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BREAKFAST • LUNCH • DINNER
EAT IN • TAKE OUT • DELIVERY • CATERING

\$30 Minimum Order for Delivery - Ask for Delivery Charge in your Area

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BREAKFAST

FRUITS & JUICES

ORANGE JUICE fresh squeezed pt 8 qt 12
GRAPEFRUIT JUICE fresh squeezed pt 8 qt 12
CRANBERRY JUICE pt 6 qt 9
APPLE JUICE pt 6 qt 9
PINEAPPLE JUICE pt 7 qt 10
V-8 JUICE pt 7 qt 10
TOMATO JUICE pt 7 qt 10
HALF GRAPEFRUIT 6

MELON (in season) honeydew, cantaloupe or watermelon 6
FRESH FRUIT lb 10
FRESH BERRIES lb 13
STEWED PRUNES 5
SUGAR-FREE BAKED APPLE 6
SMOOTHIES choice of 2 fruits: banana, strawberry, raspberry, mango, blueberry, pineapple 8
w/protein powder add 1.50, w/ice cream or yogurt add 2
w/kale or spinach add 1.50

EGG DISHES

Choice of potatoes, tomatoes, low-fat cottage cheese or mixed greens (substitute fruit add 2 or fresh berries add 3)
Choice of toast, roll or bagel. Made with egg whites, egg beaters or organic eggs add 1.50 ea

TWO EGGS ANY STYLE 10
WITH NOVA LOX ON THE SIDE 17.50
WITH NATURAL COD, BAKED SALMON or SABLE ON THE SIDE 17.50
WITH WHITEFISH ON THE SIDE 16
WITH STURGEON ON THE SIDE 18.50
SCRAMBLED EGGS & ONIONS try our browned onions 11
SALAMI or BOLOGNA & EGGS 13
STEAK & EGGS 8 oz. 20
HAM, BACON or SAUSAGE & EGGS choice of grilled ham or bacon (pork, Canadian or turkey), sausage (pork or turkey) or gourmet chicken cilantro sausage 13
BURGER PATTY & EGGS choice of ground turkey, chicken or beef 14
CORNED BEEF or PASTRAMI & EGGS 15
TONGUE & EGGS 15.50
MINCED NOVA LOX, EGGS & ONIONS scrambled or pancake style 16.50
EGG WHITE QUESADILLA egg whites, turkey bacon, cheddar cheese, add jalapeño on request 14
BRISKET SCRAMBLE shredded brisket and eggs with bell peppers and onions 15
STEAK PICADO grilled skirt steak with bell pepper, onion and tomato with choice of eggs on the side 16
TURKEY PASTRAMI SCRAMBLE scrambled egg whites, turkey pastrami, spinach, onion, tomato and a side of salsa 15
EGG "MIT" BAGEL fried egg sandwich on a bagel with melted cheddar, turkey pastrami, lettuce and tomato 13
EGG "MIT" MUFFIN scrambled eggs, American cheese and Canadian bacon on an English muffin 12
HUEVOS RANCHEROS eggs any style topped with grated mozzarella and ranchero sauce on corn tortillas, served with black beans 12
DELUXE add avocado and jalapeño 14
EGGS BISTRO 2 poached eggs, grated parmesan and crumbled bacon on mixed baby greens, tossed in balsamic vinaigrette with pita (no sides included) 13
GROUND PROTEIN SCRAMBLE choice of ground turkey, chicken or beef scrambled with egg whites, tomato & onion 15
SHREDDED CHICKEN SCRAMBLE scrambled eggs, shredded chicken, cream cheese, tomato and browned onions 15

OMELETTES • BREAKFAST WRAPS

Choice of potatoes, tomatoes, low-fat cottage cheese, mixed greens, rice or beans
(substitute fruit add 2 or fresh berries add 3) Made with egg whites or egg beaters add 1.50

CREATE YOUR OWN OMELETTE Choice of toast, roll or bagel 11
CREATE YOUR OWN BREAKFAST WRAP Choice of flour, spinach, whole wheat or sun-dried tomato tortilla (wrap grilled on request) 11
TRY A WET WRAP topped with tomatillo sauce or salsa and melted cheese add 2

ADD YOUR CHOICE:

