



"Keeping The Tradition Alive Since 1972"

APPETIZERS

- Chicken Tenders \$10.99
House-made served with honey mustard or duck sauce
Fried Kreplach \$11.99
Potted Mini Meatballs \$11.99
Chopped Liver \$13.99
Our Unique Chicken Fricassee \$13.99
Beef Tongue Polonaise \$14.99
Homemade Stuffed Derma \$10.99
Nova Scotia Salmon \$13.99
Stuffed Cabbage Hongroise \$12.99
Wings \$9.99
Chicken Pot Pie \$10.99

DOGS



- Hebrew National® Beef Frank Combo \$12.99
Hush Puppy \$12.99
Knockwurst On A Bun \$16.99

TOP'T DOGS Your Choice ... \$14.99

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

- Best of Boston - Top't with a generous portion of baked beans & crispy onion straws on a bun.
Chili Dog - On a 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.

OMELETTES

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

- Corned Beef or Pastrami \$15.99
Tongue \$19.99
Two Meat Combination Omelette \$16.99
Western Omelette \$15.99
Salami or Bologna \$14.99
Nova Scotia Salmon, Eggs & Onions \$19.99
Onion \$12.99
Fresh Veggie Omelette \$14.99
Plain (but exceptionally 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 Free, On Club .99c

HOMEMADE SOUPS

- Ronnie's Old-Fashioned Chicken Soup
With a Matzo Ball \$6.49
With a Kreplach \$6.49
With Noodles or Rice \$5.99
Mushroom Barley Soup \$6.49
Grandma's Soup \$8.99
A Schissel \$13.99
Bowl of Vegetarian Chili \$10.99
Daily Homemade Soups \$6.49

GARDEN FRESH SALADS

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

- Caesar Salad \$9.99
Spinach Salad \$13.99
Chef Salad One meat \$17.99 Two meats \$19.99
Soup & Salad Combo \$14.99

Grilled Chicken & Avocado Salad \$18.99
Mixed garden greens, cherry tomatoes & red onions with a homemade Basil & Sweet Honey Mustard dressing, grilled chicken breast & avocado

- Grilled Salmon Salad \$18.99
Salad Orientale \$18.99
House Garden Salad \$9.99

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

COLD PLATTERS

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

Chopped Liver or Gefilte Fish Platter	\$15.99
Egg Salad Platter	\$14.99
Old Fashioned Chicken Salad or Large Tuna Fish Salad Platter	\$15.99
Nova Scotia Salmon	\$19.99

The filet mignon of salmon – delicious!

SPECIAL COLD CUT PLATTERS*

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

Single Meat Platter	\$24.99
Your choice of: Corned beef, pastrami, salami, bologna, roast beef, brisket of beef, sliced turkey breast, smoked turkey breast, hard salami, tongue (add 2.00)	
Assorted Cold Cuts	\$26.99
With Tongue	\$28.99
Ronnie's Turkey Drumstick or Wing	\$13.99

*Extra lean add \$1.00

WRAPS Your Choice . . . \$18.99

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

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

Fresh Roast Turkey Wrap - Oven roasted turkey breast rolled up with herbed stuffing, cranberry sauce, lettuce, & a touch of creamy garlic mayonnaise.

Roast Beef Lover's Wrap - Thinly sliced roast beef, shredded lettuce, diced tomatoes, drizzled with our horseradish sauce.

Oriental Chicken Roll-up Wrap - A spin-off of our oriental chicken salad. Teriyaki chicken, salad greens, shredded carrots, water chestnuts, tossed in our Asian dressing.

PANINI Your Choice . . . \$19.99

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

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

The Original Brisket - Simmered brisket served with caramelized onions & fresh horseradish sauce on a Brioche roll.

Steak Bites - Tender slices of steak & grilled onions doused with homemade pesto sauce on pressed French bread.

The Rachel - A mound of our delicious pastrami, sauerkraut & Russian dressing on pressed seeded Rye bread.

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

HOT OPEN SANDWICHES

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

Hot Open Roast Turkey	\$21.99
With gravy & cranberry sauce	
Hot Open Brisket of Beef	\$21.99
With gravy (extra lean, add \$1.00)	
Hot Open Roast Beef	\$21.99
With gravy	
Hanger Steak (Our Roumanian) Sandwich	\$27.99
Open style	
Hot Pastrami & Corned Beef Combo	\$27.99
Deli lovers favorite! Open style on rye, with sweet & sour sauce, stuffed derma & fresh-cut French fries (extra lean, add \$1.00)	

OVERSTUFFED SANDWICHES

Served with bottomless Cole slaw & pickles galore. Your choice of rye or whole wheat bread. Add sliced tomato, sweet or hot peppers, potato salad or club bread . . . 99¢. Toasted garlic bread . . . \$1.29. Special requests? Just ask!



