

Overstuffed Sandwiches

Served with pickles. Choice of rye or whole wheat bread. Club bread .79. Toasted garlic bread .99. Sliced tomato or potato salad on sandwich .79. Sweet or hot peppers on sandwich .99. Special requests? Just ask!

	Per Sandwich	Per 1/2 Lb.
Hot Corned Beef We pickle our own!	\$12.99	\$14.48
Extra Lean Hot Corned Beef	\$13.99	\$15.48
Hot Pastrami	\$12.99	\$14.48
Extra Lean Pastrami	\$13.99	\$15.48
Tongue Pickled on premises!	\$15.99	\$15.48
Fresh Brisket of Beef	\$12.99	\$14.48
Extra Lean Brisket of Beef	\$13.99	\$15.48
Roast Beef	\$12.99	\$14.48
Turkey	\$12.99	\$14.48
Smoked Turkey Breast	\$12.99	\$14.48
Breaded Chicken Cutlet	\$13.99	\$9.99
Grilled Chicken Breast	\$13.99	\$9.99
Hebrew National Salami or Bologna	\$11.99	\$7.49
Hard Salami	\$12.99	\$14.48
Grilled or Boiled Knockwurst on frank roll	\$9.99	\$7.49
Chopped Liver	\$11.99	\$7.49
Old-Fashioned Chicken Salad	\$11.99	\$7.49
Egg Salad	\$10.99	\$6.98
Tuna Fish Salad	\$11.99	\$7.49
Hebrew National Beef Frank	\$3.99	\$7.49
PLT Grilled pastrami, lettuce, tomato on rye toast	\$12.99	

Double Dip
Half of a deli double sandwich and a bowl of your favorite soup (one meat only) (Tongue or Extra Lean, add .50) \$14.49

SPECIALTY SANDWICHES*

Ronnie's Tastemaster
Where the meats meet. Something of everything piled high on rye. With Russian dressing and cole slaw \$18.99

Deli Double
Oversized portions of hot corned beef and pastrami, served on twin junior rolls. Or substitute your two favorite meats. (Tongue, add \$1.00) \$18.99

Israeli Hero
Our incredible foot-long hero sandwich, overstuffed with everything but the kitchen sink. Feeds two big fressers or three average mensch \$33.99

Mix 'n Match
Choose any two or three of your favorite ingredients and let us build your sandwich. We'll include cole slaw and Russian dressing on your combo, if you like.
Sliced Turkey • Pastrami • Chopped Liver • Corned Beef • Smoked Turkey Breast
Hard Salami • Bologna or Salami • Brisket of Beef • Roast Beef • Tongue (add \$1.00)
Any Two Meats \$17.99 **Any Three Meats** \$18.99

*Extra Lean, add \$1.00

Steak & Turkey Burgers Broiler closes 10 minutes prior to store closing

Handformed with 8 ozs. of fresh, lean chopped beef or fresh, lean ground turkey. Served with pickles. Sautéed fresh mushrooms .79 additional.

Burger Supreme
With lettuce, sliced tomato, cole slaw and fresh-cut French fries
Steak \$13.99 Turkey \$14.49

Salami Burger
Delicious. Broiled with slices of tangy grilled salami. Served on a bun with fresh-cut French fries and cole slaw
Steak \$14.99 Turkey \$15.49

Classic Burger
A classic, prepared as only Ronnie knows how and served on a toasted bun
Steak \$11.99 Turkey \$12.49

Slim Burger Platter
With sliced tomato, lettuce, cole slaw and fresh fruit salad on the side
Steak \$13.99 Turkey \$14.49

Our Popular Pastrami Burger Platter
Topped with slices of grilled pastrami. Served with fresh-cut French fries and cole slaw. A kosher treat!
Steak \$15.99 Turkey \$16.49

VEGGIE BURGERS

For vegetarians and veggie burger lovers!
We'll gladly substitute a veggie burger... no charge!

Burgers & steaks are cooked to order. Consuming raw or undercooked meat, fish or fresh shell eggs may increase your risk of food-borne illness, especially if you have certain medical conditions.

Side Dishes

Some hints on ordering: For most sides, salads and puddings sold by the pound, individual servings are generally one half pound. Not sure how to order? We'll gladly answer your questions. Please note: We make everything fresh. Not all items are available in all stores. Please inquire.

