

Overstuffed Sandwiches

Served with pickles. Choice of rye or whole wheat bread. Toasted garlic bread... \$1.29. Add sliced tomato, sweet or hot peppers, potato salad or club bread... \$.99. Special requests? Just ask!



	Per Sandwich	Per 1/2 Lb.
Hot Corned Beef We pickle our own!	\$14.99	\$17.98
Extra Lean Hot Corned Beef	\$15.99	\$18.98
Hot Pastrami	\$14.99	\$17.98
Extra Lean Pastrami	\$15.99	\$18.98
Tongue Pickled on premises!	\$17.99	\$20.98
Fresh Brisket of Beef	\$14.99	\$17.98
Extra Lean Brisket of Beef	\$15.99	\$18.98
Roast Beef	\$14.99	\$17.98
Turkey	\$14.99	\$17.98
Smoked Turkey Breast	\$14.99	\$17.98
Breaded Chicken Cutlet	\$15.99	\$18.98
Grilled Chicken Breast	\$15.99	\$18.98
Hebrew National® Salami or Bologna	\$13.99	\$16.98
Hard Salami	\$14.99	\$17.98
Grilled or Boiled Knockwurst on frank roll	\$11.49	\$13.98
Chopped Liver	\$13.99	\$16.98
Old-Fashioned Chicken Salad	\$13.99	\$16.98
Egg Salad	\$12.99	\$15.98
Tuna Fish Salad	\$13.99	\$16.98
Hebrew National® Beef Frank	\$5.49	\$8.98
PLT Grilled pastrami, lettuce, tomato on rye toast	\$14.99	

Double Dip	\$16.99
Half of a deli double sandwich (one meat only) with a bowl of your favorite soup and choice of bread	
Tongue or Extra Lean	add .50¢
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	\$19.99
Ronnie's Tastemaster All our meats piled high on rye with Russian dressing and Cole slaw	\$24.99
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)	\$23.99
Israeli Hero Our incredible foot-long hero sandwich, overstuffed with everything but the kitchen sink. Feeds two big fressers or three average mensch	\$36.99
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	\$21.99
Any Three Meats	\$24.99

*Extra Lean, add \$1.00

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	\$15.99
Egg Salad Platter	\$14.99
Old Fashioned Chicken Salad or Large Tuna Fish Salad Platter Prepared from scratch by our chef	\$15.99
Nova Scotia Salmon The Filet Mignon of salmon — delicious!	\$19.99

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 Corned Beef • Brisket of Beef • Pastrami • Sliced Turkey Breast • Salami Smoked Turkey Breast • Bologna • Hard Salami • Roast Beef • Tongue (add \$2.00)	\$24.99
Assorted Cold Cuts With Tongue	\$26.99 \$28.99
Ronnie's Big Turkey Drumstick or Wing	\$13.99

*Extra Lean, add \$1.00

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	\$4.99 ea
Potato Pancake With apple sauce	\$4.99 ea
Our Own Round Baked Knishes Tender pastry stuffed with savory filling. An Eastern European treat! Potato, Kashe or Spinach	\$4.99 ea
Kashe Varnishkas	\$9.99 lb
Egg Barley & Mushrooms	\$9.99 lb
Homemade Stuffed Derma single slice \$5.99	\$11.99 lb
Spinach Log	\$9.99 lb
Fresh Vegetable of the Day per portion	\$4.99 ea

PUDDINGS

Broccoli, Noodle, Potato, Spinach or Sweet Potato
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!

	\$8.99 lb
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DELI STANDARDS

Baked Idaho Potato (evenings only) or Sweet Potato	\$4.99 ea
Square Potato Knish	\$4.99 ea
Baked Beans per portion	\$4.99 ea
Peas & Carrots per portion	\$4.99 ea
Sweet or Hot Peppers	\$6.99 lb
Sauerkraut (hot or cold)	\$6.99 lb
Pickles	\$6.99 lb

TASTE THE DIFFERENCE!

Fresh-Cut Cole Slaw & Old-Fashioned Potato Salad
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!

	\$6.49 lb
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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	\$5.49 ea
Fried Onion Rings per portion	\$5.99 ea
Fried Vegetables	\$9.99 lb

SALADS BAR NONE

Made on the premises with the freshest ingredients.

