Overstuffed Sandwiches

Per Sandwich Per 1/2 Lb
Hot Corned Beef We pick our own 11.49 13.49
Extra Lean Hot Corned Beef 12.99 15.49
Hot Pastrami 11.49 13.49
Extra Lean Pastrami 11.49 13.49
Toupee Pickled on premix 13.09 14.08
Fresh Brisket of Beef 11.49 13.49
Extra Lean Brisket of Beef 12.49 14.48
Roast Beef 11.49 13.48
Turkey 11.49 13.48
Smoked Turkey Breast 11.49 13.48
Broiled Chicken Cutlet 12.49 14.48
Grilled Chicken Breast 11.49 13.49
Greek National Salami or Bologna 10.09 12.09
Ham Salami 11.09 13.09
Grilled or Broiled Knockwurst on frank roll 8.99 10.99
Chopped Liver 7.99 9.99
Old Fashioned Chicken Salad 10.99 12.99
Egg Salad 9.99 11.99
Tuna Fish Salad 8.49 10.49
Hebrew National Beef Frank 3.79 4.79

Doubles Dip
Half of a deli double sandwich and a bowl of your favorite soup (one meal only) (Tongue or Extra Lean, add 2.01) 15.99

SPECIALTIES SANDWICHES*
Ronnie’s Tasterman Where the meats meet. Something of everything piled high on rye. With Russian dressing and cole slaw 18.99
Del Diablo Oversized portions of hot corned beef and pastrami, served on twin junior rolls. Or substitute your two favorite meats (Tongue, add 1.01) 18.99
Israel Hero Our incredibly foot-long hero sandwich, overstuffed with everything but the kitchen sink. Fees two big badgers or three average men 30.99
Mix & Match Choose any two from three of your favorite ingredients and let us build your sandwich. We’ll combine our cole slaw and Russian dressing on your choice. If you like. Sliced Turkey *Pastrami *Chopped Liver *Corned Beef *Smoked Turkey Heart Salami *Bologna or Salami *Brisket or Roast Beef *Rouge Beef (add 1.01) 11.99
Any Two Meats 17.99 Any Three Meats 19.99
Extra Lean, add 1.00

Side Dishes
Some totals or ordering: For most sides, salads and puddings sold by the pound, individual savings are available. If you have any questions, please call 561-470-9963. Please note: We make everything fresh. Not all items are available in all stores. Please inquire.

Prepared in our kitchen the old fashioned way!
Homemade Mashed Potatoes 3.99 ea
Potato Pancake 3.99 ea
Our Own Round Baked Knishes 3.99 ea
Potato, Kasha or Spinach 3.99 ea
Kasha Varnishkes 5.49 ea
Sauerbraten (not on cold) 4.99 ea
Pickles 4.99 ea

PUDGINGS
Broccoli, Noodle, Potato, Spinach or Sweet Potato 6.99 lb
All of our store-made 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

DELII STANDARDS
Baked Idaho Potato (evenings only) 4.29 ea
Square Potato Knish 3.99 ea
Baked Beans per portion 3.99 ea
Pasta & Cannelloni per portion 3.99 ea
Sauerkraut (hot or cold) 4.99 lb
Pickles 4.99 lb

TASTE THE DIFFERENCE!
Fresh-Cut Cole Slaw & Old-Fashioned Potato Salad 5.09 lb
After your first bite of our fresh-cuts, 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 artificial “bucket salads.” At Ben’s, great value starts right here!

FAMOUS BECAUSE THEY’RE FRESH
The Easy Way We partner our own fresh-lean, fresh...Benn’s Way: Purchase bags of premium quality potatoes, inspect, wash, trim, cut, peel, fry and serve. It takes a little longer, it costs a little more and the results? Taste ‘em and see!
Fresh Fried Potatoes per pound 4.29 lb
Fried Onion Rings per portion 4.79 ea
Fried Vegetables 5.99 lb

SALADS & SIDE DISHES
Made on the premises with the freshest ingredients.
Macaroni Salad 6.50 lb
Best Salad 5.00 lb
Cucumber Salad 5.00 lb
Israel Salad
A chopped salad of peppers, cucumbers, tomatoes and scallions in a Mediterranean-style lemon oil dressing. Fresh, healthy and delicious 8.99 lb
Pasta Salad 6.50 lb
Health Salad 5.00 lb
Garden Vegetable Salad 5.89 lb
House Garden Salad
Crisp mixed greens with fresh tomato 6.99 ea

OTHER SIDES
Pasta & Spinach with fresh garlic 9.99 lb
Vegetable Fried Rice 9.99 lb
Vegetable Lo Mein 9.99 lb
Pasta Primavera 9.99 lb
Pasta Primavera 9.99 lb
Rice Pilaf 8.99 lb
Crab Apple-Pineapple Compote 8.99 lb
Homemade Granola 4.95 pt