Onion • Pepperoncini • Jalapeño • Scallion • Tomato • Ortega Chile • Cheese each 1
Mushroom • Bell Pepper • Spinach • Guacamole • Tofu • Spanish Rice • Black Beans • Broccoli • Asparagus • Sun-Dried Tomato each 1.50
Bacon • Turkey Bacon • Sausage • Turkey Sausage • Chicken Cilantro Sausage • Ground Turkey, Beef or Chicken • Chili • Ham • Salami • Bologna • Chicken • Turkey Pastrami • Corned Beef • Avocado • Pastrami • Canadian Bacon each 2.50
Skirt Steak • Lox each 4.50

SUGGESTED OMELETTES

Choice of potatoes, tomatoes, low-fat cottage cheese or mixed greens (substitute fruit add 2 or fresh berries add 3)
Choice of toast, roll or bagel. Made with egg whites, egg beaters or organic eggs add 1.50 ea

- *EGG WHITE VEGGIE OMELETTE 3 egg whites, mushroom, broccoli, spinach, tomato and onion 16
- DENVER OMELETTE 3 eggs, ham, bell pepper and onion 15
- DELI OMELETTE 3 eggs, corned beef, pastrami and salami 17
- ITALIAN OMELETTE 3 egg whites, chicken cilantro sausage, sun-dried tomato, spinach and mozzarella 16
- *SPANISH OMELETTE 3 eggs, topped with Spanish sauce 14
- *GREEK OMELETTE 3 eggs, spinach, kalamata olives, tomato and feta cheese 15
- NOVA LOX & CREAM CHEESE OMELETTE 3 eggs with fresh dill 17
- AVOCADO, BACON & CHEDDAR CHEESE OMELETTE 16
- *AVOCADO, MUSHROOM & JACK CHEESE OMELETTE 16
- *SPINACH, MUSHROOM & SWISS CHEESE OMELETTE 16

SPECIALTIES

- KIPPERS & EGGS with grilled onions 16
- KIPPERS & ONIONS 14
- EGGS BENEDICT poached eggs with Canadian bacon on wheat or white English muffin topped with hollandaise 14
- NOVA LOX BENEDICT poached eggs with lox on wheat or white English muffin topped with hollandaise 17
- PASTRAMI BENEDICT poached eggs with pastrami on wheat or white English muffin topped with hollandaise 15
- EGGS FLORENTINE poached eggs with spinach on wheat or white English muffin topped with hollandaise 13
- MATZO BREI scrambled or pancake style, with applesauce and sour cream 13
- CHILAQUILES (TORTILLA MATZO BREI) corn tortillas, eggs, ranchero sauce and salsa, side of sour cream 13
- CORNERED BEEF HASH & 2 EGGS ANY STYLE 15
- *FRENCH TOAST plain or cinnamon 11
- FRENCH TOAST SANDWICH 2 slices French toast, 2 pieces bacon or 1 sausage & 2 eggs any style 13
- *PANCAKES (3) buttermilk 11 gluten free 13
- *SILVER DOLLARS buttermilk 9 gluten free 11
- *WITH STRAWBERRIES, BLUEBERRIES, BANANAS or CHOCOLATE CHIPS INSIDE add 2.50
- *MAKE ANY PANCAKE SEVEN GRAIN ALMOND GRANOLA add 2.50
- PANCAKE SANDWICH 2 pancakes, 2 pieces bacon or 1 sausage & 2 eggs any style 13 gluten free 14
- *BELGIAN WAFFLE 11 gluten free 13
- WITH 2 EGGS & BACON or SAUSAGE 13 gluten free 15
- *OATMEAL DELUXE with fresh bananas, strawberries, raisins, almonds & brown sugar 12
- *GRANOLA topped with fresh fruit and yogurt 11
- PROTEIN POWER PLATE 4 scrambled egg whites, grilled chicken breast or turkey burger, with sides of spinach and fresh homemade salsa 16
- *EGG WHITE BREAKFAST WRAP scrambled egg whites, spinach, tomato, onion and Alpine Lace cheese, in a spinach or whole wheat tortilla topped with homemade tomatillo sauce 15
- *TOFU VEGETABLE SCRAMBLE scrambled tofu (no eggs), broccoli, mushroom, tomato and browned onion 15
- *AVOCADO TOAST smashed avocado, lemon, micro greens, sea salt on honey wheat bread
one slice 8 w/ one poached egg add 3 two slices 11 w/two poached eggs add 5

