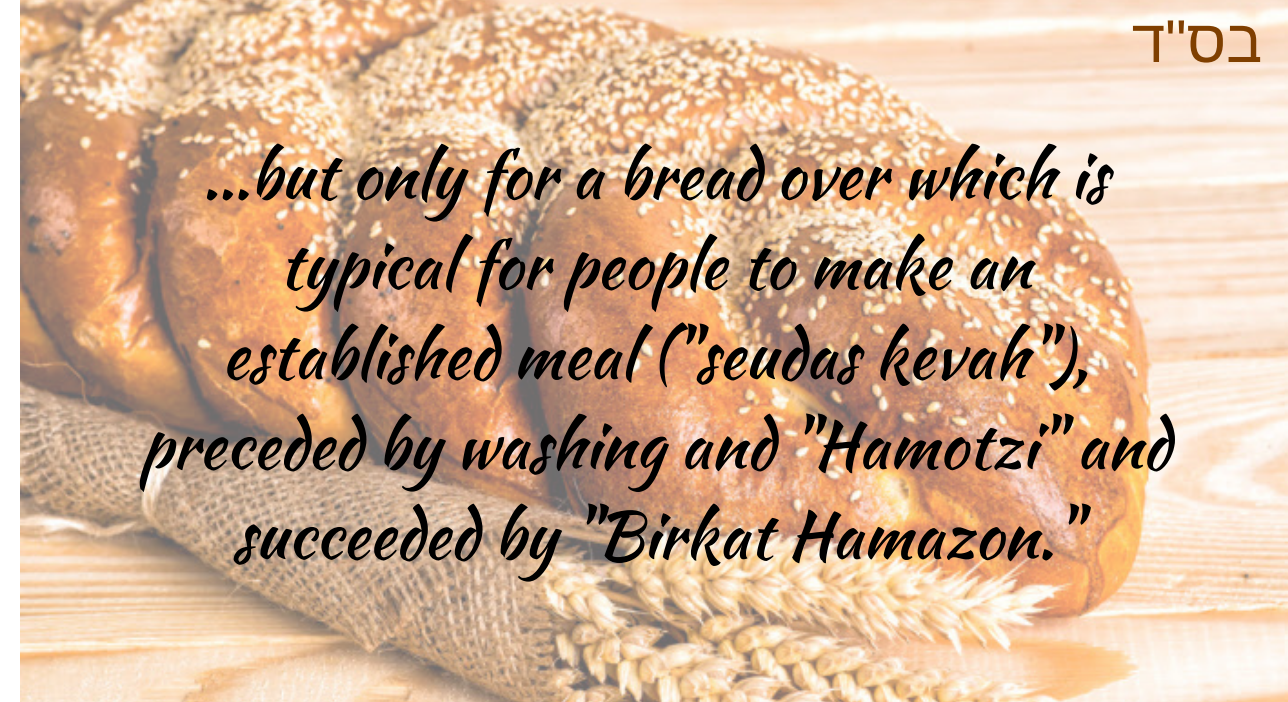


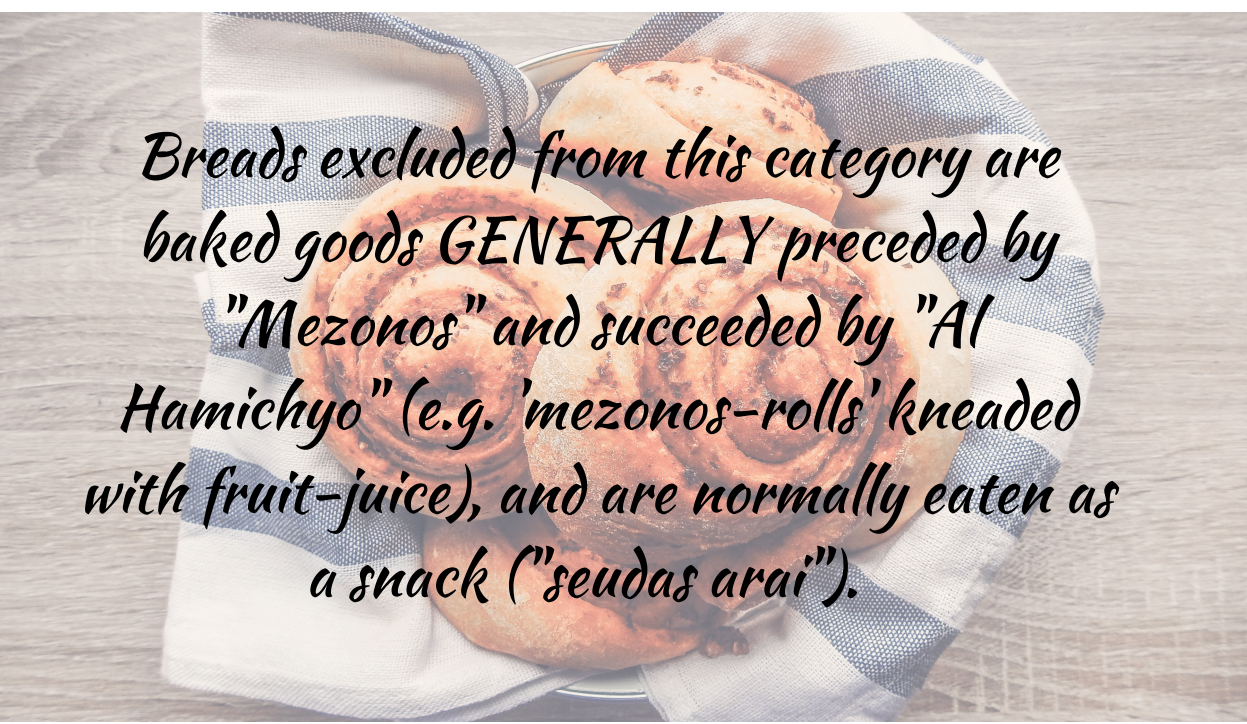
"And you shall eat, and be sated, and bless the L-rd your G-d..." -Devarim 8:10
Mid'Oraisa, Birkat Hamazon is required only