



“Keeping The Tradition Alive”

APPETIZERS

- Chicken Tenders** \$12.99
House-made served with honey mustard or duck sauce
- Fried Kreplach** Five crispy pieces with sautéed onions \$13.49
- Potted Mini Meatballs** in brown gravy \$13.49
- Chopped Liver** garnished with lettuce, tomato & onion \$14.99
- Beef Tongue Polonaise** in our delicious raisin gravy \$16.99
- Homemade Stuffed Derma** with brown gravy \$12.99
- Nova Scotia Salmon** with onion, lettuce & tomato \$15.99
- Stuffed Cabbage Hongroise** \$13.99
A generous cabbage roll filled with lean ground beef, a little rice & our special seasonings, in a sauce that cries out for rye (to get the last drop)
- Wings** \$10.99
Choose from Buffalo, Sweet Teriyaki, Honey BBQ or Plain.
Served with celery sticks & homemade Garlic-Mayo dipping sauce.

DOGS



- Hebrew National® Beef Frank Combo** \$13.99
Served with fresh-cut fries or a knish & fountain soda
- Hush Puppy** \$13.99
Homemade mashed potatoes wrapped around a Hebrew National® beef frank encased in an egg roll wrapper with fountain soda
- Knockwurst On A Bun** \$17.99
Served with fresh-cut fries or a knish & fountain soda

TOP'T DOGS Your Choice ... \$16.99

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. Russian dressing optional.

OMELETTES

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

- Corned Beef or Pastrami** \$16.99
(extra lean, add 1.00)
- Tongue** \$21.99
- Two Meat Combination Omelette** \$17.99
(with tongue or extra lean, add 1.00)
- Western Omelette** \$16.99
Deli-style omelette with or without green peppers & onions as you wish
- Salami or Bologna** \$15.99
- Nova Scotia Salmon, Eggs & Onions** \$21.99
- Onion** \$13.99
- Fresh Veggie Omelette** \$15.99
With avocado \$16.99
- Plain** (but exceptionally good) \$13.99
- 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 \$6.99
- With a Kreplach \$6.99
- With Noodles or Rice \$6.49
- Care for another Kreplach or Matzo Ball? each \$2.29
- Mushroom Barley Soup** \$6.99
- Garden Vegetable Soup** \$6.99
- Grandma's Soup** \$8.99
Our famous chicken soup filled with boneless chicken, soft carrots, & noodles
With one matzo ball or kreplach. \$10.99
- A Schissel** \$14.99
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
- Bowl of Vegetarian Chili** \$12.99
With wedge of garlic bread
- Daily Homemade Soups** \$6.99
- 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

GARDEN FRESH SALADS

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

- Caesar Salad** \$9.99
Creamy garlic dressing over crisp romaine with homemade croutons
- With seasoned grilled chicken breast \$18.99
- With grilled fresh salmon \$19.99
- Spinach Salad** \$14.99
Fresh spinach with chopped egg, red onion & mushrooms in a poppy seed dressing topped with crumbled, grilled pastrami
- Chef Salad** One meat ... \$18.99 Two meats ... \$21.99
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 (add \$1.00) or Extra Lean (add \$1.00)
- Soup & Salad Combo**
- With a house garden salad or a Caesar salad. \$15.99
- With Grandma's soup add \$2.50

- Grilled Chicken & Avocado Salad** \$19.99
Mixed garden greens, cherry tomatoes & red onions with a homemade Basil & Sweet Honey Mustard dressing, grilled chicken breast & avocado

- Grilled Salmon Salad** \$19.99
Romaine, mixed greens & spinach leaves, cherry tomatoes & red onions tossed with Honey Mustard topped with grilled salmon & homemade croutons
- Salad Orientale** \$19.99
An oriental chicken breast & crunchy noodles, crisp romaine, carrots, peppers, mushrooms, scallions, water chestnuts & snow peas with an Asian dressing
- House Garden Salad** \$9.99
Mixed salad greens with tomato, cucumber, pepper & shredded carrots

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 Platter	\$16.99
Egg Salad Platter	\$15.99
Old Fashioned Chicken Salad or Large Tuna Fish Salad Platter	\$16.99
Nova Scotia Salmon	\$21.99

The filet mignon of salmon – delicious!