TRADITIONAL FAVORITES

Prepared in our kitchens the old-fashioned way!

Homemade Mashed Potatoes Plain or with sautéed onions, per portion	\$3.99 ea
Potato Pancake With apple sauce	\$3.99 ea
Our Own Round Baked Knishes Tender pastry stuffed with savory filling. An Eastern European treat! Potato, Kashe or Spinach	\$3.99 ea
Kashe Varnishkas	\$7.99 lb
Egg Barley & Mushrooms	\$7.99 lb
Homemade Stuffed Derma	\$9.99 lb
Spinach Log	\$8.99 lb
Fresh Vegetable of the Day per portion	\$4.29 ea

PUDDINGS

Broccoli, Noodle, Potato, Spinach or Sweet Potato \$6.99 lb
All of our sweet and savory puddings are prepared from scratch using recipes of Eastern European origin. Puddings are a wonderful alternative as a side dish, light meal or snack. Easy to reheat in toaster oven or microwave, too!

DELI STANDARDS

Baked Idaho Potato (evenings only)	\$4.29 ea
Square Potato Knish	\$3.99 ea
Baked Beans per portion	\$3.79 ea
Peas & Carrots per portion	\$3.99 ea
Sweet or Hot Peppers	\$4.99 lb
Sauerkraut (hot or cold)	\$4.99 lb
Pickles	\$4.99 lb

TASTE THE DIFFERENCE!

Fresh-Cut Cole Slaw & Old-Fashioned Potato Salad \$5.29 lb
After your first bite of our fresh-cut, preservative-free cole slaw or creamy potato salad you'll be a convert. The best money can buy, yet it costs no more than what others charge for institutional "bucket salads." At Ben's, great value starts right here!

FAMOUS BECAUSE THEY'RE FRESH!

The Easy Way: Remove box from freezer, fry, serve.

Ben's Way: Purchase bags of premium quality potatoes; inspect, wash, trim, cut, prep, fry and serve. It takes a little longer, it costs a little more and the results? Taste 'em and see!

French Fried Potatoes per portion	\$4.79 ea
Fried Onion Rings per portion	\$4.79 ea
Fried Vegetables	\$8.99 lb

SALADS BAR NONE

Made on the premises with the freshest ingredients.

Macaroni Salad	\$5.29 lb
Beet Salad	\$5.29 lb
Cucumber Salad	\$5.29 lb
Israeli Salad A chopped salad of peppers, cucumbers, tomatoes and scallions in a Mediterranean-style lemon olive oil dressing. Fresh, healthy and delicious	\$8.99 lb
Pasta Salad	\$6.29 lb
Health Salad	\$5.29 lb
Garden Vegetable Salad	\$6.29 lb
House Garden Salad Crisp mixed greens with fresh tomato	\$6.99 ea

OTHER SIDES

Pasta & Spinach with fresh garlic	\$8.99 lb
Vegetable Fried Rice	\$8.99 lb
Vegetable Lo Mein	\$8.99 lb
Pasta Primavera	\$8.99 lb
Rice Pilaf	\$8.99 lb
Cranberry-Pineapple Compote	\$8.99 lb
Homemade Gravy	\$4.49 pt

Beverages

Fountain Sodas Coke • Diet Coke • Sprite • Diet Sprite • Club • Cream • Cherry	\$1.99
Liter Sodas	\$2.99
Canned Sodas Celray • Cream • Black Cherry - Regular or Diet	\$2.29
Bottled Root Beer	\$2.49
Bottled Water	\$1.99
Apple Juice	\$1.99
Iced Tea or Iced Coffee	\$1.99
Coffee with non-dairy creamer	\$1.79
Decaffeinated Coffee with non-dairy creamer	\$1.79
Tea	\$1.79
Domestic Beer	\$4.99
Imported Beer or Ale	\$5.99
Non-Alcoholic Beer	\$4.99

Desserts Please ask your server for today's selections.

