# EARTHLY EATS Our own vegetarian and plant-based menu

Served with pickles. Sautéed fresh mushrooms or onions, add \$1.49	
GARDEN VEGETABLE SOUP	\$7.49
VEGETARIAN CHILI served with a garlic bread wedge	. \$14.99
DR. PRAEGER VEGETABLE BURGER served with Israeli Salad	
Plain	. \$19.99
MEATLESS PLANT-BASED BURGER served with Israeli Salad	
Plain	. \$19.99
PLANT-BASED "CHICKEN" CUTLET SANDWICH	. \$19.99
With lettuce, tomato and chipotle dressing on club bread. Served with Israeli Salad.	
PLANT-BASED "CORNED BEEF" PANINI	. \$21.99
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Items are prepared in a non-vegetarian environment where meat may have been previously prepared. Not Vegan.

# **BEVERAGES**

Fountain Sodas	. \$2.49
Fountain Seltzer	. \$1.99
Liter Sodas	
Coke • Diet Coke • Sprite	
Canned Sodas	. \$2.59
Celray · Cream · Diet Cream · Coke · Diet Coke · Ginger Ale	
Black Cherry • Diet Black Cherry • Sprite	
Bottled Root Beer	. \$2.99
Bottled Water	. \$2.29
Apple Juice	. \$2.99
Iced Tea or Iced Coffee	. \$2.99
Coffee with non-dairy creamer	. \$2.79
Decaffeinated Coffee with non-dairy creamer	. \$2.79
Tea	
Domestic Beer	. \$6.99
Imported Beer or Ale	. \$7.99
Non-Alcoholic Beer	. \$6.99
Kedem Grape JuiceSma	II \$3.79

# **DESSERTS**

Assorted Mini Cookies & Rugelach*  Jumbo Cookies  Special Layer Cake  Seven Layer Cake  Chocolate Babka  Fruit Pies  Apple Strudel (Homemade)  Brownies	\$6\$6\$8\$8\$8\$8\$8\$8\$8\$8\$8\$8	3.79 ea 5.99 sl 5.79 sl 5.99 sl 5.99 sl 5.79 sl
Halvah		
Low Calorie Baked Apples		
Fresh Fruit Salad		
Fruit Gelatin	\$5	5.49 lb
Apple Bread Pudding	\$9	9.99 lb
Apple Sauce		
Melon (in season)	\$t	5.79 sl
*Plattered, add \$5.00		

# **QUICK PARTY IDEAS** Please order in advance.

Hors D'oeuvres by the dozen	from \$10.80
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	\$18.99 pp
Dinner for Six	from \$143.94
Eight delicious entrée choices with your choice of salad & sides.	

PRICES EFFECTIVE OCTOBER 2025, SUBJECT TO CHANGE WITHOUT NOTICE. NOT RESPONSIBLE FOR TYPOGRAPHICAL ERRORS. NOT ALL MENU ITEMS AVAILABLE IN ALL STORES.

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# **TAKEOUT MENU**

# **DELIVERY AVAILABLE** OrderBensNow.com

Overstuffed Sandwiches, Panini, Burgers, Salads and More!





Download our smartphone app "Ben's Friends Rewards" from iTunes or Google Play. Sign in or register to keep track of your account and place online orders. Start earning rewards today!

"Keeping The Tradition Alive Since 1972"



# www.BensDeli.net

BOCA RATON(561) 470-9963	
, CARLE PLACE (516) 742-3354	
GREENVALE(516) 621-3340	
WOODBURY(516) 496-4236	
NIASSALIS SHODE (514) 040 2072	

