



“Keeping The Tradition Alive”

APPETIZERS

- Chicken Tenders** \$11.99
House-made served with honey mustard or duck sauce
- Fried Kreplach** Five crispy pieces with sautéed onions \$12.99
- Potted Mini Meatballs** in brown gravy \$12.99
- Chopped Liver** garnished with lettuce, tomato & onion \$13.99
- 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 \$14.99
- 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** \$11.99
Choose from Buffalo, Sweet Teriyaki, Honey BBQ or Plain.
Served with celery sticks & homemade Garlic-Mayo dipping sauce.

DOGS

- Hebrew National® Beef Frank Combo** \$13.49
Served with fresh-cut fries or a knish & fountain soda
- Hush Puppy** \$12.99
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** \$19.99
- Two Meat Combination Omelette** \$18.99
With Tongue . . . add \$2.00
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** \$19.99
- Onion** \$14.99
- Fresh Veggie Omelette** \$15.99
With avocado \$16.99
- Plain** (but exceptionally good) \$14.49
- 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 .99¢

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** \$9.99
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** \$13.99
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

- Ben's 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 \$2.00) or Extra Lean (add \$1.00)
- Soup & Salad Combo**
- With a house garden salad or Ben's 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

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| Chopped Liver | \$16.99 |
| Egg Salad Platter | \$15.99 |
| Old Fashioned Chicken Salad or Large Tuna Fish Salad Platter | \$16.99 |
| 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. Each platter feeds one.

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| 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 3.00) | |
| 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 . . . \$19.99

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

Grilled Chicken Caesar Wrap - Ben's Caesar salad under wraps. Grilled chicken with shredded romaine lettuce, chopped tomatoes, drizzled with creamy garlic 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

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| Hot Open Roast Turkey | \$22.99 |
| With gravy & cranberry sauce | |
| Hot Open Brisket of Beef | \$22.99 |
| With gravy (extra lean, add \$1.00) | |
| Hot Open Roast Beef with gravy | \$22.99 |
| 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!



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|---|---------|
| Hot Corned Beef We pickle our own! | \$14.99 |
| Extra Lean Hot Corned Beef | \$15.99 |
| Hot Pastrami | \$14.99 |
| Extra Lean Pastrami | \$15.99 |
| Tongue Pickled on premises! | \$19.99 |
| Fresh Brisket of Beef | \$14.99 |
| Extra Lean Brisket of Beef | \$15.99 |
| Roast Beef | \$14.99 |
| Turkey | \$14.99 |
| Smoked Turkey Breast | \$14.99 |
| Breaded Chicken Cutlet | \$14.99 |
| Grilled Chicken Breast | \$14.99 |
| Hebrew National® Salami or Bologna | \$13.99 |
| Hard Salami | \$14.99 |
| Grilled or Boiled Knockwurst on Frank Roll | \$10.99 |
| Chopped Liver | \$13.99 |
| Old-Fashioned Chicken Salad | \$13.99 |
| Egg Salad | \$12.99 |
| Tuna Fish Salad | \$13.99 |

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| Double Dip | \$16.49 |
| 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

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|---|---------|
| Hungarian Hoagie | \$19.99 |
| 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 | \$22.49 |
| Oversized portions of hot corned beef & pastrami, served on twin junior rolls. Or substitute your two favorite meats. (Tongue, add \$2.00) | |
| Israeli Hero | \$37.99 |
| 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 \$2.00) | |
| *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, se
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 \$19.99
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 \$31.99
With a matzo ball, noodles, kreplach, peas & fresh garden carrots. A real nostalgia trip to the days of your youth!

Hungarian Goulash \$25.99
Cubes of lean beef, gently spiced & simmered until tender with peas & fresh garden carrots. Served on a bed of egg noodles.

Beef Tongue Polonaise \$34.99
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 \$35.99
Order any of our three different delicious appetizers as a main dish! Served with vegetable of the day & choice of potato.

