

Fruit & Yogurt

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| 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

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| 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, Orange, Cranberry Cocktail, Lively Lemonade and Pineapple Mango Splash*

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| Individual Juices/ Drinks | \$ 3.95 |
| Large Orange Juice | \$ 10.00 |

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**

**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

831 3rd Ave

New York, NY 10022

(212) 980-1010

www.ess-a-bagel.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, Pumpernickel, Garlic & Salt

Choose from a Variety of Cream Cheeses including:

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

Choose from a variety of Tofu Spreads:

Plain, Scallion, Vegetable, Lox, Olive,
Sundried Tomato, Herb & Raisin Walnut

Ask about our Seasonal Specialties

Minimum of 6 People for all Platters

Prices are per person

Breakfast

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| 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

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| 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

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| 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.

**Additional \$1.00 per person for pasta salad*

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| Chicken & Meat Platters | \$ 14.95 |
| Choose from a selection of Grilled Lemon Chicken, Baked Breaded Chicken, Turkey Breast, Cracked Peppermill Turkey, Ham, Genoa Salami, Roast Beef, Corned Beef & Pastrami | |

Prepared Salad Platters **\$ 13.95**

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

Sandwich Platters

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

Roasted Vegetables Sandwich **\$ 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