

**Ess-a-Bagel**

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New York, NY 10022

At 51st St

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**Breakfast**

*The Food Is Prepared On Platters That Are Beautifully Garnished And Decorated. The Prices Are Per Person And Include Paper Goods*

Bagels, Plain Cream Cheese, Butter, And Jelly ..... 3.25

Bagels, Choice Of One Flavored Cream Cheese, Plain Cream Cheese, Butter, And Jelly ..... 3.85

Bagels, Choice Of Two Flavored Cream Cheeses, Plain Cream Cheese, Butter, And Jelly ..... 4.25

Bagels, Danish, Muffins, Plain Cream Cheese, Butter, And Jelly ..... 4.25

Bagels, Danish, Muffins, Choice Of One Flavored Cream Cheese, Plain Cream Cheese, Butter, And Jelly ..... 4.95

Bagels, Danish, Muffins, Choice Of Two Flavored Cream Cheeses, Plain Cream Cheese, Butter, And Jelly ..... 4.95

Tofu Spreads Are Available Upon Request .....

*Cream Cheese Choices Include: plain, scallion, vegetable, raisin-walnut, lox, olives, sun-dried tomato, herbs, seasonal fruits, apple cinnamon, and roasted peppers. Tofu Spread Choices Include: plain, scallion, vegetable, lox, olive, sun-dried tomato, herbs, garlic, and seasonal fruits.*

**Bagels**

Plain .....  
Salt .....

Sesame .....  
Poppy .....  
Onion .....  
Garlic .....  
Oat Bran .....  
Everything Salt .....  
Whole Grain .....  
Cinnamon-raisin .....  
Pumpnickel-raisin .....  
Pumpnickel .....  
Bialys .....  
Nine-grain With Honey New .....

**Salad Platters Specialties**

Tuna Fish Salad .....  
Chicken Salad .....  
Shrimp Salad .....  
Chopped Herring .....  
Egg Salad .....  
Seafood Salad .....  
Chopped Liver .....  
Eggplant Salad .....  
*All our salad platters are accompanied by lettuce, tomato, cole slaw, potato salad or macaroni salad, pickles, and a fresh baked bagel of your choice*

**Knishes**

*great to nosh on !*

Vegetable Knishes ..... 2.95  
Mushroom Knishes ..... 2.95  
Broccoli Knishes ..... 2.95  
Spinach Knishes ..... 2.95  
Potato Knishes ..... 2.95  
Kasha ..... 2.95  
Noodle Pudding ..... 3.75  
Potato Pancakes (3) ..... 3.95  
Potato Munchies (3) ..... 1.50

**On The Side**

Cole Slaw ..... 2.50  
Potato Salad ..... 2.50  
Macaroni Salad ..... 2.50  
Pasta Pesta ..... 3.25

Bean Salad ..... 3.50  
Health Salad ..... 2.95  
Cucumber Salad ..... 3.25  
Tortellini Salad ..... 3.75  
Toss Salad .....  
small 3.95 large 6.95

**Chicken Breast Sandwiches \$5.95**

Grilled Chicken Breast ...  
Grilled Cajun Chicken Breast .....  
Grilled Honey Mustard Chicken Breast .....  
Grilled BBQ Chicken Breast .....  
Baked Breaded Chicken Cutlet .....  
Turkey Burger .....

**Meat Sandwiches**

Roast Turkey ..... 5.50  
Ham ..... 4.95  
Bologna ..... 4.95  
Kosher Salami ..... 5.95  
Pastrami ..... 6.25  
Honey Glazed Turkey ..... 5.75  
Smoked Turkey ..... 5.75  
Roast Beef ..... 6.25  
Virginia Ham ..... 5.25  
Liverwurst ..... 4.25  
Genoa Salami ..... 5.25  
Corned Beef ..... 6.25

*Cheese on a sandwich - add \$1; Tomato on a sandwich - add \$.50*

**Soups \$3.25**

*Our delicious homemade soups are made daily with fresh vegetables and the finest ingredients. All our soups are parve*

**Salad Sandwiches**

..... 5.95  
Tuna Salad ..... 5.25  
Egg Salad ..... 4.25  
Chicken Salad ..... 5.50

Light Tuna Salad ..... 5.50  
Light Vegetable Tuna ..... 5.50  
Chopped Liver ..... 5.50  
Baba Ganoush ..... 3.95  
Seafood Salad (Mayo) ..... 5.25  
Low Fat Whitefish Salad ..... 6.25  
Seafood Salad (Vinai-grette) ..... 5.95