Macaroni Salad	\$6.49 lb
Beet Salad	\$6.99 lb
Cucumber Salad	\$6.49 lb
Israeli Salad A chopped salad of peppers, cucumbers, tomatoes and scallions in a Mediterranean-style lemon olive oil dressing. Fresh, healthy and delicious	\$9.99 lb
Pasta Salad	\$7.49 lb
Health Salad	\$6.49 lb
Garden Vegetable Salad	\$7.49 lb
House Garden Side Salad Mixed salad greens, tomato, cucumber, pepper & shredded carrots	\$9.99

OTHER SIDES

Pasta & Spinach with fresh garlic	\$9.99 lb
Rice Pilaf	\$9.99 lb
Cranberry-Pineapple Compote	\$9.99 lb
Homemade Gravy	\$5.99 pt

PRICES EFFECTIVE JANUARY 2022. 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.

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Beverages

Fountain Sodas	\$2.49
Coke • Diet Coke • Sprite • Diet Sprite • Club • Cream • Cherry	
Liter Sodas	\$3.49
Canned Sodas	\$2.49
Celray • Cream • Black Cherry - Regular or Diet	
Bottled Root Beer	\$2.99
Bottled Water	\$2.29
Apple Juice	\$2.99
Iced Tea or Iced Coffee	\$2.79
Coffee with non-dairy creamer	\$2.49
Decaffeinated Coffee with non-dairy creamer	\$2.49
Tea	\$2.49
Domestic Beer	\$6.49
Imported Beer or Ale	\$6.99
Non-Alcoholic Beer	\$5.99
Kedem Grape Juice	Small \$2.99 Large \$9.99

Desserts Please ask your server for today's selections.

Assorted Mini Cookies	\$16.99 lb
Assorted Rugelach	\$16.99 lb
Jumbo Cookies	\$3.49 ea
Special Layer Cake	\$4.99 sl
Seven Layer Cake	\$4.99 sl
Chocolate Babka	\$4.99 sl
Fruit Pies	\$4.99 sl
Apple Strudel Homemade	\$4.99 sl
Halvah	\$6.99 ea
Low Calorie Baked Apples	\$4.99 ea
Fresh Fruit Salad	\$8.99 lb
Fruit Gelatin	\$4.99 lb
Apple Bread Pudding	\$8.49 lb
Apple Sauce	\$3.29 ea
Melon (in season)	\$4.99 sl

Quick Party Ideas Please order in advance.

Hors D'oeuvres by the dozen	from \$8.40
Mini Knishes • Franks-in-Jackets • Buffalo Wings Mini Stuffed Cabbages • Chicken Fingers • And More!	
Cold Cut Classic Plattered delicatessen meats, homemade potato salad & Cole slaw, fresh rye bread & condiments	\$15.99 pp
Dinner for Six	from \$115.99
Eight delicious entrée choices with your choice of salad & sides.	

BEN'S real meals

Family-Style Takeout Dinners

Offered Every Weekday Except Holidays.

\$31.98 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

TAKEOUT MENU

Now You Can Order Your Favorite Foods Online at

OrderBensNow.com

Or Call (212) 398-BENS (2367)
To Place Your Order

BEN'S DELIVERY ZONES

125TH STREET

54TH STREET

43RD STREET

32ND STREET

22ND STREET

BATTERY PARK

RIVER

12TH AVENUE

10TH AVENUE

BEN'S

5TH AVENUE

LEXINGTON AVENUE

FDR DRIVE

\$5 Delivery Fee
\$25 Min. Order

\$7.50 Delivery Fee
\$40 Min. Order

\$25 Delivery Fee
\$75 Min. Order

For Delivery Information In Other Areas, Please Call.

It's never been easier to join the Ben's Friends Preferred Patrons Club, **SIMPLY TEXT PASTRAMI & YOUR EMAIL TO 73757** and start earning rewards eating the foods you love!

"Keeping The Tradition Alive Since 1972"

RESTAURANT • DELICATESSEN • CATERER

www.bensdeli.net

BEN'S

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

Featuring **NY KOSHER**

Featuring **UNDER RABBINICAL SUPERVISION DAILY**

Noshes & Nibbles Small Portions of Our Big Favorites!