SMOKED FISH BRUNCH

NOVA LOX, NATURAL COD & WHITEFISH served with cucumber, tomato, onion, potato salad, cole slaw, two bagels & cream cheese 36 (substitute sable or sturgeon add 5)

SIDE ORDERS

- CINNAMON TOAST 4
- FRESH BAKED MUFFIN 4
- TOAST, ROLL, BAGEL or ENGLISH MUFFIN (white or whole wheat) with cream cheese or butter and jelly 4
- OATMEAL pt 7
- WITH RAISINS or BANANAS add 2
- WITH STRAWBERRIES, BLUEBERRIES or RASPBERRIES (seasonal) add 4
- COLD CEREAL 5
- CORNERED BEEF HASH 9
- PANCAKE (1) buttermilk 4.50 gluten free 5.50 almond granola 5
- EGG one 3 two 5
- HAM, BACON or SAUSAGE 6
- BEEF, TURKEY or CHICKEN PATTY 8 or VEGGIE PATTY 7
- NOVA LOX SPREAD 4 oz 6
- NOVA LOX 2 slices, NATURAL COD 1 slice or SABLE 2 slices 13
- STURGEON 2 slices 14 WHITEFISH 1 piece 10 WHITEFISH SALAD 4 oz 7
- HOME FRIES or HASH BROWNS 5

LUNCH • DINNER

STARTERS & NOSHES

FRIED ZUCCHINI STICKS with apricot dipping sauce 11
BUFFALO WINGS with celery sticks and bleu cheese or ranch dip 11
SLIDERS mini cheeseburger on mini roll with mustard, ketchup, sliced pickle and chips 6.50 ea
TURKEY SLIDERS mini burger with grilled onions, sweet hot mustard, ranch, sliced pickle and chips 6.50 ea
MINI REUBEN corned beef, pastrami, turkey or *tofu, sauerkraut and melted Swiss cheese on rye with chips 7.50 ea
MINI MELT tuna, turkey salad or chicken salad with cheddar cheese on rye with chips 6.50 ea
MINI DIPS brisket, roast beef or turkey on a small roll served with au jus and chips 7.50 ea
SOFT SHELL TACO beef, chicken, fish, or *grilled tofu, topped with salsa and guacamole 6 ea
THIN FRIED ONIONS 9
***PITA TRIANGLES** with hummus and babaganoush 10
***GUACAMOLE, CHIPS & SALSA** 12
FRIED MOZZARELLA with marinara sauce 11
***BAGEL CHIPS or TOASTED RYE HEELS** with our famous low-fat ranch dressing 4.50

SOUPS • CHILI

Served with crackers, bagel chips or bread. (roll or bagel add 1)

***SOUP DU JOUR** all are vegetarian, we use vegetable broth pt 8 qt 13 half gal 22
MON-Vegetable, TUE-Lima Bean, WED-Split Pea, TH-Tomato, FRI-Lentil, SAT-Vegetable, SUN-Split Pea
MUSHROOM BARLEY pt 8 qt 13 half gal 22
SWEET & SOUR CABBAGE pt 8 qt 13 half gal 22
***COLD BEET BORSCHT** with sour cream pt 8 qt 13 half gal 22
WITH BOILED POTATO add 2
CHICKEN SOUP with carrots and chicken (add noodles, rice or kasha on request) pt 8 qt 13 half gal 22
MATZO BALL with carrots and chicken (add noodles, rice or kasha on request) pt 8 qt 13 half gal 22
WITH EXTRA MATZO BALL add 2
KREPLACH SOUP with carrots and chicken (add noodles, rice or kasha on request) pt 8 qt 13 half gal 22
WITH EXTRA KREPLACH add 2
TORTILLA SOUP chicken, avocado, cilantro, shredded cheese, tortilla strips pt 10 qt 15 half gal 24
(black beans by request)
SOUP-ER POT tureen of chicken soup with matzo ball, kreplach, noodles, rice and kasha 14
HOMEMADE TURKEY CHILI pt 12 qt 18 half gal 26