Assorted Mini Cookies	\$14.99 lb
Assorted Rugulach	\$14.99 lb
Jumbo Cookies	\$2.99 ea
Special Layer Cake	\$4.29 sl
Seven Layer Cake	\$4.29 sl
Chocolate Babka	\$4.29 sl
Fruit Pies	\$4.29 sl
Apple Strudel	\$4.29 sl
Halvah	\$5.99 ea
Low Calorie Baked Apples	\$4.79 ea
Fresh Fruit Salad	\$7.99 lb
Jello	\$4.99 lb
Apple Bread Pudding	\$5.99 lb
Melon (in season)	\$4.49 sl

SORBET

Ask for today's flavor selections \$4.79

Quick Party Ideas Please order in advance.

Hors D'oeuvres by the dozen from \$7.20
Mini Knishes • Franks-in-Jackets • Buffalo Wings
Mini Stuffed Cabbages • Chicken Fingers • And More!

Cold Cut Classic \$13.99 pp
Plattered delicatessen meats, homemade potato salad & cole slaw, fresh rye bread & condiments.

Dinner for Six from \$108.99
Eight delicious entrée choices with your choice of salad & sides.

PRICES EFFECTIVE NOVEMBER 2016. SUBJECT TO CHANGE WITHOUT NOTICE. NOT RESPONSIBLE FOR TYPOGRAPHICAL ERRORS. NOT ALL MENU ITEMS AVAILABLE IN ALL STORES. SOME PRICES MAY BE HIGHER IN MANHATTAN.

Copyright © 2016 Ronald M. Dragoon. All Rights Reserved.



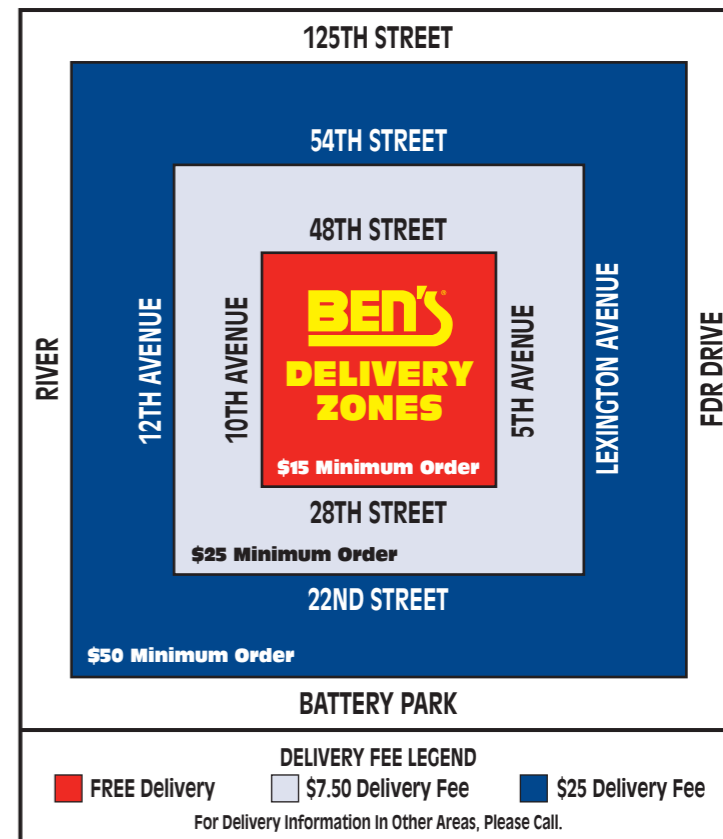
Earn Free Food Fast!

Download our app "Ben's Friends Rewards" from iTunes or Google Play

Start Earning Rewards today.
Already a member? Upgrade to the app!

TAKEOUT MENU

Order On Line At
OrderBensNow.com
or Call
(212) 398-BENS (2367)
To Place Your Order



WEEKDAY HAPPY HOURS 4PM - 7PM

RESTAURANT • DELICATESSEN • CATERER www.bensdeli.net

BEN'S **MANHATTAN**
209 West 38th Street (West of 7th Avenue)
PH: (212) 398-BENS (2367)
FAX: (212) 398-DELI (3354)