Smoked Crab & Shrimp ..... 5.95  
Vegetarian Burger ..... 5.95  
Chicken Curry Salad ..... 5.75  
Shrimp Salad ..... 5.75  
Chopped Herring Salad ..... 4.95  
Eggplant Salad ..... 4.50  
Baked Salmon Salad ..... 6.25  
Smoked Tuna Salad ..... 5.50  
Hummus ..... 4.50  
Low Fat Egg White Salad ..... 4.50

**Cheese Sandwiches**

Imported Swiss ..... 4.95  
American ..... 3.75  
Munchee ..... 4.50  
Danish Fontina ..... 4.50  
Gouda ..... 4.50  
Jarlsberg ..... 4.50  
Alpine Lace American ..... 4.50  
Alpine Lace Swiss ..... 4.50  
Cheddar ..... 4.50  
Mozzarella ..... 4.50  
Danish Fontina ..... 4.50  
Muenster ..... 3.95  
Provolone ..... 4.50  
Edam ..... 4.50

**Fish Sandwiches**

Nova Scotia with cream cheese ..... 9.50  
Lox And Cream Cheese ..... 9.50  
Whitefish ..... 6.95  
Sable Plate ..... 9.50

Smoked Filet of Trout ..... 6.50  
Smoked Tuna ..... 7.25  
Peppered Bluefish ..... 5.95  
Baked Salmon ..... 9.50  
Lake Sturgeon ..... 10.95  
Pickled Herring filet in cream sauce with a bagel ..... 4.50  
Pickled Lox with onions in a cream sauce ..... 8.95

**Smoked Fish Platters**

Nova Scotia with Cream Cheese ..... 13.50  
Lox and Cream Cheese ..... 13.50  
Whitefish ..... 9.95  
Sable Plate ..... 13.50  
Smoked Filet of Trout ..... 9.95  
Smoked Tuna ..... 10.95  
Peppered Bluefish ..... 8.95  
Baked Salmon ..... 13.50  
Lake Sturgeon ..... 14.95  
Pickled Herring Filet in Cream Sauce with a Bagel ..... 7.95  
Pickled Lox with Onions in Cream Sauce ..... 13.50  
*All fish platters are served with onions, tomatoes, olives, and a choice of any cream cheese spread & any bagel*

**Cream Cheese Sandwiches**

Buttered Bagel ..... 1.25  
Plain Cream Cheese ..... 2.25  
Scallion Cream Cheese ..... 3.25  
Vegetable Cream Cheese ..... 3.25  
Raisin Walnut Cream Cheese ..... 3.35  
Lox Cream Cheese ..... 3.35  
Olive Cream Cheese ..... 3.35  
Sundried Tomato Cream Cheese ..... 3.35  
Herb Cream Cheese ..... 3.35