when one eats bread to satiation.
וְאָכַלְתָּ וְשָׂבַעְתָּ וּבֵרַכְתָּ



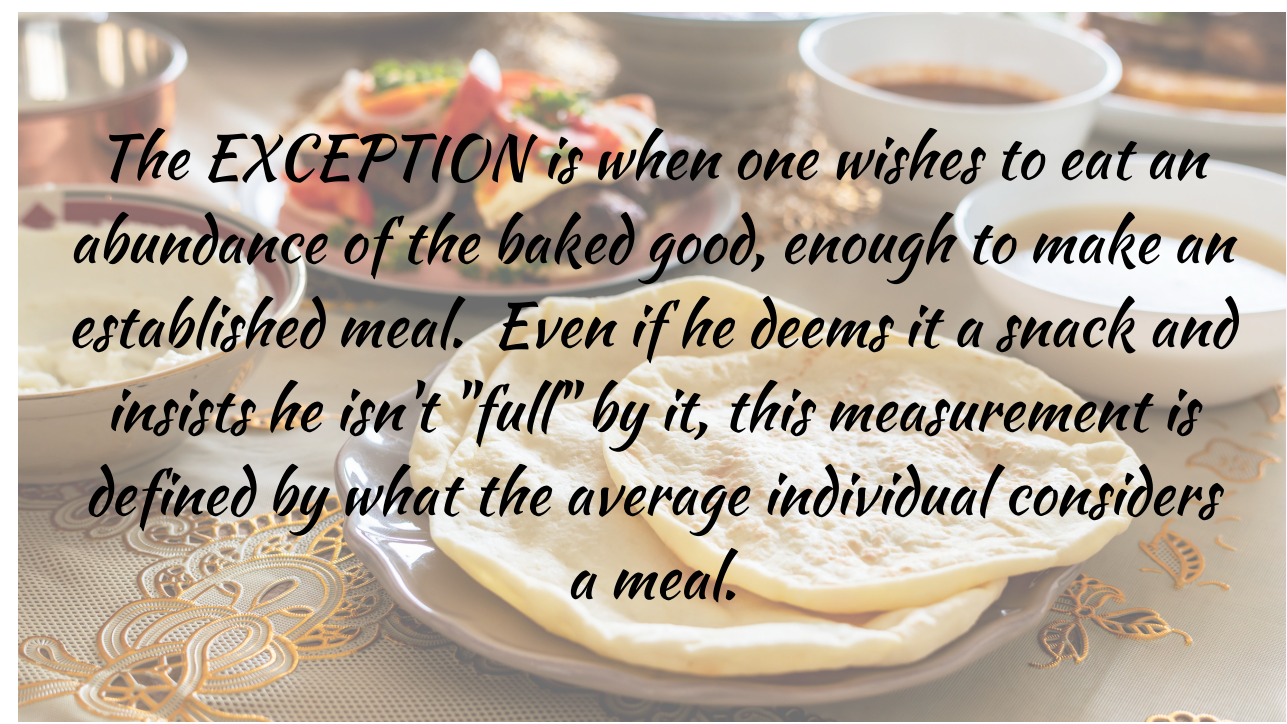
CHaZaL established the recital of Birkat Hamazon after eating even a kezayis of bread.....