SUFFOLK COUNTY - (631) 724-3000 WESTCHESTER DELIVERY - (718) 229-2367 MANHATTAN DELIVERY - 1(800) 344-2367

#### **TARTERS**

Fried Kreplach Five crispy pieces with sautéed onions	\$12.99
Stuffed Cabbage Hongroise A generous cabbage roll filled with lean ground beef, a little rice and our special seasonings	\$13.99 ea
Chopped Liver Appetizer with onion, lettuce, tomato and rye	\$14.99
Hungarian Goulash	
Tender cubes of gently spiced beef with noodles on the side	\$15.99 pt
Potted Mini Meatball Appetizer	\$13.99
Beef Tongue Polonaise Appetizer in our delicious raisin gravy with rye	\$18.99
Nova Scotia Salmon Nosh with onion, lettuce, tomato and rye	\$14.99
Homemade Stuffed Derma Appetizer with brown sauce and rye bread	\$13.98
Chicken Wings Buffalo, Sweet Teriyaki, Honey BBQ or Plain.	
Served with celery sticks & homemade Garlic-Mayo dipping sauce	\$13.99
Avocado Toast served with sliced grilled pastrami on top	\$12.99

#### **DOGS**

Hush	Puppy
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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! ...... \$10.99

#### Hot Dog Combo Meal

#### Hebrew National® Quarter-Pound Kosher Beef Frank

# TOP'T DOGS ...... Your Choice \$19.99

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

#### **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 club bread topped with warm sauerkraut and your choice of either corned beef or pastrami. Russian dressing optional.

# **HOMEMADE SOUPS**

Ronnie's Old-Fashioned Chicken Broth With a Matzo Ball		Quart **
With a Kreplach		**
With Noodles or Rice		
Mushroom Barley Soup	\$7.49	\$12.99
Garden Vegetable Soup	\$7.49	\$12.99
Grandma's Soup Our famous chicken soup filled with boneless chicken, soft carrots and noodles	\$9.99	\$19.98
Vegetarian Chili With wedge of garlic bread	\$14.99	
Daily Homemade Soup	\$7.49	\$12.99
Extra Noodles or Rice	\$1.29	\$3.99
Kreplach or Matzo Ball	\$2.49 ea	
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\*\* When ordering quarts of chicken soup, kreplach and matzo balls are sold separately. Just tell us how many.

# ON ANY COMBO MEAL

Substitute One Side Dish With Sweet Potato Fries For An Extra \$1.49





Email catering@bensdeli.net or request a FREE consultation at BensDeli.net/kosher-catering-consultation/

# HOT ENTRÉES Served with vegetable of the day and cho

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	37.99
Rib-Eye Steak (16 oz.)	
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 \$3	88.99
Sliced London Broil	
Carved as you like it with our rich mushroom gravy\$3	5.99
Silver Tip Roast Beef	
A juicy half-pound carved from the most tender part of the beef\$2	8.99
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)\$2	28.99
Two 'Specials'	
Hebrew National® quarter pound kosher franks, baked beans	
and fresh-cut French fries or two other sides of your choice\$2	3.99
Broiled Chopped Steak (ground daily in house)	
Sixteen lean ounces of juicy beef from our butcher, broiled to your order	00 00
and smothered with onions (Prefer Chopped Turkey? Add \$2.00)\$2	0.99

# TRADITIONAL SPECIALTIES All include pickles, Cole slaw

Chicken or Beef In The Pot A real nostalgia trip to the days of your youth Served with a matzo ball, noodles, kreplach, peas and fresh garden carr		
With a half chicken		\$31.99
With lean breast of flanken simmered until tender		\$36.99
Marinated Short Ribs		
Beef short ribs slow roasted until tender, marinated in our house-made	<i>*</i>	\$37 99
sweet and tangy harheque sauce		\$37.99

**Potato Pancakes** 

# **OMELETTES**

Made with three fresh eggs. Served with potato pancake & apple sauce or our fresh-cut French fries, plus bread, pickles & fresh-cut Cole slaw.

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Corned Beef or Pastrami (Extra Lean, add \$1.00)	
Tongue	\$22.99
Two Meat Combination Omelette (Tongue add \$2.00 ea. / Extra Lean add \$1.00 ea.)	\$21.99
Western Omelette Deli-style omelette with or without green peppers & onions	\$18.99
Salami or Bologna	\$16.99
Nova Scotia Salmon, Eggs & Onions	\$21.99
Onion	\$15.99
Fresh Veggie Omelette	\$18.99
Plain (but very good)	\$14.99
All White Omelettes	\$2.99
ECC CANDAUGH LOVERCI Well aledly made and acceptation and acceptation	1

EGG SANDWICH LOVERS! We'll gladly make your omelette into a sandwich upon request... On rye, no charge. On club, add \$1.29. On Gluten Free bread or Challah roll, add \$1.49.

