

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!	\$12.99	\$14.98
Extra Lean Hot Corned Beef	\$13.99	\$15.98
Hot Pastrami	\$12.99	\$14.98
Extra Lean Pastrami	\$13.99	\$15.98
Tongue Pickled on premises!	\$16.49	\$16.98
Fresh Brisket of Beef	\$12.99	\$14.98
Extra Lean Brisket of Beef	\$13.99	\$15.98
Roast Beef	\$12.99	\$14.98
Turkey	\$12.99	\$14.98
Smoked Turkey Breast	\$12.99	\$14.98
Breaded Chicken Cutlet	\$12.99	\$9.99
Grilled Chicken Breast	\$12.99	\$9.99
Hebrew National® Salami or Bologna	\$11.99	\$7.98
Hard Salami	\$12.99	\$14.98
Grilled or Boiled Knockwurst on frank roll	\$9.99	\$7.98
Chopped Liver	\$12.49	\$7.98
Old-Fashioned Chicken Salad	\$12.49	\$7.98
Egg Salad	\$11.49	\$6.98
Tuna Fish Salad	\$12.49	\$7.98
Hebrew National® Beef Frank	\$4.99	\$7.98

Double Dip	\$15.99
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	\$18.99
Ronnie's Tastemaster All our meats piled high on rye with Russian dressing and Cole slaw	\$22.99
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)	\$21.99
Israeli Hero Our incredible foot-long hero sandwich, overstuffed with everything but the kitchen sink. Feeds two big fressers or three average mensch	\$35.99
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	\$19.99
Any Three Meats	\$22.99

*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	\$14.99
Egg Salad Platter	\$13.99
Old Fashioned Chicken Salad or Large Tuna Fish Salad Platter Prepared from scratch by our chef	\$14.99
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)	\$23.99
Assorted Cold Cuts With Tongue	\$25.99
Ronnie's Big Turkey Drumstick or Wing	\$27.99
Ronnie's Big Turkey Drumstick or Wing	\$12.99

*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	\$4.59 ea
Potato Pancake With apple sauce	\$4.59 ea
Our Own Round Baked Knishes Tender pastry stuffed with savory filling. An Eastern European treat! Potato, Kashe or Spinach	\$4.79 ea
Kashe Varnishkas	\$8.99 lb
Egg Barley & Mushrooms	\$8.99 lb
Homemade Stuffed Derma single slice	\$5.79
Spinach Log	\$9.99 lb
Fresh Vegetable of the Day per portion	\$4.59 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!	\$7.99 lb
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DELI STANDARDS

Baked Idaho Potato (evenings only) or Sweet Potato	\$4.99 ea
Square Potato Knish	\$4.79 ea
Baked Beans per portion	\$4.59 ea
Peas & Carrots per portion	\$4.59 ea
Sweet or Hot Peppers	\$5.99 lb
Sauerkraut (hot or cold)	\$5.99 lb
Pickles	\$5.99 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!	\$5.99 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	\$4.99 ea
Fried Onion Rings per portion	\$5.29 ea
Fried Vegetables	\$8.99 lb

SALADS BAR NONE

Made on the premises with the freshest ingredients.

Macaroni Salad	\$5.99 lb
Beet Salad	\$5.99 lb
Cucumber Salad	\$5.99 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	\$6.99 lb
Health Salad	\$5.99 lb
Garden Vegetable Salad	\$6.99 lb
House Garden Side Salad Mixed salad greens, tomato, cucumber, pepper & shredded carrots	\$8.99

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 AUGUST 2020. 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	\$2.29
Coke • Diet Coke • Sprite • Diet Sprite • Club • Cream • Cherry • Lemonade	
Liter Sodas	\$3.29
Coke • Diet Coke • Sprite	
Canned Sodas	\$2.29
Celray • Cream • Diet Cream • Coke • Diet Coke • Ginger Ale Black Cherry • Diet Black Cherry • Sprite • Diet Sprite	
Bottled Root Beer	\$2.79
Bottled Water	\$2.29
Apple Juice	\$2.79
Iced Tea or Iced Coffee	\$2.49
Coffee with non-dairy creamer	\$2.49
Decaffeinated Coffee with non-dairy creamer	\$2.49
Tea	\$2.49
Domestic Beer	\$5.49
Imported Beer or Ale	\$5.99
Non-Alcoholic Beer	\$4.99
Kedem Grape Juice Small \$2.99 Large \$9.99	

Desserts Please ask your server for today's selections.

Assorted Mini Cookies	\$15.99 lb
Assorted Rugulach	\$15.99 lb
Jumbo Cookies	\$3.29 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	\$4.99 sl
Halvah	\$5.99 ea
Low Calorie Baked Apples	\$4.99 ea
Fresh Fruit Salad	\$7.99 lb
Fruit Gelatin	\$4.99 lb
Apple Bread Pudding	\$6.99 lb
Apple Sauce	\$2.99 ea
Melon (in season)	\$4.99 sl

Quick Party Ideas Please order in advance.

Hors D'oeuvres by the dozen	from \$7.80
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	\$14.99 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.

\$29.98 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 (516) 621-3340

DELIVERY AVAILABLE



Overstuffed Sandwiches, Panini, Burgers, Salads and More!



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

BEN'S

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www.bensdeli.net

GREENVALE

140 Wheatley Plaza
PH: (516) 621-3340
FAX: (516) 621-2178

Featuring AMERICAN NATIONAL

Noshes & Nibbles Small Portions of Our Big Favorites!