SANDWICHES

Choice of potato salad, cole slaw, or macaroni salad

Substitute fries, homemade chips, fruit, or mixed greens add 2 onion rings, sweet potato fries, or berries add 3

Add tomato • roll • cheese 1 ea • sprouts .50 • avocado 2.50

On rye unless otherwise requested; gluten free bread add 1 Half & half portion of two meats (not a double portion) add 1

HOT CORNED BEEF half 13 whole 18
HOT PASTRAMI hand cut (thicker) or machine sliced half 13 whole 18
HOT BRISKET or COLD ROAST BEEF half 13 whole 18
BAKED HAM half 12 whole 16
TONGUE (hot or cold) half 14 whole 19
ROASTED TURKEY BREAST or TURKEY BREAST PASTRAMI half 13 whole 18
SMOKED TURKEY BREAST, HONEY MAPLE or CRACKED PEPPER TURKEY half 12 whole 16
SALAMI or HARD SALAMI or BOLOGNA half 12 whole 16
TUNA SALAD or LOW-FAT TUNA SALAD half 12 whole 16
CHICKEN SALAD or TURKEY SALAD half 12 whole 16
TURKEY LOAF or MEAT LOAF half 12 whole 16
CHOPPED LIVER half 12 whole 16
SMOKED LIVERWURST half 11 whole 15
***VEGAN CORNED BEEF** half 13 whole 18
***EGG SALAD** half 8 whole 13
BACON or *AVOCADO, LETTUCE & TOMATO (BLT or *ALT) half 10 whole 14
with three slices of turkey add 4
***VEGGIE SANDWICH** muenster, cheddar, avocado, lettuce, tomato, red onion and sprouts on whole wheat bread 14
***JARLSBERG CHEESE or TILLAMOOK CHEDDAR** half 10 whole 14
***GRILLED CHEESE** half 8 whole 11

ADD A CUP OF SOUP or SALAD (dinner or caesar) TO ANY HALF SANDWICH ADD 5
matzo ball or kreplach ADD 5

COMBINATION SANDWICHES

Our "Triple Decker" on 3 slices of rye bread with Russian dressing, lettuce & tomato. Gluten free bread add 1
Choice of potato salad, cole slaw, or macaroni salad
Substitute fries, homemade chips, fruit, or mixed greens add 2 onion rings, sweet potato fries, or berries add 3

- | | |
|--|--|
| #1 TURKEY, CORNED BEEF, SWISS CHEESE 22 | #6 TURKEY, HAM, SWISS CHEESE 22 |
| #2 TURKEY, BACON 21 | #7 TURKEY, PASTRAMI, SWISS CHEESE 22 |
| #3 HOT CORNED BEEF, SWISS CHEESE 22 | #8 ROAST BEEF, SWISS CHEESE 22 |
| #4 HOT PASTRAMI, CORNED BEEF, SWISS CHEESE 22 | #9 CORNED BEEF, PASTRAMI, TONGUE, SWISS CHEESE 22 |
| #5 PASTRAMI, ROAST BEEF, TURKEY 22 | #10 TURKEY BREAST PASTRAMI, SWISS CHEESE 22 |

SKY HIGHS

Topped with cole slaw and Russian dressing. Same sides as sandwiches above.

- CORNED BEEF, PASTRAMI, ROAST BEEF or BRISKET 19**
ROAST TURKEY or TURKEY PASTRAMI 19
SUZEE'S SKY HIGH turkey, Dijon, red onion and Jarlsberg 20

BAGEL SANDWICHES

Same sides as sandwiches above.

- NOVA LOX** with cream cheese on a bagel, tomato & onion on the side 19
½ NOVA, ½ WHITEFISH with cream cheese on a bagel, tomato & onion on the side 18
½ NOVA, ½ NATURAL COD with cream cheese on a bagel, tomato & onion on the side 20
LOX SPREAD with cream cheese on a bagel, tomato & onion on the side 16
WHITEFISH SALAD on a bagel, tomato & onion on the side 15
WHITEFISH with cream cheese on a bagel, tomato & onion on the side 16
STURGEON with cream cheese on a bagel, tomato & onion on the side 21
SABLE with cream cheese on a bagel, tomato & onion on the side 20
NATURAL COD with cream cheese on a bagel, tomato & onion on the side 21

PANINIS

Same sides as sandwiches above.