# **SPECIALTY SALADS**

with our horseradish dressing

DRESSING SELECTIONS: Russian, Asian, Honey Mustard, Fat-Free Italian, Poppyseed, Creamy Garlic, Honey Basil. The Long Island .......\$24.99

Grilled Chicken or sliced breaded chicken cutlet, chopped kale and romaine, warm quinoa, candied walnuts, avocado and cherry tomatoes with poppyseed dressing	
The Boca\$2	24.99
Grilled Salmon, mixed greens, warm kasha, chickpeas, cherry tomatoes, diced cucumbers and lemon with honey mustard dressing	
The Queens \$\text{Sliced Happer steek epinach warm quings southed online wonton crieses}	27.99

Broiler closes 10 minutes prior to store closing Consuming or undercooked meats, poultry, seafood, shell

#### pice of potato, plus pickles, Cole slaw and bread, unless noted.

POULTRY		
Roast Half Spring Chicken A tender, rotisserie chicken. The Best!	\$27.99	
Breaded Chicken Cutlets Boneless breasts lightly breaded and fried until golden	\$27.99	
Grilled Twin Boneless Chicken Breasts Plump, fresh and tender. Lightly seasoned, then grilled to perfection	\$27.99	
Marinated Chicken A half chicken, marinated in our own barbecue sauce	\$27.99	
Hawaiian Chicken Lightly breaded, boneless white meat chicken served in a tangy sweet and sour sauce	\$29.99	
Roast Turkey Moist & delicious off the frame with homemade gravy & cranberry sauce	\$28.99	
GRILLED FILET OF SALMON (12 OZ.) 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	\$29.99	

Broiler closes 10 minutes prior to store closing time.

# & bread. 🔎 served with choice of potato & vegetable of the day.

Hungarian Goulash Cubes of tender, lean, seasoned beef simmered with peas and carrots and served on a bed of noodles	\$29.99
Beef Tongue Polonaise Thinly sliced and served with Ronnie's delicious raisin gravy	\$37.99
The Stuffed Cabbage That Made Us Famous Just like Ronnie's mother made! Oversized cabbage leaves rolled around a filling that's all meat, a little rice and a touch of seasoning.	\$33.99

# GARDEN FRESH SALADS All full-sized entrée salads served with bread.

# DRESSING SELECTIONS: Russian, Asian, Honey Mustard, Fat-Free Italian, Poppyseed, Creamy Garlic, Honey Basil.

Fat-Free Italian, Poppyseed, Creamy Garlic, Honey Basil.		
Ben's Caesar Salad		
Creamy garlic dressing over crisp romaine with homemade croutons	\$10.99	
With a seasoned, grilled chicken breast	\$22.99	
With grilled fresh salmon	\$23.99	
Soup and Salad Combo		
A bowl of soup with house garden salad or Ben's Caesar salad	\$17.99	
With Grandma's soup		

A bowl of soup with house garden salad or Ben's Caesar salad	
Spinach Salad Fresh spinach with chopped egg, red onion and mushrooms in a poppy seed dressing topped with crumbled grilled pastrami	\$17.99
Grilled Chicken and Avocado Salad  Mixed garden greens, cherry tomatoes and red onions with a homemade honey basil dressing, topped with grilled chicken breast and avocado	\$23.99
Grilled Salmon Salad Mixed greens, cherry tomatoes & red onions with Honey Mustard topped with grilled salmon & homemade croutons	\$23.99
Asian Style  Chicken breast and crunchy noodles, crisp romaine, carrots, peppers, mushrooms, scallions, waterchestnuts and snow peas in an Asian dressing	\$23.99
Chef Salad	

Crisp romaine, peppers, radish, hard-boiled egg, tomato, black olives, & your choice of meats.

Mixed salad greens, tomato, cucumber, pepper & shredded carrots ......\$10.99

g time. Burgers & steaks are cooked to order. Ilfish or eggs may increase your risk of foodborne illness.