SPECIAL COLD CUT PLATTERS*

Served with either our homemade potato, health, macaroni, Israeli or pasta salad. Each platter feeds one.

Single Meat Platter	\$25.99
Your choice of: Corned beef, pastrami, salami, bologna, roast beef, brisket of beef, sliced turkey breast, smoked turkey breast, hard salami, tongue (add 3.00)	
Assorted Cold Cuts	\$27.99
With Tongue	\$29.99
Ronnie's Turkey Drumstick or Wing	\$13.99

*Extra lean add \$1.00

WRAPS Your Choice . . . \$19.99

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 . . . \$21.99

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	\$23.99
With gravy & cranberry sauce	
Hot Open Brisket of Beef	\$23.99
With gravy (extra lean, add \$1.00)	
Hot Open Roast Beef	\$23.99
With gravy	
Hanger Steak (Our Roumanian) Sandwich	\$29.99
Open style	
Hot Pastrami & Corned Beef Combo	\$29.99
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. Gluten free bread available at an additional charge. Special requests? Just ask!



Hot Corned Beef We pickle our own!	\$15.99
Extra Lean Hot Corned Beef	\$16.99
Hot Pastrami	\$15.99
Extra Lean Pastrami	\$16.99
Tongue Pickled on premises!	\$18.99
Fresh Brisket of Beef	\$15.99
Extra Lean Brisket of Beef	\$16.99
Roast Beef	\$15.99
Turkey	\$15.99
Smoked Turkey Breast	\$15.99
Breaded Chicken Cutlet	\$16.49
Grilled Chicken Breast	\$16.49
Hebrew National® Salami or Bologna	\$14.49
Hard Salami	\$15.99
Grilled or Boiled Knockwurst on Frank Roll	\$11.49
Chopped Liver	\$14.49
Old-Fashioned Chicken Salad	\$14.49
Egg Salad	\$13.49
Tuna Fish Salad	\$14.49
PLT Grilled pastrami, lettuce, tomato on rye toast	\$15.99

Double Dip	\$17.49
Half a Deli Double sandwich (one meat only) with a bowl of your favorite soup & choice of bread	
Tongue or extra lean	add \$1.00
With Grandma's Soup	add \$2.50

SPECIALTY SANDWICHES*

Served with bottomless Cole slaw & pickles galore

Hungarian Hoagie	\$19.99
Tender beef goulash with caramelized onions & sweet red peppers on a club roll	
Ronnie's Tastemaster	\$24.99
All our meats piled high on rye with Russian dressing & Cole slaw.	
Deli Double	\$23.99
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 . . . \$21.99 Three meats . . . \$24.99	
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	

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

WEDNESDAY

Special Dinner P

Corned Beef - Ben's own cure, ser

Hungarian Goulash - Cubes of lean beef, gently spiced & simmered until

Chicken in the Pot - With fresh chicken soup,

Chef's Choice - Ask your server

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** \$16.99
With lettuce, tomatoes, & fresh-cut French fries
- Salami Burger** \$18.99
Delicious. Broiled with slices of tangy grilled salami. Served on a bun with fresh-cut French fries
- Slim Burger Platter** \$17.99
With sliced tomato, lettuce & fresh fruit salad on the side
- Our Popular Pastrami Burger Platter** \$21.99
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 ... \$23.99

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 \$26.99 Flanken \$29.99
With a matzo ball, noodles, kreplach, peas & fresh garden carrots. A real nostalgia trip to the days of your youth!
- Hungarian Goulash** \$26.99
Cubes of lean beef, gently spiced & simmered until tender with peas & fresh garden carrots. Served on a bed of egg noodles.
- Beef Tongue Polonaise** \$32.99
Thinly sliced & served with Ronnie's delicious raisin gravy. Served with vegetable of the day & choice of potato.
- Marinated Short Rib** \$32.99
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** \$29.99
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** \$34.99
Order any of our three different delicious appetizers as a main dish! Served with vegetable of the day & choice of potato.
- Potato Pancakes** \$14.99
Great because we grate our own! Three served with apple sauce.
- Chicken Pot Pie** homemade, of course \$11.99

IS BEN'S DAY

Platters ... \$21.99

Served with cabbage & boiled potato.
Tender with peas & fresh garden carrots. Served on a bed of egg noodles.
Kreplach, matzo ball, noodles, peas & carrots.
For today's Chef Choice Special.