NY KOSHER Featuring Affiliated NATIONAL

Noshes & Nibbles *Small Portions of Our Big Favorites!*

Fried Kreplach Five crispy pieces with sautéed onions	\$8.99
Stuffed Cabbage Hongroise A generous cabbage roll filled with lean ground beef, a little rice and our special seasonings	\$10.49 ea
Chopped Liver Appetizer With onion, lettuce, tomato and rye	\$10.99
Hot Dog Combo Meal Hebrew National beef frank, fresh cut fries or knish & fountain soda	\$9.99
Hungarian Goulash Tender cubes of gently spiced beef with noodles on the side	\$11.99 pt
Potted Mini Meatball Appetizer	\$9.99
Beef Tongue Polonaise Appetizer In our delicious raisin gravy with rye	\$11.99
Nova Scotia Salmon Nosh With onion, lettuce, tomato and rye	\$11.99
Gefilte Fish Garnished with lettuce & tomato	\$6.99 ea
Homemade Stuffed Derma Appetizer With brown sauce and rye bread	\$9.99
Hush Puppies A one-hand, marvelous meal. We start with a fresh egg-roll wrapper, stuff it with potato knish filling and roll up a delicious Hebrew National beef frank in the middle. In the old country, that's a wrap!	\$8.99 ea

Homemade Soups

	Portion	Quart
Ronnie's Old-Fashioned Chicken Soup		
With a Matzo Ball	\$5.29	**
With a Kreplach	\$5.29	**
With Noodles or Rice	\$4.99	\$7.99
Mushroom Barley Soup	\$5.29	\$8.99
Daily Homemade Soup	\$5.29	\$8.99
Extra Noodles or Rice	\$.99	\$1.98
Kreplach or Matzo Ball	\$1.99 ea	

** When ordering quarts of chicken soup, kreplach and matzo balls are sold separately. Just tell us how many.

DAILY HOMEMADE SOUPS

Sunday	Chicken a la Reine
Monday	Chef's Choice
Tuesday	Split Pea
Wednesday	maybe Lentil , maybe Lima Bean
Thursday	Chef's Choice
Friday	maybe Potato , maybe Cabbage
Saturday	Vegetable



Family-Style Takeout Dinners

Offered Every Weekday Except Holidays.

\$23.98 FOR TWO
2 person minimum

Choose one entrée, two side dishes and a homemade salad. Pickles and bread included.

Ready When You Are!
Phone Orders Welcome.
Delivery Gladly Arranged!

Details online at www.BensDeli.net



Hot Entrées *Served with vegetable of the day and choice of potato, plus pickles, cole slaw and bread, unless noted.*

BEEF	POULTRY
Broiled Hanger Steak (Our Roumanian) Considered by many the most flavorful of steaks, ours are chosen and amply cut by the chef, broiled to your taste and served with sautéed onions	Roast Half Spring Chicken A tender, barbecue-roasted chicken. The best!
\$26.99	\$18.49
Rib-Eye Steak The king of kosher steaks, tender and juicy. May we suggest a glass of Cabernet Sauvignon? It makes the king of kosher steaks a royal experience	Breaded Chicken Cutlets Boneless breasts lightly breaded and fried until golden
\$27.99	\$18.99
Sliced London Broil Carved as you like it with our rich mushroom gravy	Grilled Twin Boneless Chicken Breasts Plump, fresh and tender. Lightly seasoned, then grilled to perfection
\$24.99	\$18.99
Silver Tip Roast Beef A juicy half-pound carved from the most tender part of the beef	Rotelle Primavera with Chicken Pasta spirals marinara topped with fresh mixed vegetables and grilled chicken. No other sides with this dish; enough is enough already!
\$19.99	\$18.99
Braised Fresh Brisket of Beef Simmered slowly the old fashioned way with just the right seasonings and thickly sliced (at least 1/2 lb.) (Extra Lean, add \$1.00)	Vegetarian-style without chicken
\$19.99	\$14.99
Two 'Specials' Hebrew National's big fat quarter pound kosher franks, baked beans and fresh-cut French fries or two other sides of your choice	Marinated Chicken A half chicken, marinated in our own barbecue sauce
\$14.99	\$18.49
Broiled Chopped Steak Sixteen lean ounces of juicy beef from our butcher, broiled to your order and smothered with onions (Prefer Chopped Turkey? Add \$2.00)	Hawaiian Chicken Lightly breaded, boneless white meat chicken served in a tangy sweet and sour sauce
\$18.99	\$19.49
	Roast Turkey Moist & delicious off the frame with homemade gravy & cranberry sauce
	\$19.99
	GRILLED FILET OF SALMON Always fresh, never frozen. Cut to order from the whole salmon and grilled to your liking. Served with vegetable of the day and choice of potato
	\$22.99

Broiler closes 10 minutes prior to store closing time.