Potato Pancakes \$15.49
Great because we grate our own! Three served with apple sauce.

Chicken Pot Pie homemade, of course \$14.99

IS BEN'S DAY

Platters . . . \$22.99

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 \$23.99
A tender, barbecue-roasted kosher chicken. The best!

Breaded Chicken Cutlets \$24.99
Flavorful boneless chicken breasts lightly breaded & fried until golden

Grilled Twin Boneless Chicken Breasts \$24.99
Fresh & tender. Lightly seasoned then grilled to perfection.

Marinated Chicken \$24.99
A half chicken, marinated in our own barbecue sauce

Hawaiian Chicken \$26.99
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) \$33.99
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 \$34.99
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 \$31.99
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 \$25.99
Sixteen lean ounces of juicy beef, broiled to your order & smothered with onions (**prefer chopped turkey? Add \$2**).

EVERY THURSDAY IS THANKSGIVING \$26.99

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!

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| Homemade Mashed Potatoes | \$5.49 |
| Plain or with sautéed onions | |
| Potato Pancake | \$5.49 |
| With apple sauce | |
| Our Own Round Baked Knishes | \$5.49 |
| Tender pastry stuffed with savory filling. Potato, Kashe or Spinach. An Eastern European treat! | |
| Kashe Varnishkas | \$5.49 |
| Egg Barley & Mushrooms | \$5.49 |
| Homemade Stuffed Derma (one slice) | \$6.59 |
| Fruit Noodle Pudding | \$5.49 |
| Spinach Log | \$5.49 |
| Fresh Vegetable of the Day | \$5.49 |

DELI STANDARDS

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| 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!

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|---|--------|
| French Fried Potatoes | \$5.99 |
| French Fried Onion Rings | \$5.99 |

SALADS BAR NONE

Made on premise with the freshest ingredients

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| 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

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|--|--------|
| Chocolate Babka | \$4.99 |
| Assorted Mini Cookies (6) | \$4.99 |
| Assorted Mini Rugulach (4) | \$4.99 |
| 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 | \$5.49 |
| Fruit Gelatin | \$3.99 |
| Halvah | \$7.99 |
| Fresh Fruit Salad | \$4.99 |
| Apple Bread Pudding | \$4.99 |
| Apple Sauce | \$3.49 |
| Melon (In Season) | \$4.99 |

BEVERAGES

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|--|--------|
| 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 |
| Apple Juice | \$2.99 |
| Kedem Bottled Grape Juice | \$2.99 |
| Bottomless Iced Tea or Iced Coffee | \$2.99 |
| Bottomless Coffee with non-dairy creamer | \$2.79 |
| Bottomless Tea | \$2.79 |

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

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|---|---------|
| Hebrew National® Beef Frank On a fresh bun | \$10.99 |
| Franks-N-Jackets | \$10.99 |
| Classic Chicken Fingers Made fresh at Ben's | \$11.99 |
| L'il Steakburger On a twin roll | \$10.99 |
| Junior Deli Sandwich On a twin roll with your favorite sliced meat | \$11.99 |
| Glazed BBQ Meatballs | \$10.99 |

KID'S SIDE CHOICES

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

KID PLATTERS

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|---|---------|
| Mama's Favorite | \$11.99 |
| Hot roast beef, brisket or turkey breast with gravy, one side & carrot sticks | |
| Grilled Chicken Breast | \$11.99 |
| Grilled boneless, skinless chicken breast, one side & carrot sticks | |
| Junior Omelettes | \$11.99 |
| Choice of your favorite deli meat, one side & carrot sticks | |
| Bow Tie Pasta | \$9.99 |
| With Ben's own marinara sauce & carrot sticks | |

SOUP UP YOUR KID'S MEAL

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| 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

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|-----------------------------------|--------|
| Domestic Bottles | \$6.99 |
| Imported Bottles | \$7.99 |
| Non-Alcoholic | \$6.99 |

WINE

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|---|---------|------------------------|
| 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 | |