Hot Corned Beef We pickle our own!	\$13.99
Extra Lean Hot Corned Beef	\$14.99
Hot Pastrami	\$13.99
Extra Lean Pastrami	\$14.99
Tongue Pickled on premises!	\$17.99
Fresh Brisket of Beef	\$13.99
Extra Lean Brisket of Beef	\$14.99
Roast Beef	\$13.99
Turkey	\$13.99
Smoked Turkey Breast	\$13.99
Breaded Chicken Cutlet	\$13.99
Grilled Chicken Breast	\$13.99
Hebrew National® Salami or Bologna	\$12.99
Hard Salami	\$13.99
Grilled or Boiled Knockwurst on Frank Roll	\$10.99
Chopped Liver	\$13.49
Old-Fashioned Chicken Salad	\$13.49
Egg Salad	\$12.49
Tuna Fish Salad	\$13.49

Double Dip	\$15.99
Half a Deli Double sandwich (one meat only) with a bowl of your favorite soup & choice of bread	
Tongue or extra lean	add .50¢
With Grandma's Soup	add \$2.50

SPECIALTY SANDWICHES*

Served with bottomless Cole slaw & pickles galore

Hungarian Hoagie	\$18.99
Tender beef goulash with caramelized onions & sweet red peppers on a club roll	
Ronnie's Tastemaster	\$23.99
All our meats piled high on rye with Russian dressing & Cole slaw.	
Deli Double	\$21.99
Oversized portions of hot corned beef & pastrami, served on twin junior rolls. Or substitute your two favorite meats. (Tongue, add \$1.00)	
Israeli Hero	\$36.99
Our incredible foot-long hero sandwich, overstuffed with everything but the kitchen sink. Feeds two big fressers or three average mensch.	
Mix 'n Match Two meats . . . \$19.99 Three meats . . . \$23.99	
Choose any two or three of your favorite ingredients & let us build your sandwich. We'll include Cole slaw & 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)	
*Extra lean add \$1.00	

WEDNESDAY IS BEN'S

Special Dinner Platters . . . \$21.99

Corned Beef - Ben's own cure, served with cabbage & boiled

Chicken Fricassee - With mini meatballs in brown gravy, served with vegetable or

Chicken in the Pot - With fresh chicken soup, kreplach, matzo ball, nood

Chef's Choice - Ask your server for today's Chef Choice Sp

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¢. **Turkey Burgers, add \$1.00.**

- Burger Classic** \$15.99
With lettuce, tomatoes, & fresh-cut French fries
- Salami Burger** \$16.99
Delicious. Broiled with slices of tangy grilled salami. Served on a bun with fresh-cut French fries
- Slim Burger Platter** \$16.99
With sliced tomato, lettuce & fresh fruit salad on the side
- Our Popular Pastrami Burger Platter** \$18.99
Topped with slices of grilled pastrami. Served with fresh-cut French fries

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

SPECIALTY BURGERS Your Choice ... \$21.99

Freshly ground. Includes bottomless fountain soda & choice of French fries, potato knish or deli side salad. **Turkey Burgers, add \$1.00.**

- Big Ben** - Grilled pastrami, onion rings, lettuce, tomato & chipotle mayo.
- BBQ Brisket** - Sliced brisket & BBQ sauce.
- California** - Sliced avocado & Israeli salad.
- Ben's Sliders** - Twin mini burgers on Challah rolls, crispy onions, horseradish sauce.

