RISEUP

COFFEE

12 OZ 20 OZ House blend \$3.50 \$4.00 Decaf \$3.50 \$4.00 ½ caf \$3.50 \$4.00

A PLACE IN THE SUN

Banana, pineapple, mango* strawberry, coconut, almond milk*, garnished with toasted coconut \$11

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

Banana, mango*, dark cherries*, almond milk*, almond butter, cinnamon, dark chocolate. \$11

RASPBERRY BERET

Peach*, raspberry*, blackberry*, blueberry*, dark cherries*, almond milk*, vanilla yogurt*, cinnamon. \$11

Pump it up:

add spinach \$1 add turmeric \$1.50

*Organic

Americano Cappuccino Latté Macchiato Brevé (half + half)

ESPRESSO

Espresso FRAPPÉ

Coffee Mocha Caramel Mint Chip

Flavas (+\$.75):

Vanilla Cinnamon Bun House Lavender Sugar-free Vanilla Hazelnut Toasted Marshmallow Coconut Irish Cream Chocolate Sauce (\$1)
Caramel Sauce (\$1)

HOT TE

\$6.00 Dairy + Dairy

12 OZ 20 OZ

\$4.25

\$5.00

\$5.00

\$5.00

\$6.50

\$3.75

\$4.50

\$4.50

\$4.50

\$5.75

\$4.00

\$3.00

16 OZ

\$5.50

\$6.00

\$6.00

Alternatives (+\$1): Whole Milk Non-fat Milk Half + Half Almond Milk Oat Milk

For the Shorties

-Served with a side of house cinnamon apple sauce-

HOME PLATE SLIDER

Roast beef, turkey, chicken tender, or scrambled egg with your choice of provolone or cheddar on mini brioche bun. \$7

HONEY MUSTARD. I SHRANK THE KIDS

Chicken tenders with honey dijon. \$7.50

PIZZA PIE IN THE SKY

Plain bagel, house marinara, cheddar and provolone cheese. \$7.50

YOU'RE KILLIN' ME. SMALLS

One scrambled or fried egg with choice of bacon, turkey sausage, or avocado served with sourdough toast. \$8.50

WIGHT

HUI IEA	12 OZ	20 OZ
Baltimore Breakfast Maryland Mint Chai Cinnamon walnut Blueberry basil Fireside Fig Lavender Earl Grey Authentic Matcha Chai Latte House Iced Tea	\$4.00 \$4.00 \$4.00 \$4.00 \$4.00 \$4.00 \$4.50 \$4.50 \$4.00	\$4.25 \$4.25 \$4.25 \$4.25 \$4.25 \$4.75 \$5.00 \$5.25 \$4.50

PUMPANDRYE.COM

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HOURS

Check site for current hours.

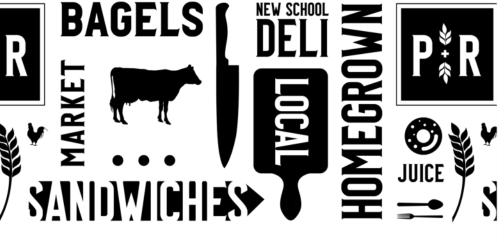
For catering inquiries please email info@pumpandrye.com





@pumpandrye

















SALADS



LETTUCE ENTERTAIN YOU

Marinated kale, artisan lettuce mix, pickled red onions, heirloom cherry tomatoes, avocado, parmesan, pepitas, honey dijon dressing (vegetarian) \$13.50

EVERY DAY WE'RE BRUSSELIN'

Crispy brussels sprouts, cauliflower, bacon, golden raisins, over a bed of marinated kale + arugula, maplebalsamic vinaigrette + seared lemon

DROP THA BEET

Juniper-braised beets, arugula, oranges, almonds, mint, chèvre goat cheese, aged balsamic, local honey (vegetarian)

BUTTERNUT SQUASH THE VIBE

Organic rainbow quinoa, baby spinach, roasted butternut squash, thyme-baked apples, candied walnuts, honey apple vinaigrette (vegetarian) \$13.50

