



# “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 ..... \$12.99
- Potted Mini Meatballs** in brown gravy ..... \$12.99
- Chopped Liver** garnished with lettuce, tomato & onion ..... \$14.99
- Beef Tongue Polonaise** in our delicious raisin gravy ..... \$18.99
- Homemade Stuffed Derma** with brown gravy ..... \$13.98
- Nova Scotia Salmon** with onion, lettuce & tomato ..... \$14.99
- Stuffed Cabbage Hongroise** ..... \$14.99  
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** ..... \$13.99  
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** ..... \$13.49  
Homemade mashed potatoes wrapped around a Hebrew National® beef frank encased in an egg roll wrapper with fountain soda
- Hebrew National® Quarter-Pound Kosher Beef Frank** ..... \$18.49  
On a bun, served with fresh-cut fries or a knish & fountain soda

## TOP'T DOGS Your Choice . . . \$18.99

*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** ..... \$17.99  
Extra lean . . . add \$1.00
- Tongue** ..... \$21.99
- Two Meat Combination Omelette** ..... \$19.99  
With Tongue . . . add \$2.00  
Extra lean . . . add \$1.00
- Western Omelette** ..... \$17.99  
Deli-style omelette with or without green peppers & onions as you wish
- Salami or Bologna** ..... \$16.99
- Nova Scotia Salmon, Eggs & Onions** ..... \$21.99
- Onion** ..... \$15.99
- Fresh Veggie Omelette** ..... \$16.99  
With avocado ..... \$17.99
- Plain** (but exceptionally good) ..... \$14.99
- 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 . . . add \$1.29.

## HOMEMADE SOUPS

- Ronnie's Old-Fashioned Chicken Broth**
- With a Matzo Ball or Kreplach ..... \$7.49
- With a Kreplach ..... \$7.49
- With Noodles or Rice ..... \$7.29
- Care for another Kreplach or Matzo Ball? ..... each \$2.49
- Mushroom Barley Soup** ..... \$7.49
- Garden Vegetable Soup** ..... \$7.49
- Grandma's Soup** ..... \$9.99  
Our famous chicken soup filled with boneless chicken, soft carrots, & noodles
- With one matzo ball or kreplach. .... \$11.99
- A Schissel** ..... \$15.99  
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** with wedge of garlic bread ..... \$14.99
- Daily Homemade Soups** ..... \$7.49
- 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, Asian, 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 ..... \$21.99
- With grilled fresh salmon ..... \$22.99
- Spinach Salad** ..... \$16.99  
Fresh spinach with chopped egg, red onion & mushrooms in a poppy seed dressing topped with crumbled, grilled pastrami
- Chef Salad** One meat . . . \$19.99 Two meats . . . \$22.99  
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 ..... \$16.99
- With Grandma's soup ..... add \$2.50

- Grilled Chicken & Avocado Salad** ..... \$22.99  
Mixed garden greens, cherry tomatoes & red onions with a homemade Basil & Sweet Honey Mustard dressing, grilled chicken breast & avocado

- Grilled Salmon Salad** ..... \$22.99  
Romaine, mixed greens & spinach leaves, cherry tomatoes & red onions tossed with Honey Mustard topped with grilled salmon & homemade croutons
- Asian Salad** ..... \$22.99  
A 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

<b>Chopped Liver or Gefilte Fish Platter</b> .....	\$17.49
<b>Egg Salad Platter</b> .....	\$16.99
<b>Old Fashioned Chicken Salad or Large Tuna Fish Salad Platter</b> .....	\$17.49
<b>Nova Scotia Salmon</b> .....	\$22.99

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.

<b>Single Meat Platter</b> .....	\$26.99
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)	
<b>Assorted Cold Cuts</b> .....	\$28.99
With Tongue .....	\$29.99
<b>Ronnie's Turkey Drumstick or Wing</b> .....	\$14.99
*Extra lean . . . .	add \$1.00

## WRAPS Your Choice . . . \$20.99

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.

