



The Taste of New York

BEN'S

KOSHER DELICATESSEN
RESTAURANTS & CATERERS

Subway Map © Metropolitan Transportation Authority. Used with permission.

Appetizers

Chicken Tenders

House-made served with honey mustard or duck sauce. 9.99

Fried Kreplach

Five crispy pieces with sautéed onions. 9.99

Potted Mini Meatballs

In brown gravy 10.99

Chopped Liver

Garnished with lettuce, tomato and onion 11.99



Our Unique Chicken Fricassee

With mini meatballs in brown gravy 11.99

Beef Tongue Polonaise

In our delicious raisin gravy 12.99

Homemade Stuffed Derma

With brown gravy. 9.99

Nova Scotia Salmon

With onion, lettuce and tomato 12.99

Gefilte Fish

With horseradish 8.99

Cantaloupe, Honeydew Melon or

Fresh Fruit Salad (in season) 4.79

Beef Frank Combo

Hebrew National® beef frank, fresh-cut fries or a knish and fountain soda 11.49

A Hush Puppy

Homemade mashed potatoes wrapped around a Hebrew National® beef frank encased in an egg roll wrapper with fountain soda 11.49

Anything from our deli counter is available at your table in appetizer or side dish portions. Please ask your server.

STUFFED CABBAGE HONGROISE



A generous cabbage roll filled with lean ground beef, a little rice and our special seasonings, in a sauce that cries out for rye (to get the last drop) or substitute 6 minis 10.99

TOP'T DOGS

Your Choice \$14.99

Includes bottomless fountain soda and choice of French fries, potato knish or deli side salad.

Best of Boston

A generous portion of baked beans & crispy onion straws on a brioche bun.

Chili Dog

On a brioche bun heaped with chili & fresh-chopped red onions.

Ben's Deli Dog

On baguette topped with warm sauerkraut & your choice of either corned beef or pastrami. Russian dressing optional.

Beer & Wine

Please ask your server about additional selections which may be available.

BEER IN FROSTED MUGS

Draft (available in Manhattan & Scarsdale only)

Domestic 5.99 Imported 6.49

Domestic Bottles 5.49

Imported Bottles 6.49

Non-Alcoholic 4.99

WINE

Pinot Grigio

Bottle 27.99 Glass 8.99

Baron Herzog Chardonnay (California)

Bottle 27.99 Glass 8.99

Baron Herzog Merlot (France)

Bottle 28.99 Glass 9.49

Baron Herzog Cabernet Sauvignon (California)

Bottle 28.99 Glass 9.49

Baron Herzog White Zinfandel (California)

Bottle 26.99 Glass 8.79

Kedem Naturally Sweet Concord

Bottle 11.99

LIQUOR Our full-service bar in Manhattan features a wide selection of liquors and cordials. If your preference is not stocked, please advise your server.

Beverages

Bottomless Fountain Sodas 2.99

Coke, Diet Coke, Sprite, Diet Sprite, Club, Cream, Cherry

Dr. Brown's 2.49

Cream, Black Cherry – Regular or Diet, or Celray

Bottled Root Beer 2.79

Bottled Water 1.99

Fresh Squeezed Orange Juice 3.99

Fruit Juices 2.29

Apple, Cranberry, Pineapple, Tomato

Kedem Bottled Grape Juice 2.99

Bottomless Iced Tea or Iced Coffee 2.49

Bottomless Coffee with non-dairy creamer 1.99

Bottomless Tea 1.99

Homemade Soups

Ronnie's Old-Fashioned Chicken Soup

- With a Matzo Ball 5.79
- With a Kreplach 5.79
- With Noodles or Rice 5.29
- Care for another Kreplach or Matzo Ball? 1.99 ea.

Mushroom Barley Soup 5.79

Grandma's Soup

- Our famous chicken soup filled with boneless chicken, soft carrots and noodles 8.99
- With one Matzo Ball or Kreplach 9.99

A Schissel

Chicken in the pot without the chicken or if you prefer, we'll fill your big bowl with just mushroom barley or our daily homemade soup. 12.99



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**

Daily Homemade Soup 5.79

Bowl of Vegetarian Chili

With wedge of garlic bread \$8.99

Side Dishes



Traditional Favorites

Prepared in our kitchens the old-fashioned way!