TRADITIONAL SPECIALTIES

- Chicken or Beef in The Pot** Chicken ... \$25.99 Flanken ... \$29.99
With a matzo ball, noodles, kreplach, peas & fresh garden carrots. A real nostalgia trip to the days of your youth!
- Our Unique Chicken Fricassee** \$23.99
Succulent chicken pieces & meatballs in a flavorful brown gravy. Served with vegetable of the day & choice of potato.
- Hungarian Goulash** \$24.99
Cubes of lean beef, gently spiced & simmered until tender with peas & fresh garden carrots. Served on a bed of egg noodles.
- Beef Tongue Polonaise** \$29.99
Thinly sliced & served with Ronnie's delicious raisin gravy. Served with vegetable of the day & choice of potato.
- Marinated Short Rib** \$29.99
Beef short ribs slow roasted until tender, marinated in our house-made sweet & tangy BBQ sauce. Served with vegetable of the day & choice of potato.
- The Stuffed Cabbage That Made Us Famous** \$26.99
Oversized cabbage leaves rolled around a filling that is all meat, a little rice & a touch of seasoning. Served with vegetable of the day & choice of potato.
- Ronnie's Difficult Decision** \$31.99
Order any of our three different delicious appetizers as a main dish! Served with vegetable of the day & choice of potato.
- Potato Pancakes** \$13.99
Great because we grate our own! Three served with apple sauce.

AFTER DINNER TAKEOUT SPECIAL

Present your Wednesday dining room guest check for \$15 or more at the deli counter and receive \$5.00 OFF your takeout purchase of \$25 or more on the way home!

Discount valid on date of Wednesday dining room purchase only for a maximum discount value of \$5.00. For immediate use on same-day takeout for in-stock items only. May not be combined with any other Ben's coupon, discount or offer.

HOT ENTREES

Served with vegetable of the day & choice of potato

FISH

- Grilled Filet of Salmon** \$26.99
Always fresh, never frozen. Cut to order from the whole salmon & grilled to your liking.

POULTRY



- Roast Half Spring Chicken** \$22.99
A tender, barbecue-roasted kosher chicken. The best!
- Breaded Chicken Cutlets** \$23.99
Flavorful boneless chicken breasts lightly breaded & fried until golden
- Grilled Twin Boneless Chicken Breasts** \$23.99
Fresh & tender. Lightly seasoned then grilled to perfection.
- Marinated Chicken** \$23.99
A half chicken, marinated in our own barbecue sauce
- Hawaiian Chicken** \$24.99
Lightly breaded, boneless white meat chicken served in a tangy sweet & sour sauce
- Roast Turkey** \$24.99
Moist & delicious off the frame, with homemade gravy & cranberry sauce

BEEF

- Broiled Hanger Steak (Our Roumanian)** \$31.99
Considered by many to be the most flavorful of steaks, ours are chosen & amply cut by the chef, broiled to your taste & served with sautéed onions
- Rib-Eye Steak** \$31.99
The king of kosher steaks, tender & juicy. May we suggest a glass of Cabernet Sauvignon? It makes the king of kosher steaks a royal experience.
- Sliced London Broil** \$28.99
Carved as you like it with our rich mushroom gravy
- Silver Tip Roast Beef** \$24.99
A juicy half-pound portion carved from the tenderest part of the beef
- Braised Fresh Brisket of Beef** \$24.99
Simmered slowly the old-fashioned way with just the right seasonings & thick sliced... at least one-half pound. (Extra lean, add \$1.00)
- Two 'Specials'** \$18.99
Big fat Hebrew National® quarter pound kosher franks, grilled or boiled, served with baked beans & fresh cut French fries
- Broiled Chopped Steak** \$23.99
Sixteen lean ounces of juicy beef from our butcher, broiled to your order & smothered with onions **(prefer chopped turkey? Add \$2).**

EVERY THURSDAY IS THANKSGIVING \$23.99

Available In Dining Room Only On Thursday from 4pm 'til closing

Choice of Soup - From scratch, of course

Fresh Roast Turkey - Carved to order, white or dark meat, with Cranberry Sauce

Homemade Stuffing - Ronnie's recipe

Real & Lumpy Mashed Potatoes ... or Candied Sweet Potatoes

Ben's Own Gravy - With our secret seasonings

Peas & Carrots ... or a vegetable of your choice

DAY

9

of potato
of the day & choice of potato
les, peas & carrots
pecial

SIDE DISHES

TRADITIONAL FAVORITES

Prepared in our kitchens the old-fashioned way!

Homemade Mashed Potatoes	\$4.79
Plain or with sautéed onions	
Potato Pancake	\$4.79
With apple sauce	
Our Own Round Baked Knishes	\$4.79
Tender pastry stuffed with savory filling. Potato, Kashe or Spinach. An Eastern European treat!	
Kashe Varnishkas	\$4.79
Egg Barley & Mushrooms	\$4.79
Homemade Stuffed Derma	\$5.99
Fruit Noodle Pudding	\$4.79
Spinach Log	\$4.99
Fresh Vegetable of the Day	\$4.79

DELI STANDARDS

Baked Idaho Potato (evenings only)	\$4.99
Square Potato Knish	\$4.79
Baked Beans	\$4.79
Peas & Carrots	\$4.79
Sweet or Hot Peppers	\$3.99
Sauerkraut (hot or cold)	\$3.99

FAMOUS BECAUSE THEY'RE FRESH!