Fried Kreplach Five crispy pieces with sautéed onions	\$10.99
Stuffed Cabbage Hongroise A generous cabbage roll filled with lean ground beef, a little rice and our special seasonings	\$11.99 ea
Chopped Liver Appetizer with onion, lettuce, tomato and rye	\$12.99
Hungarian Goulash Tender cubes of gently spiced beef with noodles on the side	\$13.99 pt
Potted Mini Meatball Appetizer	\$10.99
Beef Tongue Polonaise Appetizer in our delicious raisin gravy with rye	\$13.99
Nova Scotia Salmon Nosh with onion, lettuce, tomato and rye	\$12.99
Homemade Stuffed Derma Appetizer with brown sauce and rye bread	\$9.99
Wings Choose from Buffalo, Sweet Teriyaki, Honey BBQ or Plain. Served with celery sticks & homemade Garlic-Mayo dipping sauce	\$8.99

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!	\$8.99 ea
Hot Dog Combo Meal Hebrew National® beef frank, fresh cut fries or knish & soda	\$12.49
Knockwurst On A Bun Served with fresh-cut fries or a knish & canned soda	\$16.99 ea
TOP'T DOGS Your Choice \$14.99 <i>Includes soda and choice of French fries, potato knish or deli side salad.</i>	
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	\$5.99	**
With a Kreplach	\$5.99	**
With Noodles or Rice	\$5.79	\$8.99
Mushroom Barley Soup	\$5.99	\$9.99
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	
Vegetarian Chili With wedge of garlic bread	\$9.99	
Daily Homemade Soup	\$5.99	\$9.99
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

Planning An Event?



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

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

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	\$29.99
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	\$29.99
Sliced London Broil Carved as you like it with our rich mushroom gravy	\$28.99
Silver Tip Roast Beef A juicy half-pound carved from the most tender part of the beef	\$24.99
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)	\$24.99
Two 'Specials' Hebrew National® big fat quarter pound kosher franks, baked beans and fresh-cut French fries or two other sides of your choice	\$17.99
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)	\$22.99

POULTRY

Roast Half Spring Chicken A tender, barbecue-roasted chicken. The best!	\$21.99
Breaded Chicken Cutlets Boneless breasts lightly breaded and fried until golden	\$22.99
Grilled Twin Boneless Chicken Breasts Plump, fresh and tender. Lightly seasoned, then grilled to perfection	\$22.99
Marinated Chicken A half chicken, marinated in our own barbecue sauce	\$22.99
Hawaiian Chicken Lightly breaded, boneless white meat chicken served in a tangy sweet and sour sauce	\$22.99
Roast Turkey Moist & delicious off the frame with homemade gravy & cranberry sauce	\$22.99

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

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	\$24.99
With lean breast of flanken simmered until tender	\$28.99
Our Unique Chicken Fricassee Succulent chicken pieces and meatballs in a flavorful brown gravy	\$22.99
Marinated Short Ribs Beef short ribs slow roasted until tender, marinated in our house-made sweet and tangy barbeque sauce	\$28.99

Hungarian Goulash Cubes of tender, lean, seasoned beef simmered with peas and carrots and served on a bed of noodles	\$24.99
Beef Tongue Polonaise Thinly sliced and served with Ronnie's delicious raisin gravy	\$28.99
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!	\$24.99
Potato Pancakes Great because we grate our own! Three served with apple sauce	\$12.99

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

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	\$16.99
With grilled fresh salmon	\$18.99

Soup and Salad Combo A bowl of soup with house garden salad or Caesar salad	\$13.99
With Grandma's soup	add \$2.50

Spinach Salad Fresh spinach with chopped egg, red onion and mushrooms in a poppy seed dressing topped with crumbled, grilled pastrami	\$13.99
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Grilled Chicken and Avocado Salad Mixed garden greens, cherry tomatoes and red onions with a homemade basil and sweet honey mustard dressing, topped with grilled chicken breast and avocado	\$18.99
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Grilled Salmon Salad Romaine, mesclun & spinach leaves, cherry tomatoes & red onions tossed with Honey Mustard topped with grilled salmon & homemade croutons	\$18.99
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Salad Orientale An oriental chicken breast and crunchy noodles, crisp romaine, carrots, peppers, mushrooms, scallions, waterchestnuts and snow peas in an Asian dressing	\$17.99
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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	\$17.99
Two meats	\$19.99

House Garden Side Salad Mixed salad greens, tomato, cucumber, pepper & shredded carrots	\$8.99
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Burgers & steaks are cooked to order.
Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness.

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	\$19.99
Hot Open Brisket of Beef with gravy (Extra Lean, add \$1.00)	\$19.99
Hot Open Roast Beef with gravy	\$19.99
Hanger Steak (Our Roumanian) Sandwich open style	\$26.99
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)	\$26.99

Wraps

YOUR CHOICE \$17.99

Fresh & delicious. Served with choice of French fries, 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 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.

Panini

YOUR CHOICE \$19.99

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.

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

Hand formed with 8 ozs. of freshly ground, lean chopped beef or fresh lean ground turkey, seasoned In house. Served with pickles. Sautéed fresh mushrooms or onions... add .99. Substitute a veggie burger... no charge!

Burger Classic With lettuce, sliced tomato, Cole slaw and fresh-cut French fries	
Steak	\$14.99
Turkey	\$15.99

Salami Burger Delicious. Broiled with slices of tangy grilled salami. Served on a bun with fresh-cut French fries and Cole slaw	
Steak	\$15.99
Turkey	\$16.99

Slim Burger Platter With sliced tomato, lettuce, Cole slaw and fresh fruit salad on the side	
Steak	\$15.99
Turkey	\$16.99

Our Popular Pastrami Burger Platter Topped with slices of grilled pastrami. Served with fresh-cut French fries and Cole slaw. A kosher treat!	
Steak	\$17.99
Turkey	\$18.99

SPECIALTY BURGERS Your Choice \$19.99

Includes 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.