

# Deli Meats & Cheeses

## Meat & Chicken

Ham / Turkey  
Genoa Salami  
Roast Beef  
Pastrami  
Corned Beef  
Breaded Chicken  
Bacon

## Cheese

American  
Muenster  
Mozzarella  
Provolone  
Pepper Jack  
Swiss  
Cheddar

# Sides, Knishes & More

## Side Salads

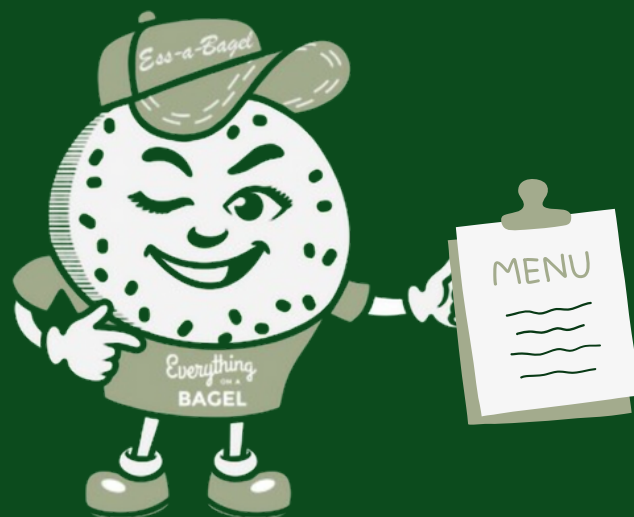
Potato Salad  
Cole Slaw  
Macaroni Salad  
Health Salad  
Cucumber Salad  
Pasta Pesto Salad  
Sun Dried Tomato Salad  
Mediterranean Salad

## 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

831 3rd Avenue  
New York, NY 10022

(212) 980-1010

[www.ess-a-bagel.com](http://www.ess-a-bagel.com)

**Open Monday–Friday:**

**6 AM – 6 PM**

**Saturday–Sunday:**

**6 AM – 5 PM**

**\*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   Pumpernickel Raisin**

*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, Raisin Walnut, Banana Nut,  
Apple Cinnamon, Blueberry, Strawberry, Peach,  
Chocolate Chip, Oreo, Lox, Lite Scallion, Lite  
Vegetable

## Tofu Spreads

Plain, Vegetable, Scallion, Herb,  
Raisin Walnut, Lox

## 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:

<b>Tomato</b>	<b>Cheese</b>	<b>Nova</b>
<b>Lettuce</b>	<b>Bacon</b>	<b>Belly Lox</b>
<b>Onion</b>	<b>Ham</b>	<b>Whitefish</b>
<b>Avocado</b>	<b>Sausage</b>	<b>Baked Salmon</b>
<b>Capers</b>	<b>Salami</b>	<b>Lox CC</b>
<b>Bell Pepper</b>	<b>Turkey Breast</b>	<b>Butter</b>
<b>Pickled Jalapeno</b>	<b>Pastrami</b>	<b>Plain CC</b>
<b>Cucumber</b>	<b>Corned Beef</b>	<b>Lite CC</b>
<b>Sliced Pickle</b>	<b>Roast Beef</b>	<b>Flavored CC</b>
<b>Olives</b>	<b>Sauerkraut</b>	<b>Tofu Spread</b>

# Prepared Salads

**Tuna Salad**  
**Jalapeno / Veggie Tuna Salad**  
**Whitefish Salad**  
**Baked Salmon Salad**  
**Egg Salad**  
**Chicken Salad**  
**Chopped Herring**  
**Spanish Eggplant Salad**

# Fish\* & Individual Fish Platters

**Nova**  
**Belly Lox (Salty)**  
**Baked Salmon**  
**Whitefish**  
**Sable**  
**Lake Sturgeon**  
**Smoked Filet of Trout**  
**Pickled Herring in Onion Cream Sauce (By the Filet)**

*\*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.*