...but only for a bread over which is typical for people to make an established meal ("seudas kevah"), preceded by washing and "Hamotzi" and succeeded by "Birkat Hamazon."



Breads excluded from this category are baked goods GENERALLY preceded by "Mezonos" and succeeded by "Al Hamichyo" (e.g. 'mezonos-rolls' kneaded with fruit-juice), and are normally eaten as a snack ("seudas arai").



The EXCEPTION is when one wishes to eat an abundance of the baked good, enough to make an established meal. Even if he deems it a snack and insists he isn't "full" by it, this measurement is defined by what the average individual considers a meal.



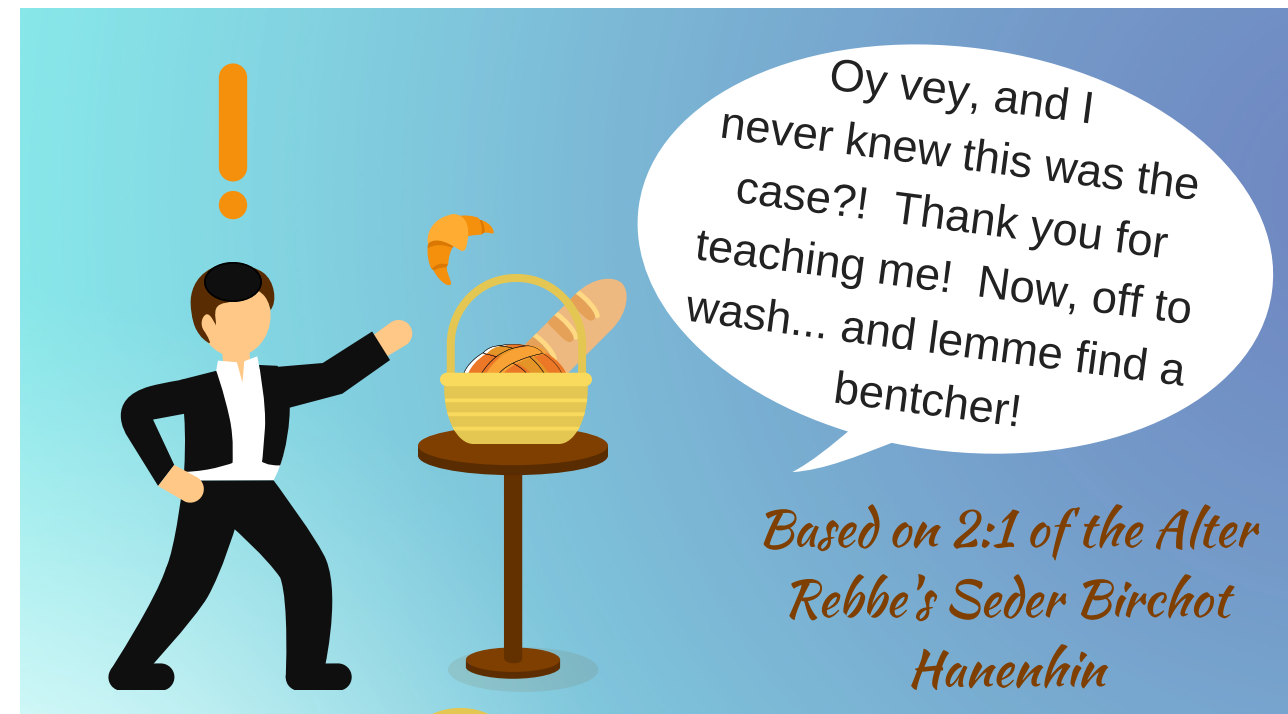
He is obligated now to wash before this meal, recite "Hamotzi" over this bread, and bentch Birkat Hamazon afterwards!



Yosi, did you try these mezonos-rolls?! They are awesome light nosh; a lot quicker, too - no washing, shorter bentching...



Chaim Yankel, that's one serious snack! Are you aware that when we eat an average meal's-worth or more of even mezonos 'bread,' we're required to wash, say Hamotzi and Birkat Hamazon?



Oy vey, and I never knew this was the case?! Thank you for teaching me! Now, off to wash... and lemme find a bentcher!

Based on 2:1 of the Alter Rebbe's Seder Birchot Hanenhin