Traditional Specialties *All include pickles, cole slaw & bread. 🥕 = served with choice of potato & vegetable of the day.*

Chicken or Beef In The Pot Half a chicken with a matzo ball, noodles, kreplach, peas and fresh garden carrots. A real nostalgia trip to the days of your youth! With half a kosher chicken	Hungarian Goulash Cubes of tender, lean, seasoned beef simmered with peas and carrots and served on a bed of noodles
\$21.99	\$19.99
With lean breast of flanken simmered until tender	Beef Tongue Polonaise Thinly sliced and served with Ronnie's delicious raisin gravy
\$23.99	\$23.99
Our Unique Chicken Fricassee Succulent chicken pieces and meatballs in a flavorful brown gravy	The Stuffed Cabbage That Made Us Famous Oversized cabbage leaves rolled around a filling that's all meat, a little rice and a touch of seasoning. Just like Ronnie's mother made!
\$18.99	\$19.99
Ronnie's Mixed Platter A slice of derma, a stuffed cabbage, potted mini meatballs, and a special treat selected for you by our chef	Potato Pancakes Great because we grate our own! Three served with apple sauce
\$21.99	\$10.99

Poultry-To-Go

We were cooking premium quality chickens for almost 30 years before the meteoric rise and fall of our takeout imitators. And we'll be cooking 'em for another 30 years! It's the best, freshest, most delicious chicken you can buy!

Whole & Half Chicken	\$6.99 lb
Rotisserie • Oven Roasted • Marinated • Fried	
Chicken Fingers Our own, with special dipping sauce	\$19.98 lb
Fresh Grilled Chicken Breast	\$19.98 lb
Breaded Chicken Cutlets	\$19.98 lb
Our Unique Chicken Fricassee With mini meatballs in brown gravy	\$10.99 pt
Hot or BBQ Chicken Wings	\$7.99 lb
Turkey Wing	\$3.99 ea
Turkey Leg	\$4.99 ea
Hawaiian Chicken Breaded chicken breast pieces in sweet & sour sauce	\$12.99 pt
Chicken Pot Pie Homemade, of course	\$9.99 ea

Burgers & steaks are cooked to order. Consuming raw or undercooked meat, fish or fresh shell eggs may increase your risk of food-borne illness, especially if you have certain medical conditions.

Planning an event? Call our
CATERING HOTLINE: 1-800-344-BENS
or visit us on the web at
www.BensDeli.net

Garden Fresh Salads *All full-sized entrée salads served with bread.*

DRESSING SELECTIONS: Caper Caesar, Honey Garlic Balsamic, Creamy Dill, Basil & Sweet Honey Mustard, Classic French Vinaigrette, Russian, Raspberry Vinaigrette, Oriental, Creamy Garlic, Fat Free Italian.

Caesar Salad Crisp romaine tossed with Caper Caesar & topped with homemade croutons	\$8.99
With a seasoned, grilled chicken breast	\$15.99
With grilled fresh salmon	\$16.99
Grilled Chicken and Avocado Salad Mixed garden greens, cherry tomatoes and red onions with a homemade Basil & Sweet Honey Mustard dressing, topped with grilled chicken breast and avocado	\$15.99
Spinach, Beet and Seasonal Berries Salad Toss with a homemade Creamy Dill dressing topped with pecans	\$10.99
Chef Salad Crisp romaine, peppers, radish, hard-boiled egg, tomato, black olives, & your choice of meats. Roast Beef • Turkey • Corned Beef • Salami • Bologna • Smoked Turkey Breast Tongue or Extra Lean (add \$1.00)	
One meat	\$15.99
Two meats	\$16.99
Grilled Salmon Salad Romaine, mesclun & spinach leaves, cherry tomatoes & red onions tossed with French Vinaigrette topped with grilled salmon & homemade croutons	\$16.99
Greens and Beans Salad Mixed garden greens, broccoli florets, string beans, black beans, red kidney beans, garbanzo beans & plump raisins tossed with a Creamy Garlic dressing	\$10.99
Salad Orientale An oriental chicken breast and crunchy noodles, crisp romaine, carrots, peppers, mushrooms, scallions, waterchestnuts and snow peas in an Asian dressing	\$15.99
Garden Green and Roasted Sesame Seed Salad Romaine, mesclun & spinach leaves with shredded carrots & roasted sesame seeds tossed in homemade Honey Garlic Balsamic Vinaigrette	\$8.99
Soup and Salad Combo A bowl of soup with a house garden salad	\$10.99
WITH ANY SALAD	
Add Grilled Chicken Breast	\$7.50
Add Fresh Grilled Salmon	\$8.50