Homemade Mashed Potatoes

Plain or with sautéed onions 4.29

Potato Pancake with apple sauce 4.29

Our Own Round Baked Knishes

Tender pastry stuffed with savory filling. An Eastern European treat! Potato, Kashe or Spinach 4.79

Kashe Varnishkas 3.99

Egg Barley & Mushrooms 3.99

Homemade Stuffed Derma 5.29

Fruit Noodle Pudding 3.99

Spinach Log 4.79

Fresh Vegetable of the Day 4.29

DELI STANDARDS

Baked Idaho Potato (evenings only) 4.79

Square Potato Knish 4.79

Baked Beans 4.29

Peas & Carrots 4.29

Sweet or Hot Peppers 3.49

Sauerkraut (hot or cold) 3.49



Famous Because They're Fresh!

French Fried Potatoes 4.99

French Fried Onion Rings 4.99



Salads Bar None

Made on premise with the freshest ingredients.

Old-Fashioned Potato Salad 3.99

Macaroni Salad 3.99

Israeli Salad 4.99

Pasta Salad 3.99

Health Salad 3.99

Cucumber Salad 3.99

House Garden Salad 7.99

Kids

Ask for our special **Kid's Menu** with all your Ben's favorites in smaller portions made just for you! And don't forget your Ben's lollipop!

For the littliest ones... Ben's offers **FREE** Cheerios for toddlers.

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To ensure that Ben's operates as a kosher restaurant without non-kosher or dairy products, please do not use any foods not provided by Ben's on the premises.

THANK YOU!

Garden Fresh Salads

DRESSING SELECTIONS

Russian, Oriental, Honey Mustard,
Fat-Free Italian, Poppyseed, Creamy Garlic

Caesar Salad

Creamy garlic dressing over crisp
romaine with homemade croutons 8.99
With a seasoned grilled chicken breast. 15.99
With grilled fresh salmon 17.99

Spinach Salad

Fresh spinach with chopped egg, red onion
and mushrooms in a poppy seed dressing
topped with crumbled, grilled pastrami. 12.99

Chef Salad

Crisp romaine, peppers, radish, hard-boiled egg,
tomato, black olives, and your choice of meats:
Roast Beef, Turkey, Corned Beef, Salami, Bologna,
Smoked Turkey Breast, Tongue (add \$1.00) or Extra
Lean (add \$1.00)

One meat 16.99 **Two meats** 18.99

Soup and Salad Combo

A bowl of soup with house garden salad 11.99
A bowl of soup with Caesar salad 12.99
With Grandma's soup add 2.50

SPECIAL COLD CUT PLATTERS*

Served with either our homemade potato, health,
macaroni, Israeli or pasta salad.

Single Meat Platter, Your Choice 21.99

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 23.99
 With Tongue 25.99

Ronnie's Big Turkey Drumstick or Wing 11.99

*extra lean, add 1.00

Grilled Chicken & 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 17.99

Grilled Salmon Salad

Romaine, mixed greens and spinach leaves,
cherry tomatoes and red onions tossed with
Honey Mustard topped with grilled salmon
and homemade croutons. 17.99

Salad Orientale

An oriental chicken breast and crunchy noodles
crisp romaine, carrots, peppers, mushrooms,
scallions, water chestnuts and snow peas in
an Asian dressing. 16.99

House Garden Salad

Mixed salad greens and fresh tomato 7.99

Cold Platters

Served with freshly sliced tomatoes on a bed of lettuce
with potato salad, health salad, hard boiled egg and garnish.

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! 18.99

Omelettes

Made with three fresh eggs. Served with potato pancake
and apple sauce or our fresh cut French fries.

Corned Beef or Pastrami (extra lean, add 1.00) . . . 13.99
Tongue 16.99

Two Meat Combination Omelette
(with Tongue or extra lean, add 1.00) 14.99

Western Omelette
Deli-style omelette with or without green
peppers and onions as you wish 12.99

Salami or Bologna 12.99

Nova Scotia Salmon, Eggs & Onions 17.99

Onion 9.99

Fresh Veggie Omelette . . 11.99 With avocado . . 12.99

Plain (but very good). 8.99

All White Omelettes Add 2.49

Egg Sandwich Lovers! We'll gladly make your omelette
into a sandwich upon request. On rye, no charge
On club Add .99

Burgers and steaks are cooked to order.

Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness.