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

## PANINI

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

<b>Grilled Chicken</b> - Grilled to perfection & topped with lettuce, sweet red pepper & chipotle dressing on French bread .....	\$22.99
<b>The Original Brisket</b> - Simmered brisket served with caramelized onions & fresh horseradish sauce on a Brioche roll .....	\$22.99
<b>The Rachel</b> - A mound of our delicious pastrami, sauerkraut & Russian dressing on pressed seeded Rye bread .....	\$22.99
<b>The Reuben</b> - Ben's famous corned beef, sauerkraut, Russian dressing on pressed seeded Rye bread. ....	\$22.99
<b>Steak Bites</b> - Tender slices of steak & grilled onions doused with homemade pesto sauce on pressed French bread .....	\$23.99

## 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.

<b>Hot Open Roast Turkey</b> .....	\$24.99
With gravy & cranberry sauce	
<b>Hot Open Brisket of Beef</b> .....	\$24.99
With gravy (extra lean, add \$1.00)	
<b>Hot Open Roast Beef</b> with gravy .....	\$24.99
<b>Hanger Steak</b> (Our Roumanian) Sandwich Open Style. ....	\$32.99
<b>Hot Pastrami &amp; Corned Beef Combo</b> .....	\$32.99
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 . . . add \$1.29. Gluten free bread or Challah roll . . . add \$1.49. Special requests? Just ask!



<b>Hot Corned Beef</b> We pickle our own! .....	\$15.99
<b>Extra Lean Hot Corned Beef</b> .....	\$16.99
<b>Hot Pastrami</b> .....	\$16.99
<b>Tongue</b> Pickled on premises! .....	\$21.99
<b>Fresh Brisket of Beef</b> .....	\$15.99
<b>Extra Lean Brisket of Beef</b> .....	\$16.99
<b>Roast Beef</b> .....	\$15.99
<b>Turkey</b> .....	\$15.99
<b>Smoked Turkey Breast</b> .....	\$15.99
<b>Breaded Chicken Cutlet</b> .....	\$16.49
<b>Grilled Chicken Breast</b> .....	\$16.49
<b>Hebrew National® Salami or Bologna</b> .....	\$14.99
<b>Hard Salami</b> .....	\$15.99
<b>Chopped Liver</b> .....	\$14.99
<b>Old-Fashioned Chicken Salad</b> .....	\$14.99
<b>Egg Salad</b> .....	\$13.99
<b>Tuna Fish Salad</b> .....	\$14.99

<b>Double Dip</b> .....	\$17.99
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

<b>Hungarian Hoagie</b> .....	\$19.99
Tender beef goulash, caramelized onions & sweet red peppers on a club roll	
<b>Ronnie's Tastemaster</b> .....	\$25.99
All our meats piled high on rye with Russian dressing & Cole slaw.	
<b>Deli Double</b> .....	\$23.99
Oversized portions of hot corned beef & pastrami, served on twin junior rolls. Or substitute your two favorite meats. (Tongue, add \$2.00)	
<b>Israeli Hero</b> .....	\$41.99
Our incredible foot-long hero sandwich, overstuffed with everything but the kitchen sink. Feeds two big fressers or three average mensch.	
<b>Mix 'n Match</b> Two meats . . . \$19.99 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 \$2.00)	
*Extra lean . . . .	add \$1.00

**On Any Combo Meal**  
Substitute Sweet  
Potato Fries For One  
Side Dish Choice  
Add \$1.50 To Meal Price

**WED**

Available  
Corned  
Chicken in the Po  
Chef

## 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 \$1.29.

**Burger Classic** Steak . . . . . \$18.99 Turkey . . . . . \$19.99  
With lettuce, tomatoes, & fresh-cut French fries

**Salami Burger** Steak . . . . . \$20.99 Turkey . . . . . \$21.99  
Delicious. Broiled with slices of tangy grilled salami. Served on a bun with fresh-cut French fries

**Slim Burger Platter** Steak . . . . . \$19.99 Turkey . . . . . \$20.99  
With sliced tomato, lettuce & fresh fruit salad on the side

**Our Popular Pastrami Burger Platter** Steak . . . \$22.99 Turkey . . \$23.99  
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 . . . \$25.99

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 . . . \$28.99 Flanken . . . \$35.99  
With a matzo ball, noodles, kreplach, peas & fresh garden carrots. A real nostalgia trip to the days of your youth!

**Hungarian Goulash** . . . . . \$27.99  
Cubes of lean beef, gently spiced & simmered until tender with peas & fresh garden carrots. Served on a bed of egg noodles.

**Beef Tongue Polonaise** . . . . . \$36.99  
Thinly sliced & served with Ronnie's delicious raisin gravy. Served with vegetable of the day & choice of potato.