French Fried Potatoes	\$4.99
French Fried Onion Rings	\$5.49

SALADS BAR NONE

Made on premise with the freshest ingredients

Old-Fashioned Potato Salad	\$4.59
Macaroni Salad	\$4.59
Israeli Salad	\$5.49
Pasta Salad	\$4.59
Health Salad	\$4.59
Cucumber Salad	\$4.59
House Garden Salad	\$9.99
Mixed salad greens with tomato, cucumber, pepper & shredded carrots	

DESSERTS

Please ask your server for today's selections

Chocolate Babka	\$4.99
Assorted Mini Cookies (6)	\$3.99
Assorted Mini Rugulach (4)	\$3.99
Jumbo Cookie	\$3.49
Apple Strudel Homemade	\$4.99
Seven Layer Cake	\$4.99
Brownie (2)	\$4.99
Special Layer Cake or Fruit Pie	\$4.99
Low Calorie Baked Apple	\$4.99
Fruit Gelatin	\$3.99
Halvah	\$6.99
Fresh Fruit Salad	\$4.99
Apple Bread Pudding	\$4.79
Apple Sauce	\$3.29
Melon (In Season)	\$4.99

BEVERAGES

Bottomless Fountain Sodas	\$3.29
Coke, Diet Coke, Sprite, Diet Sprite, Club, Cream, Cherry, Seltzer	
Dr. Brown's	\$2.49
Cream, Black Cherry – Regular or Diet, or Celray	
Bottled Root Beer	\$2.99
Bottled Water	\$2.29
Orange Juice	\$3.99
Apple Juice	\$2.99
Kedem Bottled Grape Juice	\$2.99
Bottomless Iced Tea or Iced Coffee	\$2.99
Bottomless Coffee with non-dairy creamer	\$2.49
Bottomless Tea	\$2.49

KIDS MENU

All items include sprinkle cookies or gelatin for dessert. Add a drink for \$1.00.

KID KNOSHES

Served with one kid's side choice & carrot sticks

Hebrew National® Beef Frank On a fresh bun	\$8.99
Franks-N-Jackets	\$8.99
Classic Chicken Fingers Made fresh at Ben's	\$9.99
L'il Steakburger On a twin roll	\$8.99
Junior Deli Sandwich On a twin roll with your favorite sliced meat	\$9.99
Glazed BBQ Meatballs	\$8.99

KID'S SIDE CHOICES

Mashed Potatoes • Fresh-Cut Fries
Sweet Corn • Peas & Carrots • Apple Sauce

KID PLATTERS

Mama's Favorite	\$10.99
Hot roast beef, brisket or turkey breast with gravy, one side & carrot sticks	
Grilled Chicken Breast	\$10.99
Grilled boneless, skinless chicken breast, one side & carrot sticks	
Junior Omelettes	\$8.99
Choice of your favorite deli meat, one side & carrot sticks	
Bow Tie Pasta	\$9.99
With homemade mini-meatballs in Ben's own marinara sauce & carrot sticks	

SOUP UP YOUR KID'S MEAL

Kids chicken noodle or chicken rice	\$3.99	With matzo ball	\$4.99
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BEER & WINE

Please ask your server about additional selections which may be available

BEER IN FROSTED MUGS

Domestic	\$5.99	Imported	\$6.49
Domestic Bottles	\$5.99	Imported Bottles	\$6.99
Non-Alcoholic			\$5.99

WINE

Pinot Grigio			
Bottle	\$29.99	Glass	\$9.99
Baron Herzog Chardonnay (California)			
Bottle	\$29.99	Glass	\$9.99
Baron Herzog Merlot (France)			
Bottle	\$29.99	Glass	\$9.99
Baron Herzog Cabernet Sauvignon (California)			
Bottle	\$29.99	Glass	\$9.99
Baron Herzog White Zinfandel (California)			
Bottle	\$29.99	Glass	\$9.99
Kedem Naturally Sweet Concord			
Bottle	\$11.99		

LIQUOR

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