

Deli Meats & Cheeses

Meat & Chicken	Sandwich	1/4lb
Ham	\$ 10.75	\$ 6.25
Turkey	\$ 10.75	\$ 6.25
Genoa Salami	\$ 10.75	\$ 6.25
Roast Beef / Pastrami / Corned Beef	\$ 11.25	\$ 7.50
Baked Breaded Chicken	\$ 10.25	\$ 7.50
Lemon Grilled Chicken	\$ 10.25	\$ 7.50
BLT	\$ 10.25	-
Bacon	\$ 8.75	-

Cheese	Sandwich	1/4lb
American	\$ 6.25	\$ 4.00
Muenster	\$ 6.75	\$ 5.00
Mozzarella	\$ 6.75	\$ 5.00
Provolone	\$ 6.75	\$ 5.50
Pepper Jack	\$ 6.75	\$ 5.00
Swiss	\$ 6.75	\$ 5.00
Cheddar	\$ 6.75	\$ 5.00
Gouda	\$ 6.75	\$ 6.00

Sides, Knishes & More

Side Salads		
Potato Salad	\$ 2.50	1/4 LB.
Cole Slaw	\$ 2.50	1/4 LB.
Macaroni Salad	\$ 2.50	1/4 LB.
Health Salad	\$ 4.55	
Cucumber Salad	\$ 5.25	

Knishes & More	
Potato Knish	\$ 6.75
Spinach Knish	\$ 6.75
Potato Pancakes (3)	\$ 5.75
Hardboiled Egg	\$ 1.95

Snacks	
Chips	\$ 2.25
Bagel Chips	\$ 3.50
Yogurt	\$ 3.25
Yogurt Parfait	\$ 5.95
Fruit Cup	\$ 5.75
Berry Cup	\$ 6.25
Apple/Banana/Orange	\$ 1.10

Baked Goods

Cake / Pie Slices	\$ 5.75
Croissants / Muffins / Danish	\$ 3.75
Large Black & White Cookie	\$ 3.75
Linzer Tarts	\$ 4.25
Pound / Yogurt Cake Slice	\$ 3.55
Brownie	\$ 3.95
Cinnamon Roll / Crumb Cake	\$ 3.75
Chocolate Chunk Cookie Box	\$ 5.95
Hamantaschen	\$ 3.95
Mini Black & White Cookies Box	\$ 8.55
Small Rugalach Box	\$ 9.25
Babka (Chocolate or Cinnamon)	\$ 10.75
Challah	\$ 7.25
Challah with Raisins	\$ 7.45

Beverages

Hot Drinks	Small 12oz	Large 16oz
Coffee	\$ 2.25	\$ 2.95
Cappuccino / Cafe Latte	\$ 4.75	\$ 6.75
Americano	\$ 3.95	\$ 5.75
Espresso	\$ 2.95 single	\$ 4.45 double
Tea	\$ 1.95	\$ 2.25
Herbal Tea	\$ 2.05	\$ 2.45
Hot Chocolate	\$ 2.55	\$ 3.45
Cafe Choco	\$ 3.95	\$ 5.65
Add Coffee Flavoring	\$.20	
Disposable 10 cup coffee/tea urn*	\$ 25.50	

*Includes sweetener & 1 quart of Whole or Skim Milk

Cold Drinks	Small 16oz	Medium 24oz	Large 32oz
Iced Coffee	\$ 3.45	\$ 4.45	\$ 5.45
Iced Cappuccino / Cafe Latte	\$ 5.45	\$ 6.45	\$ 7.45
Iced Americano	\$ 4.55	\$ 5.55	\$ 6.55
Brewed Ice Tea	\$ 2.45	\$ 3.45	\$ 4.45
Iced Cafe Choco	\$ 4.25	\$ 5.25	\$ 6.25
Fountain Drinks	\$ 2.25	\$ 2.95	\$ 3.95
*Add Coffee Flavoring	\$ 0.20		

Bottled Water 16.9oz / 1 Liter	\$ 2.00 / \$ 3.40
Seltzer	\$ 2.25
Individual Tropicana Juice	\$ 3.95
Orange Juice w/ Pulp	\$ 4.75
Large Orange Juice	\$ 10.00
Bai Juice	\$ 4.75
Vitamin Water / Gatorade	\$ 3.00
Soda (Can)	\$ 2.25
Soda (Bottle)	\$ 3.15
Snapple	\$ 2.75
Nesquik Chocolate Milk	\$ 3.95



108 West 32nd Street
New York, NY 10001

(917) 781-4040

www.ess-a-bagel32.com



Open 7 Days A Week
6AM- 5PM

*Hours are subject to change

All prices are subject to change.
Tax not included.
We Accept All Major Credit Cards.

Bagels

Our Bagels are hand rolled and baked fresh daily at our store. They are made with the finest ingredients, with no additives or artificial preservatives, and are **CERTIFIED KOSHER BY TABLET K.**

Plain	Everything	Poppy	Pumpernickel
Onion	Garlic	Sesame	Salt
Whole Wheat	Whole Wheat	Everything	Multi Grain
Bagels	\$1.95 each	Baker's Dozen	\$23.40