**Marinated Short Rib** . . . . . \$35.99  
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** . . . . . \$32.99  
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** . . . . . \$38.99  
Order any of our three different delicious appetizers as a main dish! Served with vegetable of the day & choice of potato.

**Potato Pancakes** . . . . . \$16.49  
Great because we grate our own! Three served with apple sauce.

**Chicken Pot Pie** homemade, of course . . . . . \$15.99

## WEDNESDAY IS BEN'S DAY!

**Special Dinner Platters . . . \$24.99**

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

**Beef** - Ben's own cure, served with cabbage & boiled potato.

**Pot** - With fresh chicken soup, kreplach, matzo ball, noodles, peas & carrots.

**Chef's Choice** - Ask your server for today's Chef Choice Special.

## HOT ENTREES

Served with vegetable of the day & choice of potato

### FISH

**Grilled Filet of Salmon** . . . . . \$29.99  
Always fresh, never frozen. Cut to order from the whole salmon & grilled to your liking.

### POULTRY

**Roast Half Spring Chicken** . . . . . \$25.99  
A tender, barbecue-roasted kosher chicken. The best!

**Breaded Chicken Cutlets** . . . . . \$26.99  
Flavorful boneless chicken breasts lightly breaded & fried until golden

**Grilled Twin Boneless Chicken Breasts** . . . . . \$26.99  
Fresh & tender. Lightly seasoned then grilled to perfection.

**Marinated Chicken** . . . . . \$26.99  
A half chicken, marinated in our own barbecue sauce

**Hawaiian Chicken** . . . . . \$28.99  
Lightly breaded, boneless white meat chicken served in a tangy sweet & sour sauce

**Roast Turkey** . . . . . \$27.99  
Moist & delicious off the frame, with homemade gravy & cranberry sauce

### BEEF

**Broiled Hanger Steak (Our Roumanian)** . . . . . \$35.99  
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** . . . . . \$36.99  
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** . . . . . \$33.99  
Carved as you like it with our rich mushroom gravy

**Silver Tip Roast Beef** . . . . . \$27.99  
A juicy half-pound portion carved from the tenderest part of the beef

**Braised Fresh Brisket of Beef** . . . . . \$27.99  
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'** . . . . . \$22.99  
Hebrew National® quarter pound kosher franks, grilled or boiled, served with baked beans & fresh cut French fries

**Broiled Chopped Steak** ground daily in house . . . . . \$27.99  
Sixteen lean ounces of juicy beef, broiled to your order & smothered with onions (**prefer Chopped Turkey? Add \$2.**)

## EVERY THURSDAY IS THANKSGIVING \$28.99

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!*

<b>Homemade Mashed Potatoes</b> plain or with sautéed onions	\$5.79
<b>Potato Pancake</b> with apple sauce	\$5.79
<b>Our Own Round Baked Knishes</b> An Eastern European treat! Tender pastry stuffed with savory filling. Potato, Kashe or Spinach.	\$5.79
<b>Kashe Varnishkas</b>	\$5.79
<b>Egg Barley &amp; Mushrooms</b>	\$5.79
<b>Homemade Stuffed Derma</b> (one slice)	\$6.99
<b>Fruit Noodle Pudding</b>	\$5.79
<b>Spinach Log</b>	\$5.99
<b>Fresh Vegetable of the Day</b>	\$5.79

### DELI STANDARDS

<b>Baked Idaho Potato</b> (evenings only)	\$5.49
<b>Square Potato Knish</b>	\$5.79
<b>Baked Beans</b>	\$5.29
<b>Peas &amp; Carrots</b>	\$5.29
<b>Sweet or Hot Peppers</b>	\$4.29
<b>Sauerkraut</b> (hot or cold)	\$4.79

### FAMOUS BECAUSE THEY'RE FRESH!

<b>French Fried Potatoes</b>	\$6.49
<b>French Fried Onion Rings</b>	\$6.99
<b>Sweet Potato Fries</b>	\$7.49