Beverages
Fountain Soft Drinks 1.99
Cola - Diet Coke - Sprite - Diet Sprite - Club - Lemonade
Canned Soft Drinks 2.29
Coke - Diet Coke - Diet Sprite - Club - Ginger Ale - Black Cherry - Diet Black Cherry - Sprite - Diet Sprite
Brilliant Root Beer 2.49
Bright Water 2.49
Apple Juice 1.99
Iced Tea or Iced Coffee 1.99
Coffee with non-dairy creamer 1.39
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

Autoservice
Assorted Mini Cookies 14.99 lb
Assorted Rugelach 14.99 lb
Jumbo Cookies 2.99 lb
Special Layer Cake 14.49 lb
Seven Layer Cake 4.29 lb
Brownies 4.29 lb
Fruit Strudel 4.29 lb
Apple Strudel 4.29 lb
Hazelnut 5.99 lb
Low Calorie Baked Apples 4.99 lb
Fresh Fried Fruit 7.99 lb
Fruit Julio 4.99 lb
Apple Breaded pp 6.99 lb
Mein (in season) 4.99 lb

Quick Party Ideas
Please order in advance.
Hors d’oeuvres by the dozen
Mini Knishes – Frankin-in-Jackets – Buffalo Wings from $7.00
Mini Stuffed Cabbage – Chicken & Pork from $3.00
Cold Out Classic
Potato, pepper & onion, potato salad & cole slaw, fresh made & chilled from $14.99 lb

Dinner for Six
From $10.99
Eight delicious entrée choices with your choice of salad & sides.

PRICES EFFECTIVE OCTOBER 2017. SUBJECT TO CHANGE WITHOUT NOTICE. NOT RESPONSIBLE FOR TECHNICAL ERRORS. NOT ALL MENU ITEMS AVAILABLE IN ALL STORES. SOME PRICES MAY BE HIGHER IN MANHATTAN. Copyright © 2017 Ronald M. Dragoon. All Rights Reserved.

**Actual delivery time is NOT guaranteed; it will vary based upon route taken by driver and number or orders on the Ben's delivery truck. If you require a specific delivery time or window, please inquire.**
## Noshes & Nibbles

<table>
<thead>
<tr>
<th>Item Description</th>
<th>Price</th>
</tr>
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<tbody>
<tr>
<td>Fried Kreplach</td>
<td>$9.99</td>
</tr>
<tr>
<td>Stuffed Cabbage</td>
<td>$7.99</td>
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<tr>
<td>Hungarian Goulash</td>
<td>$11.99</td>
</tr>
<tr>
<td>Potted Meat Matzo Ball</td>
<td>$3.99</td>
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<tr>
<td>Beef Tongue Polonaise</td>
<td>$11.99</td>
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<tr>
<td>Nova Scotia Salmon Soup</td>
<td>$11.99</td>
</tr>
<tr>
<td>Gellie Fish</td>
<td>$5.99</td>
</tr>
<tr>
<td>Extra Noodles or Rice</td>
<td>$0.99</td>
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</tbody>
</table>

### Specials

- Extra Noodles or Rice: $0.99
- Daily Homemade Soup: $0.99

## Homemades Soups

<table>
<thead>
<tr>
<th>Name</th>
<th>Portion</th>
<th>Quart</th>
</tr>
</thead>
<tbody>
<tr>
<td>Romme's Old-Fashioned Chicken Soup</td>
<td>$3.40</td>
<td>$7.20</td>
</tr>
<tr>
<td>Romme's Matzo Ball Soup</td>
<td>$3.40</td>
<td>$7.20</td>
</tr>
<tr>
<td>Romme's Noodles or Rice</td>
<td>$0.40</td>
<td>$7.99</td>
</tr>
<tr>
<td>Romme's Mushroom Soup</td>
<td>$3.40</td>
<td>$7.20</td>
</tr>
<tr>
<td>Romme's Daily Homemade Soup</td>
<td>$0.40</td>
<td>$7.99</td>
</tr>
<tr>
<td>Extra Noodles or Rice</td>
<td>$0.40</td>
<td>$7.99</td>
</tr>
</tbody>
</table>

## Homemades Sandwiches

- Knaup's Matzo Ball: $1.49

*When ordering quarts of chicken soup, knaup and matzo ball are both sold separately. Just tell us how many*

## Daily Homemades

<table>
<thead>
<tr>
<th>Day</th>
<th>Item Description</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sunday</td>
<td>Chicken or Beef in the Pot</td>
<td>$7.49</td>
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<tr>
<td></td>
<td>Whole &amp; Half Chicken</td>
<td>$7.49</td>
</tr>
<tr>
<td></td>
<td>Chicken Fingers</td>
<td>$19.98</td>
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<tr>
<td></td>
<td>Chicken Pot Pie</td>
<td>$19.98</td>
</tr>
</tbody>
</table>

## Poultry-To-Go

We were cooking premium quality chicken for almost 20 years before the meteoric rise and fall of our takeout salad. And we’re not cooking ‘em for another 30 years! It’s the best chicken, most delicious chicken you can ever have.

