



"Everything On a Bagel"

EST 1976

108 West 32nd Street
New York, NY 10001

(917) 781-4040

www.ess-a-bagel.com

Open 7 Days
A Week
6AM- 7PM

*Hours are subject to change

We Accept All Major Credit
Cards.



Bagels

Our Bagels are kettle-boiled 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	Pumpnickel
Onion	Blueberry	Sesame	Cinnamon Raisin
Whole Wheat	Garlic	Salt	Multi Grain
Whole Wheat Everything			

Available individually, as a baker's dozen, or in a sandwich

Cream Cheese & Spreads

Cream Cheeses

Plain, Scallion, Vegetable, Herb, Everything
Herb, Jalapeño, Olive, Sun Dried Tomato,
Avocado Garlic, Honey Chipotle, Raisin Walnut,
Banana Nut, Apple Cinnamon, Blueberry,
Strawberry, Chocolate Chip, Oreo, Lite Scallion,
Lite Vegetable, Lite Lox Scallion 🐟, Lox 🐟

Tofu Spreads

Plain, Vegetable, Scallion, Herb

Butters & Jellies

Butter, Grape Jelly,
Strawberry Jelly,
Peanut Butter



Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness.

Ess-a-Bagel Favorites

Served on a bagel of your choice

Signature Favorite 🐟

Sliced Nova, scallion cream cheese, lettuce, tomato, red onion and capers

Melanie's Favorite 🐟

Whitefish salad, sliced Nova, lettuce, tomato and onion

Mr. Nova Lova 🐟

Sliced Nova, avocado, red onion and avocado garlic cream cheese

NYC BLTA

Crispy bacon, avocado, lettuce and tomato with mayo or Russian Dressing

Reuben Fusion

Pastrami, corned beef, turkey OR roast beef, Swiss cheese, sauerkraut and Russian Dressing, served open face

Tuna Turner

Tuna salad, sliced cucumber, red onion, lettuce and tomato

Chicken Parmigiana

Baked breaded chicken, tomato sauce and mozzarella cheese

Turkey Club

Turkey breast, bacon, lettuce and tomato with mayo or Russian Dressing

The Pepe

Hot roast beef, bacon, melted American cheese, lettuce, tomato and red onion

Eggsplaining

Scrambled eggs, sliced turkey breast, American cheese and ketchup

Pizza Bagel

Tomato sauce and melted mozzarella cheese

The Muriel

Baked salmon salad, tomato and melted Muenster cheese



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Egg Sandwiches

Served on a bagel of your choice with scrambled eggs.

"DIY" Sandwich

Do It Yourself by adding your favorite ingredients

Morning Classic

Bacon and American cheese

Eggstacy

Ham, Sausage and Cheddar cheese

Novacado

Sliced Nova and avocado

Extras:

Tomato

Lettuce

Onion

Avocado

Capers

Bell Pepper

Pickled Jalapeno

Cucumber

Sliced Pickle

Olives

Cheese

Bacon

Ham

Sausage

Salami

Turkey Breast

Pastrami

Corned Beef

Roast Beef

Sauerkraut

Nova 

Belly Lox 

Whitefish 

Baked Salmon

Lox CC 

Butter

Plain CC

Lite CC

Flavored CC

Tofu Spread

Hangry Eggs

Bacon, jalapeno and red onion

Eggs Over Avo

Avocado and red onion

Western

Ham, red onion and bell pepper

LEO

Sliced Nova and red onion

Prepared Salads

Tuna Salad

Jalapeno

Whitefish Salad 

Baked Salmon Salad

Egg Salad

Chicken Salad

Fish* & Individual Fish Platters

Nova 

Belly Lox (Salty) 

Baked Salmon

Whitefish 

**Available by the quarter pound, half pound, pound, sandwich, or individual platter. Platters come with a bagel, lettuce, tomato, onion, and your choice of spread.*

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Deli Meats & Cheeses

Meat & Chicken

Ham / Turkey

Grilled Chicken

Genoa Salami

Roast Beef

Pastrami

Corned Beef

Breaded Chicken

Bacon

Cheese

American

Muenster

Mozzarella

Provolone

Pepper Jack

Swiss

Cheddar

Gouda

Sides, Knishes & More

Side Salads

Potato Salad

Cole Slaw

Macaroni Salad

Health Salad

Cucumber Salad

Snacks

Chips

Bagel Chips

Yogurt

Yogurt Parfait

Fruit Cup

Berry Cup

Apple/Banana/Orange

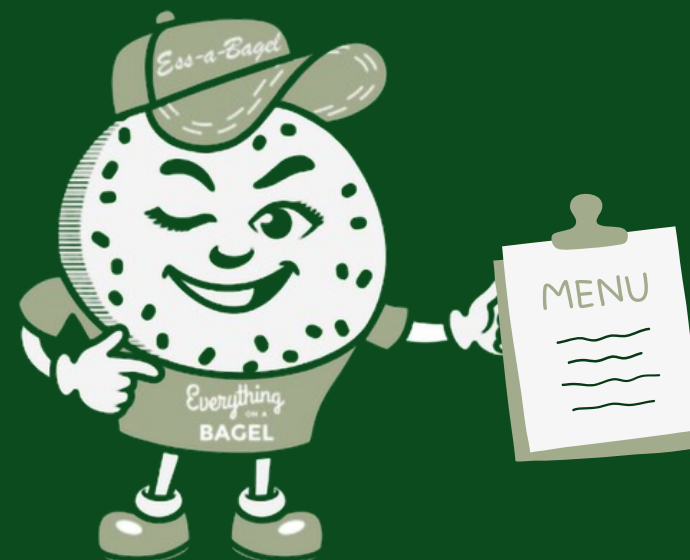
Knishes & More

Potato Knishes

Spinach Knishes

Potato Pancakes

Hardboiled Egg



Beverages

Hot Drinks

(12oz, 16oz, or 20oz)

Coffee

Cappuccino / Cafe Latte

Americano

Espresso (single or double)

Tea

Herbal Tea

Hot Chocolate

Mocha

Matcha Latte

Chai Latte

**Add Coffee Flavoring*

Disposable 10 cup coffee/tea urn*

**Includes sweetener & 1 quart of Whole or Skim Milk*

Cold Drinks

(16oz, 24oz, or 32oz)

Iced Coffee

Iced Cappuccino / Cafe Latte

Iced Americano

Brewed Ice Tea

Iced Mocha

Iced Matcha Latte

Iced Chai Latte

**Add Coffee Flavoring*

Bottled Water 16.9oz / 1 Liter

Seltzer

Individual Tropicana Juice

Orange Juice w/ Pulp

Large Orange Juice

Bai Juice

Vitamin Water / Gatorade

Soda (Can)

Soda (Bottle)

Snapple

Nesquik Chocolate Milk

Baked Goods

Cake / Pie Slices

Croissants / Muffins / Danish

Large Black & White Cookie

Linzer Tarts

Pound / Yogurt Cake Slice

Cinnamon Roll/Crumb Cake

Hamantaschen

Mini Black & White Cookies Box

Small Rugalach Box

Babka (Chocolate or Cinnamon)

Challah

Challah with Raisins

Order Online