Fried Kreplach Five crispy pieces with sautéed onions	\$12.49
Stuffed Cabbage Hongroise A generous cabbage roll filled with lean ground beef, a little rice and our special seasonings	\$12.99 ea
Chopped Liver Appetizer with onion, lettuce, tomato and rye	\$13.99
Hungarian Goulash Tender cubes of gently spiced beef with noodles on the side	\$13.99 pt
Potted Mini Meatball Appetizer	\$12.49
Beef Tongue Polonaise Appetizer in our delicious raisin gravy with rye	\$15.99
Nova Scotia Salmon Nosh with onion, lettuce, tomato and rye	\$14.99
Homemade Stuffed Derma Appetizer with brown sauce and rye bread	\$11.99
Wings Choose from Buffalo, Sweet Teriyaki, Honey BBQ or Plain. Served with celery sticks & homemade Garlic-Mayo dipping sauce	
	\$9.99

DOGS



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!

Hot Dog Combo Meal
Hebrew National® beef frank, fresh cut fries or knish & soda

Knockwurst On A Bun
Served with fresh-cut fries or a knish & soda

TOP'T DOGS Your Choice \$15.99

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

Best of Boston

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

Chili Dog

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

Ben's Deli Dog

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

Homemade Soups

Ronnie's Old-Fashioned Chicken Soup	Portion	Quart
With a Matzo Ball	\$6.49	**
With a Kreplach	\$6.49	**
With Noodles or Rice	\$5.99	\$9.99
Mushroom Barley Soup	\$6.49	\$10.99
Grandma's Soup Our famous chicken soup filled with boneless chicken, soft carrots and noodles		
	\$8.99	
With one Matzo Ball or Kreplach	\$10.99	
Vegetarian Chili With wedge of garlic bread		
	\$10.99	
Daily Homemade Soup	\$6.49	\$10.99
Extra Noodles or Rice	\$.99	\$3.99
Kreplach or Matzo Ball	\$2.29 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

**Planning
An Event?**



Email catering@bensdeli.net or request a FREE consultation at
BensDeli.net/kosher-catering-consultation/

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Hot Entrées Served with vegetable of the day and choice of starch

BEEF

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

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

Sliced London Broil

Carved as you like it with our rich mushroom gravy

Silver Tip Roast Beef

A juicy half-pound carved from the most tender part of the beef

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)

Two 'Specials'

Hebrew National® big fat quarter pound kosher franks, baked beans and fresh-cut French fries or two other sides of your choice

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)

Traditional Specialties All include pickles, Cole slaw & bread

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

With lean breast of flanken simmered until tender

Our Unique Chicken Fricassee

Succulent chicken pieces and meatballs in a flavorful brown gravy

Marinated Short Ribs

Beef short ribs slow roasted until tender, marinated in our house-made sweet and tangy barbeque sauce

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	\$8.49 lb
Rotisserie • Oven Roasted • Marinated • Fried	
Chicken Tenders	\$19.98 lb
House-made served with honey mustard or duck sauce	
Fresh Grilled Chicken Breast	\$19.98 lb
Breaded Chicken Cutlets	\$19.98 lb
Our Unique Chicken Fricassee With mini meatballs in brown gravy	\$13.99 pt
Hot or BBQ Chicken Wings	\$9.99 lb
Turkey Wing	\$6.99 ea
Turkey Leg	\$7.99 ea
Hawaiian Chicken Breaded chicken breast pieces in sweet & sour sauce	\$14.99 pt
Chicken Pot Pie Homemade, of course	\$10.99 ea

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)	\$15.99
Tongue	\$19.99
Two Meat Combination Omelette (with Tongue or Extra Lean add \$1.00 ea.)	\$16.99
Western Omelette Deli-style omelette with or without green peppers & onions	\$15.99
Salami or Bologna	\$14.99
Nova Scotia Salmon, Eggs & Onions	\$19.99
Onion	\$12.99
Fresh Veggie Omelette	\$14.99
With sliced avacado	\$15.99
Plain (but very good)	\$12.99
All White Omelettes	Add \$2.99

EGG SANDWICH LOVERS! We'll gladly make your omelette into a sandwich upon request...
On rye, no charge. On club, add \$9.99.