Overstuffed Sandwiches

Served with bottomless cole slaw and pickles galore.
Your choice of rye or whole wheat bread. Add sliced tomato,
sweet or hot peppers, potato salad or club bread99¢.
Toasted garlic bread ... \$1.29. Special requests? Just ask!

Hot Corned Beef We pickle our own!	13.49
Extra Lean Hot Corned Beef	14.49
Hot Pastrami	13.49
Extra Lean Pastrami	14.49
Tongue Pickled on premises!	15.99
Fresh Brisket of Beef	13.49
Extra Lean Brisket of Beef	14.49
Roast Beef	13.49
Turkey	13.49
Smoked Turkey Breast	13.49
Breaded Chicken Cutlet	13.99
Grilled Chicken Breast	13.99
Hebrew National® Salami or Bologna	11.99
Hard Salami	13.49
Grilled or Boiled Knockwurst on Frank Roll	9.99
Chopped Liver	12.49
Old-Fashioned Chicken Salad	12.49
Egg Salad	11.49
Tuna Fish Salad	12.49

Double Dip

Half of a deli double sandwich and a bowl of
your favorite soup (one meat only)
(Tongue or extra lean, add .50). 14.99
With Grandma's Soup Add 2.50

SPECIALTY SANDWICHES*

Hungarian Hoagie

Tender beef goulash with caramelized onions
and sweet red peppers on a club roll 16.99

Ronnie's Tastemaster

Where the meats meet. Something of
everything piled high on rye. With Russian
dressing and cole slaw 19.99

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) 19.99

Israeli Hero

Our incredible foot-long hero sandwich,
overstuffed with everything but the
kitchen sink. Feeds two big fressers or three
average mensch. 34.99

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 . . 18.99 **Any Three Meats** . . 21.99

*Extra lean, add 1.00

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.

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 22.99

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) 22.99

Hot Entrees

Served with vegetable of the day and choice of potato

POULTRY

Roast Half Spring Chicken

A tender, barbecue-roasted kosher chicken. The best! 19.99

Breaded Chicken Cutlets

Flavorful boneless chicken breasts lightly breaded and fried until golden 19.99

Grilled Twin Boneless Chicken Breasts

Plump, fresh and tender. Lightly seasoned then grilled to perfection 19.99

Marinated Chicken

A half chicken, marinated in our own barbecue sauce 19.99

Hawaiian Chicken

Lightly breaded, boneless white meat chicken served in a tangy sweet and sour sauce 19.99

Roast Turkey

Moist and delicious off the frame with homemade gravy and 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 24.99



BEEF

Broiled Hanger (Our Roumanian) Steak

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. 27.99

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 28.99

Sliced London Broil

Carved as you like it with our rich mushroom gravy 25.99

Silver Tip Roast Beef

A juicy half-pound portion carved from the tenderest part of the beef 21.99

Braised Fresh Brisket of Beef

Simmered slowly the old-fashioned way with just the right seasonings and thick sliced (at least one-half pound) (extra lean, add 1.00) 21.99

Two 'Specials'

Big fat Hebrew National® quarter pound kosher franks, grilled or boiled, served with baked beans and fresh-cut French fries 14.99

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) 19.99

Burgers and steaks are cooked to order.

Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness.

Wraps

Fresh and delicious.
Your choice \$15.99

Includes choice of French fries, potato knish or deli side salad.

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 Lovers

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 Asian dressing.

Panini

Your choice \$18.99

Includes choice of French fries, potato knish or deli side salad.

Grilled Chicken

Grilled to perfection and topped with lettuce, sweet red pepper and chipotle dressing on French bread.

The Original Brisket

Slowly simmered brisket served with caramelized onions and fresh horseradish sauce on a Brioche roll.

Steak Bites

Mouthwatering steak slices and grilled onions doused with homemade pesto sauce on pressed French bread.

The Rachel

A mound of our delicious pastrami, sauerkraut and Russian dressing on pressed seeded Rye bread.

The Reuben

Ben's famous corned beef, sauerkraut, Russian dressing on pressed seeded Rye bread.


Traditional Specialties

 Served with vegetable of the day and choice of potato.