Hot Open Sandwiches

The first "hot food" in old-time N.Y. delis! Served with homemade potato pancake and apple sauce or real mashed potatoes or our fresh-cut French fries, plus pickles and fresh-cut cole slaw.

Hot Open Roast Turkey with gravy and cranberry sauce	\$18.99
Hot Open Brisket of Beef with gravy (Extra Lean, add \$1.00)	\$18.99
Hot Open Roast Beef with gravy	\$18.99
Hanger Steak (Our Roumanian) Sandwich open style	\$21.99
Hot Pastrami and Corned Beef Combo Deli lovers favorite! Open style on rye, with sweet and sour sauce, stuffed derma and fresh-cut French fries (Extra Lean, add \$1.00)	\$21.99

Wraps *Fresh & delicious.* **YOUR CHOICE** \$12.99

GRILLED CHICKEN CAESAR
Caesar salad under wraps. Grilled chicken with shredded romaine lettuce, chopped tomatoes. Drizzled with Caesar dressing.

FRESH ROAST TURKEY
Oven roasted turkey breast rolled up with herbed stuffing, cranberry sauce, lettuce and a touch of creamy garlic mayonnaise.

ROAST BEEF LOVER
Thinly sliced roast beef, layered with shredded lettuce, diced tomatoes, drizzled with our horseradish sauce.

ORIENTAL CHICKEN ROLL-UP
A spin-off of our oriental chicken salad. Teriyaki chicken, salad greens, shredded carrots, water chestnuts, tossed in our orange Asian dressing.

Cold Platters

Served with freshly sliced tomatoes on a bed of lettuce with potato salad, cole slaw, hard boiled egg, garnish, pickles & bread.

Chopped Liver or Gefilte Fish Platter Traditional favorites	\$12.99
Egg Salad Platter	\$11.99
Old Fashioned Chicken Salad or Large Tuna Fish Salad Platter Prepared from scratch by our chef	\$12.99
Nova Scotia Salmon The Filet Mignon of salmon — delicious!	\$17.99

Special Cold Cut Platters*

Served with rye bread, pickles, cole slaw and a choice of our homemade potato, health, macaroni, Israeli or pasta salad.

Single Meat Platter, Your Choice	\$19.99
Corned Beef • Brisket of Beef • Pastrami • Sliced Turkey Breast • Salami Smoked Turkey Breast • Bologna • Hard Salami • Roast Beef • Tongue (add \$2.00)	
Assorted Cold Cuts	\$21.99
With Tongue	\$23.99
Ronnie's Big Turkey Drumstick or Wing	\$11.99

*Extra Lean, add \$1.00

Omelettes

Made with three fresh eggs. Served with potato pancake & apple sauce or our fresh-cut French fries, plus bread, pickles & fresh-cut cole slaw.

Corned Beef or Pastrami (Extra Lean, add \$1.00)	\$12.99
Tongue	\$15.99
Two Meat Combination Omelette (with Tongue or Extra Lean add \$1.00 ea.)	\$14.99
Western Omelette Deli-style omelette with or without green peppers & onions as you wish	\$12.99
Salami or Bologna	\$12.99
Nova Scotia Salmon, Eggs & Onions	\$16.99
Onion	\$7.99
Fresh Veggie Omelette	\$10.99
Plain (but very good)	\$7.49
All White Omelettes	Add \$2.29

EGG SANDWICH LOVERS!

We'll gladly make your omelette into a sandwich upon request...
On rye, no charge. On club, add \$.79.

PRICES EFFECTIVE NOVEMBER 2016. SUBJECT TO CHANGE WITHOUT NOTICE.