



"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 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

Morning Classic

Bacon and American cheese

Eggstacy

Ham, Sausage and Cheddar cheese

Novacado

Sliced Nova and avocado

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

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 & Sandwiches

Available by the 1/4 lb or or as a sandwich on your choice of bagel.

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.

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

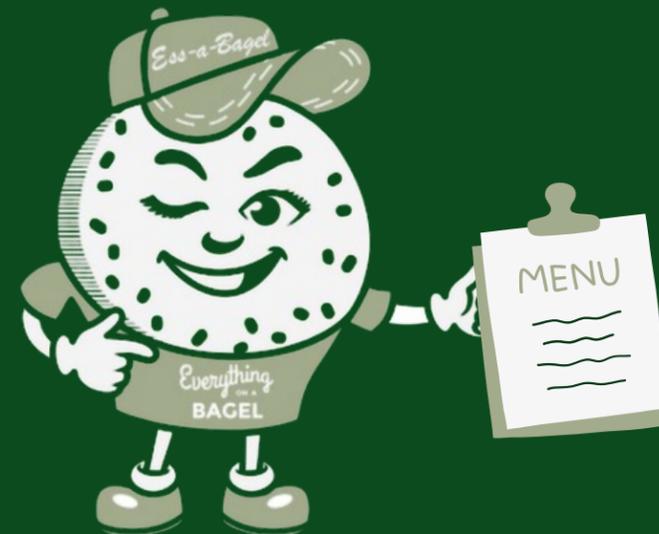
Potato Salad
Cole Slaw
Macaroni Salad
Health Salad
Cucumber Salad

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

