

# 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

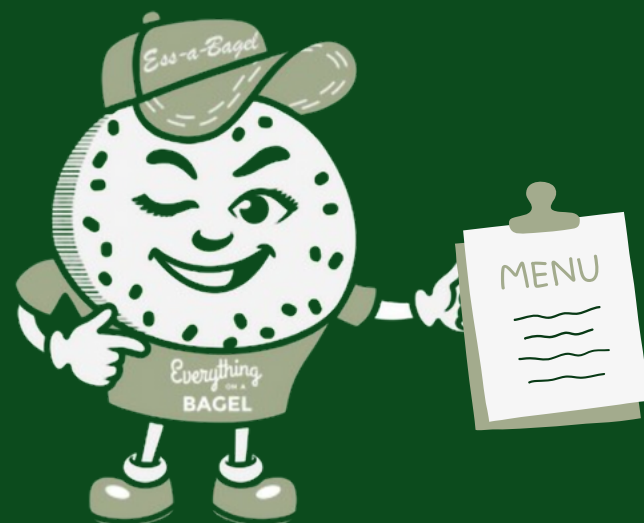
Potato Salad  
Cole Slaw  
Macaroni Salad  
Health Salad  
Cucumber Salad

## 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



*"Everything On a Bagel"*

EST 1976

108 West 32nd Street  
New York, NY 10001

(917) 781-4040

[www.ess-a-bagel.com](http://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    Pumpernickel**  
**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, Lox, 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

## Tofu Spreads

Plain, Vegetable, Scallion, Herb

## Butters & Jellies

Butter, Grape Jelly,  
Strawberry Jelly,  
Peanut Butter



# 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



# Egg Sandwiches

*Served on a bagel of your choice with scrambled eggs.*

## **"DIY" Sandwich**

Do It Yourself by adding your favorite ingredients

## **Hangry Eggs**

Bacon, jalapeno and red onion

## **Morning Classic**

Bacon and American cheese

## **Eggs Over Avo**

Avocado and red onion

## **Eggstacy**

Ham, Sausage and Cheddar cheese

## **Western**

Ham, red onion and bell pepper

## **Novacado**

Sliced Nova and avocado

## **LEO**

Sliced Nova and red onion

## 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**

# 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.*