HOT ENTREES

Served with vegetable of the day & choice of potato

FISH

- Grilled Filet of Salmon** \$27.99
Always fresh, never frozen. Cut to order from the whole salmon & grilled to your liking.

POULTRY



- Roast Half Spring Chicken** \$24.99
A tender, barbecue-roasted kosher chicken. The best!
- Breaded Chicken Cutlets** \$25.99
Flavorful boneless chicken breasts lightly breaded & fried until golden
- Grilled Twin Boneless Chicken Breasts** \$25.99
Fresh & tender. Lightly seasoned then grilled to perfection.
- Marinated Chicken** \$25.99
A half chicken, marinated in our own barbecue sauce
- Hawaiian Chicken** \$25.99
Lightly breaded, boneless white meat chicken served in a tangy sweet & sour sauce
- Roast Turkey** \$25.99
Moist & delicious off the frame, with homemade gravy & cranberry sauce

BEEF

- Broiled Hanger Steak (Our Roumanian)** \$32.99
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** \$32.99
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** \$29.99
Carved as you like it with our rich mushroom gravy
- Silver Tip Roast Beef** \$25.99
A juicy half-pound portion carved from the tenderest part of the beef
- Braised Fresh Brisket of Beef** \$25.99
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'** \$19.99
Big fat Hebrew National® quarter pound kosher franks, grilled or boiled, served with baked beans & fresh cut French fries
- Broiled Chopped Steak** ground daily in house \$24.99
Sixteen lean ounces of juicy beef, broiled to your order & smothered with onions (**prefer chopped turkey? Add \$2**).

EVERY THURSDAY IS THANKSGIVING \$24.99

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

SIDE DISHES

TRADITIONAL FAVORITES

Prepared in our kitchens the old-fashioned way!

Homemade Mashed Potatoes	\$4.99
Plain or with sautéed onions	
Potato Pancake	\$4.99
With apple sauce	
Our Own Round Baked Knishes	\$4.99
Tender pastry stuffed with savory filling. Potato, Kashe or Spinach. An Eastern European treat!	
Kashe Varnishkas	\$4.99
Egg Barley & Mushrooms	\$4.99
Homemade Stuffed Derma (one slice)	\$6.29
Fruit Noodle Pudding	\$4.99
Spinach Log	\$4.99
Fresh Vegetable of the Day	\$4.99

DELI STANDARDS

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

FAMOUS BECAUSE THEY'RE FRESH!

French Fried Potatoes	\$5.49
French Fried Onion Rings	\$5.99

SALADS BAR NONE

Made on premise with the freshest ingredients

Old-Fashioned Potato Salad	\$4.99
Macaroni Salad	\$4.99
Israeli Salad	\$5.99
Pasta Salad	\$4.99
Health Salad	\$4.99
Cucumber Salad	\$4.99
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	\$7.99
Fresh Fruit Salad	\$4.99
Apple Bread Pudding	\$4.99
Apple Sauce	\$3.29
Melon (In Season)	\$4.99

BEVERAGES

Bottomless Fountain Sodas	\$3.49
Coke, Diet Coke, Sprite, Diet Sprite, Club, Cream, Cherry, Seltzer	
Dr. Brown's	\$2.79
Cream, Black Cherry – Regular or Diet, or Celray	
Bottled Root Beer	\$2.99
Bottled Water	\$2.29
Fruit Juices Apple, Cranberry, Pineapple, Tomato	\$2.99
Kedem Bottled Grape Juice	\$3.29
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	\$9.99
Franks-N-Jackets	\$9.99
Classic Chicken Fingers Made fresh at Ben's	\$10.99
L'il Steakburger On a twin roll	\$9.99
Junior Deli Sandwich On a twin roll with your favorite sliced meat	\$10.99
Glazed BBQ Meatballs	\$9.99

KID'S SIDE CHOICES

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

KID PLATTERS

Mama's Favorite	\$11.99
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	\$9.99
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

BEER & WINE

Please ask your server about additional selections which may be available

BEER IN FROSTED MUGS

Draft (available in Manhattan only)			
Domestic	\$5.99	Imported	\$6.49
Domestic Bottles	\$6.49	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	\$12.99		

LIQUOR

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