### SALADS BAR NONE

*Made on premise with the freshest ingredients*

<b>Old-Fashioned Potato Salad</b>	\$5.49
<b>Macaroni Salad</b>	\$5.49
<b>Israeli Salad</b>	\$6.49
<b>Pasta Salad</b>	\$5.49
<b>Health Salad</b>	\$5.49
<b>Cucumber Salad</b>	\$5.49
<b>House Garden Salad</b>	\$9.99
Mixed salad greens with tomato, cucumber, pepper & shredded carrots	
<b>Pasta &amp; Spinach</b>	\$6.99
<b>Rice Pilaf</b>	\$5.99
<b>Cranberry &amp; Apple Compote</b>	\$5.99
<b>Garden Vegetable Salad</b>	\$5.49
<b>Quinoa</b>	\$6.99

## DESSERTS

*Please ask your server for today's selections*

<b>Chocolate Babka</b>	\$5.49
<b>Assorted Mini Cookies</b>	\$5.29
<b>Assorted Mini Rugulach</b>	\$5.29
<b>Jumbo Cookie</b>	\$3.79
<b>Apple Strudel</b> (Homemade)	\$5.29
<b>Seven Layer Cake</b>	\$5.29
<b>Brownie</b>	\$5.29
<b>Special Layer Cake or Fruit Pie</b>	\$5.29
<b>Low Calorie Baked Apple</b>	\$5.99
<b>Fruit Gelatin</b>	\$4.79
<b>Halvah</b>	\$9.99
<b>Fresh Fruit Salad</b>	\$5.29
<b>Apple Bread Pudding</b>	\$5.49
<b>Apple Sauce</b>	\$3.79
<b>Melon</b> (In Season)	\$5.29

## BEVERAGES

<b>Bottomless Fountain Sodas</b>	\$3.49
Coke, Diet Coke, Sprite, Diet Sprite, Club, Cream Soda, Cherry, Seltzer	
<b>Dr. Brown's</b>	\$2.79
Cream, Black Cherry – Regular or Diet, or Celray	
<b>Bottled Root Beer</b>	\$2.99
<b>Bottled Water</b>	\$2.29
<b>Apple Juice</b>	\$2.99
<b>Kedem Bottled Grape Juice</b>	\$3.49
<b>Bottomless Iced Tea or Iced Coffee</b>	\$3.49
<b>Bottomless Coffee</b> with non-dairy creamer	\$2.99
<b>Bottomless Tea</b>	\$2.99

## 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

<b>Hebrew National® Beef Frank</b> On a fresh bun	\$11.99
<b>Franks-N-Jackets</b>	\$11.99
<b>Classic Chicken Tenders</b> Made fresh at Ben's	\$12.99
<b>L'il Steakburger</b> On a twin roll	\$11.99
<b>Junior Deli Sandwich</b> On a twin roll with your favorite sliced meat	\$13.99
<b>Glazed BBQ Meatballs</b>	\$11.99

### KID'S SIDE CHOICES

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

### KID PLATTERS

<b>Mama's Favorite</b>	\$12.99
Hot roast beef, brisket or turkey breast with gravy, one side & carrot sticks	
<b>Grilled Chicken Breast</b>	\$12.99
Kids sized grilled boneless, skinless chicken breast, one side & carrot sticks	
<b>Junior Omelettes</b>	\$12.99
Plain & simple or with your favorite deli meat, one side & carrot sticks	
<b>Bow Tie Pasta</b> \$10.99 With Meat balls \$12.99	
With Ben's own marinara sauce & carrot sticks	

### SOUP UP YOUR KID'S MEAL

Kids chicken noodle or chicken rice	\$4.99
With matzo ball	\$5.99

## BEER & WINE

*Please ask your server about additional selections which may be available*

<b>Domestic Bottles</b>	\$6.99
<b>Imported Bottles</b>	\$7.99
<b>Non-Alcoholic</b>	\$6.99

### WINE

<b>Pinot Grigio</b>		
Bottle	\$29.99	Glass \$9.99
<b>Baron Herzog Chardonnay</b> (California)		
Bottle	\$29.99	Glass \$9.99
<b>Baron Herzog Merlot</b> (France)		
Bottle	\$29.99	Glass \$9.99
<b>Baron Herzog Cabernet Sauvignon</b> (California)		
Bottle	\$29.99	Glass \$9.99
<b>Baron Herzog White Zinfandel</b> (California)		
Bottle	\$29.99	Glass \$9.99
<b>Kedem Naturally Sweet Concord</b>		
Large Bottle	\$11.99	Small Bottle \$3.49