House Garden Salad

# **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	\$25.99
Hot Open Brisket of Beef with gravy (Extra Lean, add \$1.00)	\$25.99
Hot Open Roast Beef with gravy	\$25.99
Hanger Steak (Our Roumanian) Sandwich open style	\$33.99

#### 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) .......\$33.99

WRAPS	VOLID CLICIOE	<b>604 00</b>
VVKAPO	YOUR CHOICE	321.99

Fresh & delicious. Served with choice of French fries or knish or deli side salad.

GRILLED CHICKEN CAESAR - Ben's Caesar salad under wraps. Grilled chicken with shredded romaine lettuce, chopped tomatoes. Drizzled with creamy garlic 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, with shredded lettuce, diced tomatoes, drizzled with our horseradish sauce.

**ASIAN CHICKEN ROLL-UP** - 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 or knish or deli side salad.

	Corned Beef & Pastrami, sauerkraut & Russian dressing on pressed seeded Rye bread.		
(	GRILLED CHICKEN \$23.99		

Grilled to perfection and topped with lettuce, sweet red pepper and chipotle dressing on French bread. **THE ORIGINAL BRISKET**....\$23.99

Slowly simmered brisket served with caramelized onions and fresh

horseradish sauce on a Brioche roll. **THE RACHEL**.....\$23.99

Twice steamed pastrami, sauerkraut and Russian dressing on pressed seeded Rye bread.

THE REUBEN ......\$23.99

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

STEAK BITES ......\$25.99

Tender slices of hangar steak and grilled onions doused with homemade

# 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 and Cole slaw. Sautéed fresh mushrooms or onions... add \$1.49. SUBSTITUTE A VEGGIE BURGER... NO CHARGE! Burger Classic

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SPECIALTY BURGERS ...... Your Choice \$26.99
Includes fountain soda, pickles and Cole slaw. Choice of French fries
or 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.

pesto sauce on pressed French bread.

CALIFORNIA - Sliced avocado & Israeli salad.

SLIDERS - Twin mini burgers on challah rolls, crispy onions, horseradish sauce.

# **OVERSTUFFED SANDWICHES**

Served with pickles. Choice of rye or whole wheat bread. Toasted garlic bread... add \$1.49. Add sliced tomato, sweet or hot peppers or club bread... add \$1.29. Gluten free bread or Challah roll... add \$1.49. Special requests? Just ask!



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	Per Sandwich	Per 1/2 Lb.
Corned Beef We pickle our own!	\$15.99	\$19.98
Extra Lean Corned Beef	\$16.99	\$20.98
Pastrami	\$16.99	\$20.98
Extra Lean Pastrami	\$17.99	\$21.98
Tongue Pickled on premises!	\$21.99	\$23.48
Fresh Brisket of Beef	\$15.99	\$19.98
Extra Lean Brisket of Beef	\$16.99	\$20.98
Roast Beef	\$15.99	\$19.98
Turkey	\$15.99	\$19.98
Smoked Turkey Breast	\$15.99	\$19.98
Breaded Chicken Cutlet	\$16.49	\$11.99
Grilled Chicken Breast	\$16.49	\$11.99
Hebrew National® Salami or Bologna	\$14.99	\$9.98
Hard Salami	\$15.99	\$16.48
Chopped Liver	\$14.99	\$9.98
Old-Fashioned Chicken Salad	\$14.99	\$9.98
Egg Salad	\$13.99	\$8.98
Tuna Fish Salad	\$14.99	\$9.98
Hebrew National® Beef Frank		
Double Dip		\$18.49
Half of a Deli Double sandwich (one meat onl	y) with a bowl of your favo	rite

NEW!	SPECIALTY SANDWICHES*	
Ben's French Dip	lic bread served Au Jus. (with fried onions, add \$1.49)	\$18.99
Hungarian Hoagie Tender beef goulash	with caramelized onions and sweet red peppers	¢10.0

With Grandma's Soup add \$2.50

soup on a small Challah roll. (Tongue or Extra Lean, add \$1.00)

on a club roll	\$19.99
Ronnie's Tastemaster	
All our meats piled high on rye with Russian dressing and Cole slaw	\$26.99
Deli Double	
Oversized portions of hot corned beef and pastrami, served on twin Challah rolls.	
Or substitute your two favorite meats. (Tongue, add \$2.00)	\$23.99
Israeli Hero	
Our incredible foot-long hero sandwich, overstuffed with everything but the	

\*Extra Lean, add \$1.00

ESTRA Lean, add \$1.00

Family-Style Takeout Dinners

Also available for 4. 6. 8 or 10 people

4, 6, 8 of 10 people

Offered Every Weekday Except Holidays.