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Strawberry Cream Cheese..... 3.35	Egg Whites & Turkey 5.50	Marble Loaf..... 1.95	Orange Juice..... btle 1.25 pt 1.95	Curry Chicken..... 8.95
Blueberry Cream Cheese..... 3.35	Egg Whites, Bacon & Cheese..... 5.00	Yogurt Loaf <i>lemon poppy, chocolate, vanilla, banana blueberry</i> .... 1.95	Grapefruit Juice... pt 1.95	Egg Salad..... 8.95
Apple Cinnamon Cream Cheese..... 3.35	1 Hard Boiled Egg..... 1.00	<i>Whole Cakes Sold &amp; Inscribed for all Occasions</i>	Apple Juice..... pt 1.95	Seafood Salad..... 8.95
Jalapeno Cream Cheese..... 3.35	<b>Tofu Sandwiches</b>			Smoked Shrimp..... 8.95
Plain Lite Cream Cheese..... 3.25	Tofu..... 3.25	<b>Danish</b>		
Lite Vegetable Cream Cheese..... 3.35	Scallion Tofu..... 3.35	Cheese, Blueberry, Apple, Pineapple, Cinnamon, Chocolate Prune, Apricot, Pecan Ring, Cherry..... 1.95		
Lite Scallion Cream Cheese..... 3.35	Raisin Walnut Tofu... 3.50	Apple Turnover..... 1.95		
Plain Fat Free Cream Cheese..... 2.65	Vegetable Tofu..... 3.35	Black & White Cookies..... 1.75		
Fat Free Vegetable Cream Cheese..... 3.25	Lox Tofu..... 3.50	Brownies..... 1.95		
Peanut Butter..... 3.25	Herb Tofu..... 3.35	Croissants..... 1.75		
Cream Cheese & Jelly..... 2.25	Olive Tofu..... 3.50	<i>We Have a Variety of Croissants</i>		
Grape or Strawberry Jelly..... 1.25	Sundried Tomato Tofu..... 3.50	<b>Muffins \$1.75</b>		
Peanut Butter & Jelly..... 3.15	<b>Desserts</b>			
Cream Cheese & butter..... 2.25	<i>Assorted Pastries, Delicious Cakes, Pies, Danish, Muffins, Rugelach, Cookies, a Medley of Fresh Fruits, Rice Pudding, &amp; Fancy Cookies</i>			
Cream Cheese & Peanut Butter..... 2.25	<b>Cakes</b>			
Butter & Jelly..... 1.25	Blueberry Cheese Cake..... 3.75	Corn.....		
<b>Egg Sandwiches</b>				
Eggs..... 1.95	Cream Cheese Cake..... 3.75	Raisin Bran.....		
Eggs & Cheese..... 2.95	Cheese Cake..... 3.75	Apple.....		
Eggs And Bacon..... 3.95	Chocolate Mousse..... 3.75	Blueberry.....		
Eggs & Ham..... 3.95	Carrot Layer Cake..... 3.75	Cranberry.....		
Eggs, Ham & Cheese..... 4.50	German Chocolate Layer Cake..... 3.75	Chocolate Chip.....		
Eggs & Onions..... 2.50	Chocolate Blackout.. 3.75	Carrot.....		
Eggs & Salami..... 4.95	Pumpkin Pie (seasonal)..... 3.75	Chocolate - Chocolate Cheese.....		
Eggs & Pastrami..... 6.95	Key Lime Pie (seasonal)..... 3.75	Banana.....		
Eggs & Corned Beef..... 6.95	Pecan Pie..... 3.75	Cappuccino.....		
Eggs & Turkey..... 5.25	Fruit Pies <i>blueberry, apple, cherry</i> ..... 3.75	Yogurt and Much More..... 1.75		
Eggs & Tomatoes..... 2.50	Rugelach.....	<i>All our baking is done on the premises by our pastry chef using pure &amp; natural ingredients</i>		
Lox, Egg & Onions..... 8.95	(per pound) 12.95	<b>Beverages</b>		
Egg Whites..... 2.25	Cookies (per pound) 12.95	Tea..... 90 1.10		
Egg Whites & Cheese..... 3.25	Large Chocolate Chip Cookies (2)..... 1.80	Coffee..... 1.00 1.25		
Egg Whites & Ham... 4.50	Lemon Loaf..... 1.95	Specialty Coffees..... 1.35 1.75		
Egg Whites, Ham & Cheese..... 5.00		Iced Coffee.... (16 oz) 1.50		
		Iced Tea..... (16 oz) 1.50		
		Herbal Teas... 1.10 1.35		
		Hot Chocolate 1.25 1.50		
		<b>Salad Platters</b>		
		Tuna Salad..... 8.95		
		Lite Tuna..... 8.95		
		Smoked Tuna..... 8.95		
		Pink Tuna..... 8.95		
		Veggie Tuna..... 8.95		
		Chicken Salad..... 8.95		
		<b>Meat Platters \$9.50</b>		
		Turkey.....		
		Smoked Turkey.....		
		Honey Glazed Turkey.....		
		Baked Virginia Ham.....		
		Roast Beef.....		
		Ham.....		
		Kosher Salami.....		
		Corned Beef.....		
		Pastrami.....		
		<b>Grilled Chicken Platters \$9.50</b>		
		Lemon Grilled Chicken.....		
		Honey Mustard Chicken..		
		Grilled Cajun Chicken.....		
		Grilled Hickory Smoked Barbecue.....		
		Baked Breaded Chicken Cutlet.....		
		<b>Fish Platters</b>		
		<i>Nova (Lox), A Whitefish Stuffed With Whitefish Salad, Or Sable. With A Variety Of Cream Cheeses And Bagels On</i>		
		Garnished Platters.. 14.95		
		<i>with baked salmon salad or sable..... 16.95</i>		
		<i>with sturgeon..... 17.95</i>		

**Lunch**

*We Offer Up A Platter Of Sandwiches Or With The Meats To Make Your Own Sandwiches. They Are Beautifully Garnished And Decorated. Your Choice Of Coleslaw, Potato Salad, Or Macaroni Salad. We Include Mustard And Mayonnaise Or Russian Dressing And Pickles. Prices Are Per Person And Include Paper Goods.*



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