BOWLS

LET THAT SHIITAKE GO

Black beluga lentils, spinach, balsamic mushrooms, zucchini, roasted fennel, scallions, pepitas, pickled red onions, shredded parmesan (vegetarian) \$14

SO CLOSE. YET SO FARRO

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

SOUPS

MARRIED...WITH CHICKEN

House chicken stock, rainbow carrots, celery, onion, pasta, pulled chicken 8 oz: \$6 16 oz: \$11

I WANNA DANCE WITH SOME ONION

French onion soup with house vegetable stock, caramelized onions, baguette crouton topped with melted provolone (vegetarian) 16 oz: \$11

SOUP + SLIDER \$12

- 1. Choice of (8oz) soup: chicken soup, onion soup, or soup of the day
- 2. Choice of slider: turkey/provolone, roast beef/cheddar, egg salad, chicken salad, or tuna salad (lettuce, tomato, aioli, brioche slider)

SALAD + BOWL ADD ONS:

Fried chicken \$5 Roast beef \$4.50 Turkey \$4.50 **Brisket \$6**

Pastrami \$6 Thick-cut bacon \$4 Fennel-roasted pork \$4 House-cured lox \$6.50

SANDWICHES



Pumpernickel + 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, \$14

GETTIN' FIGGY WITH IT

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

KALE OF DUTY (VEGAN)

Marinated kale, watermelon radishes, tomato, pickled red onions, avocado, roasted apples, vegan sourdough. \$12

HOW FUNKY IS YOUR CHICKEN

Pickle-brined fried chicken, garlic aioli, cheddar, lettuce, tomatoes, pickled red onions, choice of hoagie roll or brioche bun. \$13.50

SIR DIPS-A-LOT

Hot roast beef, cheddar, caramelized onions, arugula, garlic aioli, side of roast beef jus, plain bagel. \$13.50

LOOKING FOR LOW CARB?

Any sandwich can be made into a salad!

SMOKEY AND THE BANDIT

House-smoked brisket, cheddar,

THE WHISTLE STOP (VEGETARIAN)

provolone, lettuce, giardiniera, garlic

Turkey, triple cream brie, apricot jam,

arugula, garlic aioli, thyme-roasted

Hot turkey, provolone, caramelized

TWIST + SPROUT (VEGETARIAN)

Crispy brussels sprouts + cauliflower,

balsamic mushrooms, sauteed kale,

provolone, marinara, ciabatta. \$12

onions, balsamic mushrooms, arugula,

garlic aioli, side of turkey jus, baguette.

broccoli rabe, horseradish aioli,

Fried green tomatoes, cheddar,

DON'T WORRY BRIE HAPPY

apples, sourdough. \$13.50

THE BIG DIPPER

\$13.50

tomato jam, ciabatta. \$14

aioli, hoagie roll, \$12

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.

HOMEGROWN BAGELS:

Classic Sandwiches_

BIRD'S THE WORD

Turkey, provolone, lettuce, tomato, pickled red onions, garlic aioli, baguette. \$13.50

HOW NOW BROWN COW

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

OY VEY ALL DAY

House-brined + smoked pastrami, HEX Ferments kraut, smoky French dressing, marble rye. \$14

BAGUETTE ABOUT IT

Soppressata, hot capicola, prosciutto, provolone, lettuce, tomato, onions, giardiniera, red wine-oregano vinaigrette, baguette. \$14.75

DON'T GO BACON MY HEART

Thick-cut bacon, lettuce, tomato, pickled red onions, garlic aioli, sourdough. \$13.50

Dilly egg salad, lettuce, tomato, aioli,

WE'RE KIND OF A BIG DILL

(VEGETARIAN)

brioche bun. \$11

FOWL PLAY

Pesto chicken salad, lettuce, tomato, aioli, brioche bun. \$12 (contains pepitas)

LET ME SEE YOUR TUNA ROLL

Balsamic tuna salad (sustainably caught) with almonds, brioche bun. \$12 (contains nuts)

FGT'S

3

Fried green tomatoes with horseradish aioli \$4.50

LATKE BROWNS

Hash browns with house tomato

CHA CHA CHURROS

French Toast Bagel bites fried and tossed with cinnamon + sugar served with pure maple syrup \$4.50

- *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 alleraies.