FOR

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

#### COLD PLATTERS

Served with freshly sliced tomatoes on a bed of lettuce with potato salad, Cole sla	iW,
hard boiled egg, garnish, pickles & bread.	
Chopped Liver or Gefilte Fish Platter A traditional favorite	\$17.99
Fran Salad Platter	\$16.00

# SPECIAL COLD CUT PLATTERS\*

Served with rye bread, pickles, Cole slaw and choice of our homemade potato, health, macaroni or Israeli salad. Each platter feeds one. (*Extra Lean, add \$1.00)		
Single Meat Platter, Your Choice	\$26.99	
Corned Beef • Brisket of Beef • Pastrami • Sliced Turkey Breast • Salami Smoked Turkey Breast • Bologna • Hard Salami • Roast Beef • Tongue (add \$3.00)		
Assorted Cold Cuts (up to 3 meats)	\$28.99	
With Tongue	\$29.99	
Ronnie's Big Turkey Drumstick or Wing	\$14.99	

# 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.

#### **DELI STANDARDS**

# Prepared in our kitchens the old-fashioned way!

French Fried Potatoes\$6	6.49
Onion Rings\$	6.99
Sweet Potato Fries\$	7.49
Fried Vegetables\$	9.99 lb
Homemade Mashed Potatoes plain or with sautéed onions	5.49
Potato Pancake with apple sauce\$	5.79
Ben's Round Baked Knishes filled with Potato, Kashe or Spinach	5.79
Kashe Varnishkas or Egg Barley & Mushrooms\$	9.99 lb
<b>Ben's Stuffed Derma</b>	3.98 lb
Noodle, Potato or Sweet Potato Pudding\$9	9.99 lb
Spinach Log\$10	0.99 lb
Baked Idaho Potato or Baked Sweet Potato (evenings only)	5.79 ea
Square Potato Knish\$5	5.79 ea
Baked Beans per portion \$5	5.49 ea
Peas & Carrots or Fresh Vegetable of the Day per portion \$5	5.79 ea

# **DELI SALADS AND MORE**

#### Made on premise with the freshest ingredients

\$7,49 lb

Cole Slaw	. \$7.49 lb
Macaroni Salad	. \$7.49 lb
Israeli Salad	
A chopped salad of peppers, cucumbers, tomatoes and scallions in a	
Mediterranean-style lemon olive oil dressing. Fresh, healthy and delicious	\$10.99 lb
Health Salad	. \$7.49 lb
Cucumber Salad	. \$7.99 lb
Beet Salad	. \$7.99 lb
Quinoa Salad	. \$9.99 lb
House Garden Salad	
Mixed salad greens with tomato, cucumber, pepper & shredded carrots	\$10.99 ea

# Cranberry & Pineapple Compote \$10.99 lb Sweet or Hot Peppers \$9.99 lb Sauerkraut hot or cold) \$9.99 lb Pickles \$9.99 lb Homemade Gravy \$6.98 pt

# **POULTRY-TO-GO**

Old-Fashioned Potato Salad

Whole & Half Chicken Rotisserie, Oven Roasted, Marinated or Fried	\$8.99 lb
Chicken Tenders House-made served with honey mustard or duck sauce	\$23.98 lb
Fresh Grilled Chicken Breast	\$23.98 lb
Breaded Chicken Cutlets	\$23.98 lb
Turkey Wing	\$8.99 ea
Hawaiian Chicken Breaded chicken breast pieces in sweet & sour sauce	\$17.99 pt
Chicken Pot Pie Homemade, of course	\$14.99 ea