

Fruit & Yogurt

Fruit Salad Bowl	\$ 6.95
Berry Bowl	\$ 7.45
Sliced Fruit Platter	\$ 7.45
Yogurt & Granola Bowl*	\$ 6.25
Yogurt Parfait (10oz Cup)*	\$ 5.95

*Substitute Greek Yogurt for \$ 1.25 Extra Per Person

Desserts

Assorted Cookie Platter	\$ 6.25
Mini Black & White Cookie Platter	\$ 7.75
Assorted Sliced Loaf Cake Platter	\$ 7.75
Chocolate Chunk & Oatmeal Raisin Platter	\$ 6.25

**Whole Cakes & Pies
available upon request.
48 hour notice is required.**

Beverages

Hot Beverages (Coffee or Tea) \$ 25.50

Our fresh brewed coffee & tea are served in 10 cup Coffee Boxes & include cups, stirrers, sweeteners and 1 quart of Whole or Skim Milk.

Juices/Drinks

We offer a variety of Individual Juices including *Apple, Grape, Cranberry and Orange Juice*

Individual Juice	\$ 3.95
Large Orange Juice	\$ 10.00

We Cater for all Occasions!

**Orders are customized to
meet your needs**

**All prices are quoted
per person**

**Minimum of 6 people
for all platters**

**Food Minimums and
Delivery Charges may apply**

**A cancellation fee may be applied
if your order is not canceled or
changed by 12 PM the day before
delivery or by 12 PM on Friday for
Weekend & Monday Orders**

Our Bagels are Certified Kosher



Est. 1976

"Everything on a Bagel"

Catering Menu

108 West 32nd Street
New York, NY 10001
(917) 781-4040

www.ess-a-bagel32.com

**Open 7 Days A Week
6AM to 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.**

Choose from an assortment of freshly baked Bagels*

Plain, Everything, Sesame, Cinnamon Raisin, Poppy, Whole Wheat, Onion, Whole Wheat Everything, Multi Grain, Pumpkinnickel, Garlic & Salt

Choose from a Variety of Cream Cheeses

Plain, Scallion, Vegetable, Lox, Everything Herb, Jalapeno, Olive, Sun Dried Tomato, Avocado Garlic, Oreo, Apple Cinnamon, Banana Nut, Chocolate Chip, Strawberry, Blueberry & Raisin Walnut

Choose from our Tofu Spreads

Plain, Scallion & Vegetable

Ask about our Seasonal Specialties

Minimum of 6 People for all Platters

Prices are per person

Breakfast

Bagels, Plain Cream Cheese, Butter & Jelly	\$ 5.95
Bagels, Plain Cream Cheese, Butter, Jelly & Choice of One Flavored Cream Cheese	\$ 6.45
Bagels, Plain Cream Cheese, Butter, Jelly & Choice of Two Flavored Cream Cheeses	\$ 6.95
Bagels, Danish, Muffins, Plain Cream Cheese, Butter & Jelly	\$ 7.25
Bagels, Danish, Muffins, Plain Cream Cheese, Butter, Jelly & Choice of One Flavored Cream Cheese	\$ 7.75
Bagels, Danish, Muffins, Plain Cream Cheese, Butter, Jelly & Choice of Two Flavored Cream Cheeses	\$ 8.25
Danish & Muffins (No Spreads)	\$ 7.25

Vegan Breakfast

Bagels, Plain Tofu Spread & Jelly	\$ 7.25
Bagels, Plain Tofu Spread, Jelly & Choice of One Flavored Tofu Spread	\$ 7.75
Bagels, Plain Tofu Spread, Jelly & Choice of Two Flavored Tofu Spreads	\$ 8.25

Brunch

Our Fish platters come with an assortment of Bagels, Plain Cream Cheese, Choice of two Flavored Cream Cheeses, lettuce, tomatoes, olives, cucumbers & onions
Additional \$1.00 per person to add Capers

Nova Scotia Salmon or Belly Lox Platter	\$ 23.95
Nova or Belly Lox with Whitefish Salad Platter	\$ 23.95
Nova or Belly Lox with Baked Salmon Salad Platter	\$ 25.95
Nova or Belly Lox with Sable Platter*	\$ 25.95
Nova or Belly Lox with Sturgeon Platter*	\$ 26.95
Nova or Belly Lox with whole filet of Whitefish Platter**	\$ 26.95

*48 hrs notice required for Sable, Sturgeon and Whole Fileted Whitefish
** Whole filet Whitefish requires a 10 Person Minimum

Fish Platter orders must be placed by 12PM the day before or by 12PM on Friday for Sunday/Monday

Lunch

Lunch platters include your choice of fresh bagels, rye bread, whole wheat bread or rolls, mayonnaise, mustard, Russian dressing and choice of two side salads (cole slaw, potato salad or macaroni salad). Garnished with lettuce, tomatoes, cucumbers, olives & pickles.

Chicken & Meat Platters **\$ 14.95**

Choose from a selection of Grilled Lemon Chicken, Baked Breaded Chicken, Ham, Turkey Breast, Genoa Salami, Roast Beef, Corned Beef & Pastrami

Prepared Salad Platters **\$ 13.95**

Choose from a variety of freshly prepared salads: Tuna Salad, Jalapeno Tuna Salad, Chicken Salad, Egg Salad, Spanish Eggplant Salad, Whitefish Salad & Baked Salmon Salad

Sandwich Platters

Choose from a variety of Prepared Salads, Cheese, Meat & Chicken **\$ 13.75**

Roasted Vegetables **\$ 13.00**

Additional \$1.75 to add Cheese to any Sandwich

Vegan/Vegetarian

Roasted Vegetables **\$ 8.95**

Seasonal Vegetables

Tossed Salad (V) **\$ 6.95**

Lettuce, Tomatoes, Cucumbers, Red Onion, Red and Green Peppers

Spinach Salad (V) **\$ 8.95**

Spinach, Tomatoes, Mushrooms, Hearts of Palm and Avocados

Caesar Salad (VG) **\$ 8.95**

Lettuce or Kale, Parmesan Cheese, Bagel Chips and Caesar Dressing

Mediterranean Salad (V) **\$ 8.95**

Tomatoes, Cucumbers, Red & Green Peppers, Red Onion and Olives

With Cheese (VG)- \$10.45

(VG)- Vegetarian (V)- Vegan

Crudite Platter (Fresh Cut Vegetables)

8-10 People **\$ 50.00**

15-20 People **\$ 75.00**

Cheese Platter **\$ 7.95**

Our Cheese Platters come garnished with Fresh Fruit and House made Bagel Chips