- PULLED BBQ BRISKET** with red onion and provolone, pressed on a french roll 15
ROAST BEEF with Swiss cheese, browned onion and dijonaise, pressed on a french roll 15
CHICKEN with sun-dried tomato, avocado, pesto and mozzarella, pressed on a french roll 15
***GRILLED VEGGIE** with pesto and mozzarella, pressed on a french roll 14
***GRILLED CHEESE** with cheddar and jack cheese, avocado and tomato pressed on sourdough 13
TUNA with avocado, arugula, tomato, provolone and balsamic vinaigrette, pressed on sourdough 14
SOPRASATA SALAMI with basil, chopped pepperoncini, provolone and balsamic vinaigrette on a french roll 15
***CAPRESE** with tomato, mozzarella and pesto, pressed on a french roll 14
SMOKED SALMON with cream cheese, dill, red onion and tomato, pressed on a french roll 16
***CREAM CHEESE and STRAWBERRY JAM** on whole wheat or white bread 11
***PBJ** on whole wheat or white bread 11
***NUTELLA, BANANAS and STRAWBERRIES** grilled to perfection on a croissant (no sides included) 11

PITA POCKETS • WRAPS

Same sides as sandwiches above.

Make a wrap "low-carb" with lettuce instead of a tortilla. Side of homemade salsa on request.
Choice of white or whole wheat pita. Choice of flour, spinach, whole wheat or sun-dried tomato tortilla.

- *GRILLED VEGGIE PITA** with hummus, tomato, feta and baby greens with side of balsamic vinaigrette 12
WITH GRILLED CHICKEN 15 WITH GRILLED STEAK 17
TUNA or LOW-FAT TUNA pita or wrap, with lettuce, cucumber, tomato and red onion 15
TURKEY WRAP with lettuce, tomato, avocado, sprouts and red onion 15
CHICKEN WRAP with fresh roasted chicken, jack cheese, hummus, lettuce, tomato, cucumber and avocado 15
GRILLED CHICKEN CAESAR WRAP with sun-dried tomato, jack cheese and caesar salad 15
CHINESE CHICKEN SALAD WRAP tossed with homemade sesame dressing 14
***MEDITERRANEAN WRAP** with cucumber, tomato, red onion, feta and hummus 12
WITH GRILLED CHICKEN 15 WITH GRILLED STEAK 17

GRILLED • CHARBROILED • FRIED

Choice of potato salad, cole slaw, or macaroni salad On a roll or bagel add 1 gluten free bread add 1
Substitute fries, homemade chips or fruit add 2 onion rings, sweet potato fries, or berries add 3

BACON & FRIED EGG 14

GRILLED PASTRAMI with tomato and provolone on a kaiser roll 19

GRILLED BACON, TOMATO & AMERICAN CHEESE 14

PATTY MELT 1/3 lb. kosher ground beef or ground turkey, Swiss cheese, tomato and onion 15

TUNA MELT, CHICKEN SALAD MELT or TURKEY SALAD MELT with your choice of cheese 16

SKY HIGH MELT choice of grilled meat, Swiss cheese and coleslaw, served with Russian dressing 19

THE FAMOUS REUBEN choice of meat, Swiss cheese and sauerkraut, served with Russian dressing 19

***THE FAMOUS TOFU REUBEN** Swiss cheese and sauerkraut, served with Russian dressing 17

GRILLED HAM & CHEESE on rye 17

FRANKS or KNOCKWURST with baked beans and cole slaw 16

ROMANIAN SKIRT STEAK 8 oz. with fries and cole slaw (grilled onions on request) 22

***GRILLED VEGGIE SANDWICH** grilled vegetables, eggplant, mozzarella or goat, greens on a whole wheat bun 14

GRILLED CHICKEN BREAST boneless breast served with lettuce and tomato on a whole wheat bun 15
with cheese 16

GRILLED CHICKEN DELUXE boneless breast, melted Swiss cheese, avocado, sun-dried tomato, arugula,
served on grilled sourdough bread (try it with sweet hot mustard) 17

PHILLY CHEESE STEAK SANDWICH thin sliced steak, melted Swiss cheese, grilled peppers & onions
on a French roll 17

FRIED CHICKEN, CHICKEN TENDERS or BUFFALO TENDERS 14

FISH & CHIPS 15

DIPS • BBQ • OPEN FACE • SUBS

Same sides as sandwiches above.