\$0.15 per bagel for slicing or wrapping

Cream Cheese & Spreads

	Sandwich	1/4 LB
Plain Cream Cheese	\$ 5.00	\$ 3.25
Flavored Cream Cheeses	\$ 5.75	\$ 4.00
Scallion, Vegetable, Everything Herb, Olive, Jalapeno, Sun Dried Tomato, Avocado Garlic, Raisin Walnut, Apple Cinnamon, Blueberry, Strawberry, Oreo		
Lox Cream Cheese	\$ 6.50	\$ 5.25
Lite Plain Cream Cheese	\$ 5.25	\$ 3.75
Lite Scallion / Lite Vegetable	\$ 5.50	\$ 4.25
Tofu Spreads		
Plain Tofu	\$ 5.65	\$ 4.50
Flavored Tofu: Vegetable, Scallion	\$ 6.25	\$ 4.75
Butters & Jellies		
Butter	\$ 3.40	\$ 3.40
Jelly (Grape or Strawberry)	\$ 3.40	\$ 3.40
Peanut Butter	\$ 4.95	\$ 3.40
Butter & Jelly	\$ 3.40	-
Peanut Butter & Jelly	\$ 4.95	-
Cream Cheese & Butter or Jelly	\$ 5.25	-

Extras:

Tomato	\$ 1.05	Bacon	\$ 4.55
Onion	\$ 0.50	Pepper	\$ 1.55
Cucumbers	\$ 1.05	Pickled Jalapeno	\$ 1.05
Capers	\$ 1.50	Sliced Pickle	\$ 1.05
Avocado	\$ 2.25	Extra CC/Tofu	\$ 1.25
Olives	\$ 1.05	Cheese	\$ 1.75
Lettuce	\$ 0.50	Sauerkraut	\$ 1.05

Ess-a-Bagel Favorites

Served on a bagel of your choice

Signature Favorite	\$16.95
Sliced Nova, scallion cream cheese, lettuce, tomato, red onion and capers	
Whitefish Picante	\$14.95
Whitefish salad, Jalapeno cream cheese, cucumber, lettuce and tomato	
Mr. Nova Lova	\$15.95
Sliced Nova, avocado, red onion and avocado garlic cream cheese	
Melanie's Favorite	\$17.95
Whitefish salad, sliced Nova, lettuce, tomato and onion	
NYC BLTA	\$11.75
Crispy bacon, avocado, lettuce and tomato with mayo or Russian Dressing	
Reuben Fusion	\$14.95
Pastrami, corned beef, turkey OR roast beef, Swiss cheese, sauerkraut and Russian Dressing, served open face	
Tuna Turner	\$11.95
Tuna salad, sliced cucumber, red onion, lettuce and tomato	
Chicken Parmigiana	\$11.95
Baked breaded chicken, tomato sauce and mozzarella cheese	
Turkey Club	\$12.95
Turkey breast, bacon, lettuce and tomato with mayo or Russian Dressing	
Monte Cristo	\$13.95
Ham, melted Swiss cheese, red onion, lettuce and tomato	
The Pepe	\$15.95
Hot roast beef, bacon, melted American cheese, lettuce, tomato and red onion	
Eggsplaining	\$8.95
Scrambled eggs, sliced turkey breast, American cheese and ketchup	
Pizza Bagel	\$7.95
Tomato sauce and melted mozzarella cheese	
The Muriel	\$15.95
Baked salmon salad, tomato and melted Muenster cheese	



Egg Sandwiches

Served on a bagel of your choice with scrambled eggs

Add egg whites for \$ 0.50

"DIY" Sandwich	\$5.00	Hangry Eggs	\$9.45
Do It Yourself by adding your favorite ingredients		Bacon, jalapeno and red onion	
Morning Classic	\$9.95	Eggs Over Avo	\$7.45
Bacon and American cheese		Avocado and red onion	
Eggstacy	\$11.45	Western	\$9.45
Ham, Sausage and Cheddar cheese		Ham, red onion and bell pepper	
Novacado	\$12.45	LEO	\$12.45
Sliced Nova and avocado		Sliced Nova and red onion	

Extras:

Tomato	\$ 1.05	Cheese	\$ 1.75	Nova	\$ 9.50
Lettuce	\$ 0.50	Bacon	\$ 4.55	Belly Lox	\$ 9.50
Onion	\$ 0.50	Ham	\$ 3.75	Whitefish	\$ 6.00
Avocado	\$ 2.25	Sausage	\$ 4.00	Baked Salmon	\$ 7.00
Capers	\$ 1.30	Salami	\$ 4.00	Lox CC	\$ 1.50
Bell Pepper	\$ 1.55	Turkey Breast	\$ 4.00	Butter	\$ 0.50
Pickled Jalapeno	\$ 1.05	Pastrami	\$ 4.00	Plain CC	\$ 1.25
Cucumber	\$ 1.05	Corned Beef	\$ 4.00	Lite CC	\$ 1.50
Sliced Pickle	\$ 1.05	Roast Beef	\$ 4.00	Flavored CC	\$ 1.50
Olives	\$ 1.05	Sauerkraut	\$ 1.05	Tofu Spread	\$ 1.50

Prepared Salads & Sandwiches

	Sandwich	1/4 LB.
Tuna Salad	\$ 9.25	\$ 4.75
Jalapeno Tuna Salad	\$ 10.25	\$ 5.00
Whitefish Salad	\$ 12.25	\$ 7.50
Baked Salmon Salad	\$ 12.75	\$ 7.50
Egg Salad	\$ 7.75	\$ 3.75
Chicken Salad	\$ 10.25	\$ 5.00
Chopped Herring	\$ 7.50	\$ 3.50
Spanish Eggplant Salad	\$ 7.00	\$ 3.50

Fish & Fish Platters

Sandwiches include your choice of spread

Platters include a bagel, lettuce, tomato, onion and choice of spread

	Sandwich	1/4 LB.	Platter
Nova	\$ 15.00	\$ 13.00	\$ 20.00
Belly Lox	\$ 15.00	\$ 13.00	\$ 20.00
Baked Salmon	\$ 15.00	\$ 13.00	\$ 20.00
Whitefish	-	\$ 8.00	\$ 17.00