<table>
<thead>
<tr>
<th>Item Description</th>
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</tr>
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<tbody>
<tr>
<td>Whole &amp; Half Chicken</td>
<td>$7.49</td>
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<tr>
<td>Chicken Fingers</td>
<td>$19.98</td>
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<tr>
<td>Chicken Pot Pie</td>
<td>$19.98</td>
</tr>
<tr>
<td>Chicken Breast</td>
<td>$6.99</td>
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</tbody>
</table>

## Garden Fresh Salads

<table>
<thead>
<tr>
<th>Item Description</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Caesar Salad</td>
<td>$8.00</td>
</tr>
<tr>
<td>House Garden Side Salad</td>
<td>$12.99</td>
</tr>
<tr>
<td>Mixed Green Salad</td>
<td>$15.00</td>
</tr>
<tr>
<td>mixed greens</td>
<td>$6.99</td>
</tr>
</tbody>
</table>

## Rolls & Sandwiches

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

<table>
<thead>
<tr>
<th>Item Description</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Planning an event? Call our CATERING HOTLINE 1-800-344-BENS or visit us on the web at <a href="http://www.BensDeli.net">www.BensDeli.net</a></td>
<td></td>
</tr>
</tbody>
</table>

## Hot Open Sandwiches

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

- Open Roast Turkey with cranberry and onion sauce. $17.99
- Open Brisket of Beef with gravy (Extra Lean, add $1.00)....$19.99
- Open Roast Brisket of Beef with gravy. $19.99
- Hanger Steak (Our Romanian) open style. $21.99
- Hot Pastrami and Corned Beef Combo. $21.99

## Wraps

- Fresh fish & vegetables YOUR CHOICE $11.99

## GRILLED CHICKEN CAESAR

Caesar salad under wraps. Grilled chicken with shredded romaine lettuce, chopped tomatoes, drizzled with Caesar dressing.

## FRESH ROAST TURKEY

Open mashed turkey breast rolled with herbal stuffing, cranberry sauce, lettuce and a touch of creamy garlicky mayonnaise.

## ROAST BEEF LOINS

Thirty sliced roast beef, layered with shredded lettuce, diced tomatoes, drizzled with our house dressing.

## ORIENTAL CHICKEN ROLLUP

Sliced roast chicken, served with our teriyaki sauce. Teriyaki chicken, salad greens, shredded carrots, water chestnuts, tossed in our orange Asian dressing.

## Cold Platters

- Served with fresh sliced tomatoes on a bed of lettuce with potato salad, cole slaw, hard boiled egg, pickles, and bread. 
- Chopped Liver or Gefilie Fish Platter Traditional favorites. $12.99
- Egg Salad Platter. $11.99
- Old Fashioned Chicken Salad or Large Tuna Fish Salad Platter Prepared from scratch, never frozen. $12.99

## Special Cold Cut Platters

- Served with rye bread, pickle, cole slaw and a choice of our homemade potato, salad, macaroni or potato salad. $19.99
- Single Meat Platter, Your Choice. $19.99

- Corned Beef - Brisket or Pastrami - Smoked Turkey Breast - Smoked Turkey Breast – Bologna - Hard Salami - Roast Beef – Tongue (add $2.00)...
- $21.99
- With Tongue. $23.99
- Romme’s Big Turkey Drumstick or Wing. $11.99
- Extra Lean, $1.50

## Omelettes

- Made with fresh eggs. Served with potato pancake & apple sauce or our fresh-cut fried potatoes, plus pickles, and fresh-cut cold cole slaw.
- Corned Beef or Pastrami (Extra Lean, add $1.00).......
- $13.49
- With Tongue. $13.99
- Two Meat Combination Omelette (With Tongue or Extra Lean add $1.00)....
- $14.99
- Extra Salami, Omelette style with or without green peppers or onions as you wish. $12.99
- Extra Nova Scotia Salami, Eggs & Onions. $12.99
- Omelette. $9.99
- Fresh Veggie Omelette. $8.99
- Plain but very good. $6.99
- All White Omelettes. $2.29

## Self-Serve Sandwiches

- Add $2.29

## Prices effective October 2017. Subject to change without notice.