FRENCH DIP, BRISKET DIP, PASTRAMI DIP or TURKEY DIP with au jus on choice of roll 19
with melted cheese 20

PULLED BBQ BRISKET with bbq sauce, on choice of roll 19

CORNEBEEF & CHOPPED LIVER open-face with lettuce, tomato and onion 18

PASTRAMI & CHOPPED LIVER open-face with lettuce, tomato and onion 18

TURKEY SALAD & EGG SALAD open-face with lettuce, tomato and onion 16

CHOPPED LIVER & EGG SALAD open-face with lettuce, tomato and onion 16

BRISKET OF BEEF or ROAST BEEF open-face with fries or mashed potatoes and gravy 20

ROAST TURKEY open-face with fries or mashed potatoes, gravy and cranberry sauce 19

ITALIAN SUB soprasata, turkey, provolone, lettuce, tomato, pepperoncini and Italian dressing, choice of roll 18

MEATBALL SUB homemade meatballs, marinara sauce, mozzarella, parmesan and parsley on a French roll 17

BURGERS

Same sides as sandwiches above Choice of a brioche or whole wheat bun.
Substitute grilled chicken breast add 1 add cheese 1 add bacon or avocado 2.50

HAMBURGER 1/3 lb. kosher ground beef, lettuce and tomato with Russian dressing 14

DELUXE HAMBURGER 1/2 lb. kosher ground beef, lettuce and tomato with Russian dressing 16

BACON BURGER with bacon, lettuce and tomato with Russian dressing 16

TURKEY BURGER freshly ground turkey, lettuce and tomato, on a whole wheat bun (teriyaki sauce on request) 15

***VEGGIE BURGER** multi-grain patty, with lettuce and tomato on a whole wheat bun 14

FRENCH BURGER with grilled mushroom & onion, Swiss cheese on a French roll w/Russian dressing 18

CHILI CHEESEBURGER with lettuce, tomato and onion 17

ITALIAN BURGER with lettuce, tomato, mozzarella and basil with a side of marinara 18

GUACAMOLE BURGER with homemade guacamole with lettuce and tomato 17

TILLAMOOK CHEDDAR BURGER with lettuce, tomato and Ortega chiles 17

PASTRAMI SWISS BURGER topped with pastrami, Swiss cheese, lettuce and tomato 18

CHICKEN BURGER freshly ground chicken topped with lettuce, tomato and havarti dill cheese 15

HOT DOGS

Served on a long onion roll or plain bun. Beef dogs - Hebrew National or Vienna, grilled or boiled. Same sides as sandwiches above.

JUMBO HOT DOG 9

KRAUT DOG topped with hot sauerkraut 10

CHILI DOG 10 with cheese 11

TURKEY DOG 9

KNOCKWURST 10

SKY HIGH DOG topped with cole slaw 10

PASTRAMI REUBEN DOG with Swiss and sauerkraut 14

BACON CHEDDAR DOG 13

GRILLED CHICKEN CILANTRO SAUSAGE
with red & yellow peppers and onions 13

DELI PLATTERS

Served with potato salad, cole slaw and bread, roll or bagel

CORNEB BEEF, PASTRAMI, BRISKET or TONGUE 22
SLICED RARE ROAST BEEF 22
SLICED ROAST TURKEY 22
TURKEY TRIO roasted, smoked and turkey pastrami 22

FISH PLATTERS

Served with potato salad, cole slaw, tomato, red onion and two bagels with cream cheese

NORTH ATLANTIC NOVA LOX 30	COD with NOVA LOX 32
EASTERN WHITEFISH 25	BAKED SALMON 27 SABLE 32
IMPORTED SARDINES (no cream cheese) 17	STURGEON 34
NATURAL COD 34	SMOKED FISH BRUNCH lox, natural cod & whitefish
WHITEFISH with NOVA LOX 29	(substitute sable or sturgeon add 5) 36

SALADS

Served with crackers, bread & butter or bagel chips (roll or bagel add 1) Pepperoncini add 1 Extra side of bagel chips & ranch add 4
 Choice of dressing: house (balsamic vinaigrette), honey mustard, bleu cheese, 1000 Island,
 low-fat ranch, BBQ ranch, Caesar, Italian, homemade salsa or oil & vinegar.