Chicken or Beef In The Pot

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. \$23.99
 With lean breast of flanken simmered until tender \$25.99


Our Unique Chicken Fricassee

Succulent chicken pieces and meatballs in a flavorful brown gravy  \$19.99

Hungarian Goulash

Cubes of lean beef, gently spiced and simmered until tender with peas and fresh garden carrots. Served on a bed of egg noodles \$21.99


Beef Tongue Polonaise

Thinly sliced and served with Ronnie's delicious raisin gravy.  \$25.99


Marinated Short Ribs

Beef short ribs slow roasted until tender, marinated in our house-made sweet & tangy BBQ sauce. . . . \$25.99

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!  \$21.99

Ronnie's Difficult Decision

Can't make up your mind? Order any of our three different delicious appetizers as a main dish  \$27.99

Potato Pancakes

Great because we grate our own! Three served with apple sauce. \$11.99

Steak & Turkey Burgers

FRESHLY GROUND

Hand formed with 8 ozs. of lean chopped beef or lean ground turkey, seasoned in house. Served with pickles & bottomless freshly made Cole slaw. Sautéed fresh mushrooms or onions... add .99 cents.

Burger Classic

With lettuce, tomatoes, and fresh-cut French fries.
 Steak \$13.99 Turkey \$14.99

Salami Burger

Delicious. Broiled with slices of tangy grilled salami. Served on a bun with fresh-cut French fries.
 Steak \$14.99 Turkey \$15.99

Slim Burger Platter

With sliced tomato, lettuce and fresh fruit salad on the side.
 Steak \$14.99 Turkey \$15.99

Our Popular Pastrami Burger Platter

Topped with slices of grilled pastrami. Served with fresh-cut French fries. A kosher treat!
 Steak \$16.99 Turkey \$17.99

VEGGIE BURGERS

We will gladly substitute a veggie burger... no charge!

Broiler closes 10 minutes prior to store closing time.

SPECIALTY BURGERS

Your Choice \$18.99

Includes bottomless fountain soda and choice of French fries, potato knish or deli side salad. Substitute a turkey burger... add \$1.00.

Big Ben Grilled pastrami, onion rings, lettuce, tomato and chipotle mayo.

BBQ Brisket Sliced brisket & BBQ sauce.

California Sliced avocado & Israeli salad.

Sliders Twin mini burgers on challah rolls, crispy onions, horseradish sauce.

FRESHLY GROUND

Desserts

Please ask your server for today's selections.

- Chocolate Babka \$4.79
- Assorted Mini Cookies \$3.79
- Assorted Mini Rugulach \$3.79
- Jumbo Cookie \$3.29
- Apple Strudel \$4.79
- Seven Layer Cake \$4.79
- Brownie \$4.79
- Special Layer Cake or Fruit Pie \$4.79
- Low Calorie Baked Apple \$4.99
- Fruit Gelatin \$3.79
- Halvah \$5.99
- Fresh Fruit Salad \$4.29
- Apple Bread Pudding \$3.99
- Apple Sauce \$2.79
- Melon (In Season) \$4.79

Burgers and steaks are cooked to order.

Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness.

**"Bar-B-Q's For 30 or 3,000
Are No Sweat This Summer!"**

Complete Hassle-Free Barbecues!

Whether it's hamburgers and frankfurters, chicken and steak or something more exotic, Ben's catered barbecues satisfy even the heartiest appetites. Our complete packages include side dishes, pickles and condiments, soft drinks and ice, paper goods, utensils, equipment and grill person. We set up and clean up. All you do is eat and enjoy!

4 PACKAGE OPTIONS

All American • Deluxe • Executive • Ultimate



**ASK FOR OUR
BBQ BROCHURE**



**A WORD FROM
OWNER-FOUNDER
RONNIE DRAGON**

Dear Friends:

To some, delicatessen is something you put between two slices of bread. To me, it's a calling. I am committed to preserving the traditional cuisine of my Eastern European heritage, amidst all that's required to operate a modern restaurant.

This is our pledge, from the Ben's family to you: Fresh food, freshly prepared and courteously served in a clean, well-maintained restaurant faithfully observing the Kosher dietary laws.

I urge you to bring anything less to my personal attention by emailing, ronnie@bensdeli.net or by calling 1-888-344-BENS. Your complete satisfaction is our goal. Any concerns will receive my prompt attention.

Thank you for dining with us at Ben's.

Ronnie

**Please Visit Ben's Info Center...
Only Life Offers More Variety!!!**



**COMPLETE
CATERING
SERVICES**

**1-800-344-BENS
BensDeli.net**

