

## Fruit & Yogurt

|                            |         |
|----------------------------|---------|
| Fruit Salad Bowl           | \$ 8.45 |
| Berry Bowl                 | \$ 8.85 |
| Sliced Fruit Platter       | \$ 8.85 |
| Yogurt & Granola Bowl*     | \$ 6.95 |
| Yogurt Parfait (10oz Cup)* | \$ 6.55 |

\*Substitute Greek Yogurt for \$ 1.50 Extra Per Person

## Desserts

|                                   |         |
|-----------------------------------|---------|
| Assorted Cookie Platter           | \$ 6.85 |
| Mini Black & White Cookie Platter | \$ 8.45 |
| Assorted Sliced Loaf Cake Platter | \$ 8.45 |

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

## Beverages

### **Hot Beverages (Coffee or Tea) \$ 27.00**

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, Orange, and Pineapple Mango Splash

|                           |          |
|---------------------------|----------|
| Individual Juices/ Drinks | \$ 4.05  |
| Large Orange Juice        | \$ 11.00 |

**We Cater for all Occasions!**

**Orders are customized to  
meet your needs**

**All prices quoted are  
per person**

**Minimum of 6 people  
for all platters**

**Food Minimums and  
Delivery Charges may apply**

**All Orders must be placed  
by 12 pm the day before or  
by 12 pm on Friday for  
Sunday/Monday Orders.**

**A cancellation or change 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](http://www.ess-a-bagel32.com)

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

*\*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, Pumpernickel, 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                                                              | <b>\$6.75</b> |
| Bagels, Plain Cream Cheese, Butter, Jelly &<br>Choice of One Flavored Cream Cheese                      | <b>\$7.25</b> |
| Bagels, Plain Cream Cheese, Butter, Jelly &<br>Choice of Two Flavored Cream Cheeses                     | <b>\$7.75</b> |
| Bagels, Danish, Muffins, Plain Cream<br>Cheese, Butter & Jelly                                          | <b>\$8.05</b> |
| Bagels, Danish, Muffins, Plain Cream Cheese,<br>Butter, Jelly & Choice of One Flavored Cream<br>Cheese  | <b>\$8.55</b> |
| Bagels, Danish, Muffins, Plain Cream Cheese,<br>Butter, Jelly & Choice of Two Flavored Cream<br>Cheeses | <b>\$9.05</b> |
| Danish & Muffins (No Spreads)                                                                           | <b>\$8.05</b> |

## Vegan Breakfast

|                                                                           |                |
|---------------------------------------------------------------------------|----------------|
| Bagels, Plain Tofu Spread & Jelly                                         | <b>\$ 8.05</b> |
| Bagels, Plain Tofu Spread, Jelly & Choice of<br>One Flavored Tofu Spread  | <b>\$ 8.55</b> |
| Bagels, Plain Tofu Spread, Jelly & Choice of<br>Two Flavored Tofu Spreads | <b>\$ 9.05</b> |

## 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                                 | <b>\$ 25.95</b> |
| Nova or Belly Lox with Whitefish Salad Platter                          | <b>\$ 25.45</b> |
| Nova or Belly Lox with Baked Salmon Salad<br>Platter                    | <b>\$ 27.95</b> |
| Nova or Belly Lox with Sable Platter*                                   | <b>\$ 27.95</b> |
| Nova or Belly Lox with Sturgeon Platter*                                | <b>\$ 28.95</b> |
| Nova or Belly Lox with whole fileted of Whitefish<br>Platter**          | <b>\$ 28.95</b> |
| *48 hrs notice required for Sable, Sturgeon and Whole Fileted Whitefish |                 |
| ** Whole fileted 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.*

|                                                                                                                                                     |                 |
|-----------------------------------------------------------------------------------------------------------------------------------------------------|-----------------|
| <b>Chicken &amp; Meat Platters</b>                                                                                                                  | <b>\$ 16.95</b> |
| Choose from a selection of Grilled Lemon Chicken,<br>Baked Breaded Chicken, Ham, Turkey Breast,<br>Genoa Salami, Roast Beef, Corned Beef & Pastrami |                 |

## **Prepared Salad Platters** **\$ 15.95**

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, **\$ 15.25**  
Cheese, Meat & Chicken

Roasted Vegetables **\$14.50**

*Additional \$2.25 to add Cheese to any Sandwich*

## **Cheese Platter** **\$ 9.45**

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

## Veggies and Salads

**Roasted Vegetables (V)** **\$ 9.95**  
Seasonal Vegetables

**Tossed Salad (V)** **\$ 8.45**  
Lettuce, Tomatoes, Cucumbers,  
Red Onion, Red and Green Peppers

**Spinach Salad (V)** **\$ 10.45**  
Spinach, Tomatoes, Mushrooms,  
Hearts of Palm and Avocados

**Caesar Salad** **\$ 10.45**  
Lettuce or Kale, Parmesan Cheese,  
Bagel Chips and Ceasar Dressing

**Mediterranean Salad (V)** **\$ 9.45**  
Tomatoes, Cucumbers, Red & Green Peppers,  
Red Onion and Olives

**Mediterranean Salad With Cheese (VG)** **\$ 10.95**

**Crudite Platter** (Fresh Cut Vegetables) (VG)  
8-10 People **\$ 55.00**  
15-20 People **\$ 85.00**

(VG)- Vegetarian (V)- Vegan