FACTOR'S SUPER HOUSE fresh turkey breast, chopped tomato, muenster cheese, avocado, egg h/16 f/19
DEBBIE'S CHOPPED #1 finely chopped lettuce, turkey, salami, Swiss cheese, red onion, avocado, tomato and cucumber h/16 f/19
DEBBIE'S CHOPPED #2 finely chopped lettuce, tomato, cucumber, scallion, charbroiled chicken breast and grated Asiago cheese h/16 f/19
ITALIAN CHOPPED finely chopped lettuce, turkey, Italian salami, tomato, garbanzo beans and mozzarella, topped with chopped pepperoncini on request h/16 f/19
BBQ CHICKEN CHOPPED finely chopped lettuce, tomato, jicama, grilled corn, scallion, jack cheese and tortilla strips with bbq ranch dressing on the side h/16 f/19
CHINESE CHICKEN SALAD (or substitute tuna salad) with mixed greens, cabbage, thin rice noodles, almonds and mandarin oranges with homemade sesame dressing h/16 f/19
GRILLED CHICKEN SALAD served on a bed of romaine, sliced tomato, cucumber and red onion h/16 f/19
COBB (try it with turkey bacon) with mixed greens, diced turkey, avocado, tomato, bacon and hard boiled egg with bleu cheese dressing h/16 f/19
***KALE SALAD** kale, quinoa, sliced almonds, dried cranberries tossed w/sherry vinaigrette dressing h/16 f/19
SUPER CHEF with mixed greens, julienne ham, turkey, salami, cheese, tomato and hard boiled egg h/16 f/19
TUNA ARUGULA romaine and arugula, scoop of tuna salad, grilled corn, jicama, avocado and mozzarella h/16 f/19
***GRILLED VEGETABLE SALAD** mixed baby greens and crumbled feta cheese with pita bread h/14 f/17
***VEGGIE CHOPPED** finely chopped lettuce, tomato, cucumber, scallion, mushroom, garbanzo beans and carrot, topped with grated asiago cheese on request h/15 f/18
***GORGONZOLA SALAD** mixed baby greens, gorgonzola cheese, pears and candied walnuts h/15 f/18
***GREEK** finely chopped lettuce, tomato, cucumber, feta cheese, kalamata olives, beet, egg and red onion h/15 f/18
***GARDEN** diced cucumber, celery, radish, green pepper, carrot, scallion and tomato with fresh sour cream or low-fat cottage cheese h/15 f/18
***MEDITERRANEAN** mixed greens, goat cheese, sun-dried tomato, roasted pepper and shaved red onion h/15 f/18
***ARUGULA SALAD** with feta cheese, romaine and arugula, cucumber and red onions h/15 f/18
***CAESAR SALAD** the Original! comes tossed h/15 f/18
***CAPRESE SALAD** fresh buffalo mozzarella, tomato and basil leaves, drizzled with pesto, side of garlic bread 15

OPTIONS/ADDITIONS FOR SALADS ABOVE

Grilled Chicken, Turkey Breast, Tuna Salad, Asian or BBQ Marinated Tofu 5 Skirt Steak 8 Grilled Salmon 9
 Any half salad above with cup of soup add 5 matzo ball or kreplach add 6

ICEBERG WEDGE with chopped tomato, scallion and bacon, topped with gorgonzola cheese 14
TOSTADA SALAD ground beef, turkey or chicken, with shredded lettuce, rice, black beans, cheddar cheese, scallion, guacamole, sour cream and salsa, served in a crispy tortilla 18
WITH GRILLED CHICKEN BREAST 20
WITH GRILLED SKIRT STEAK 21
TURKEY or CHICKEN SALAD PLATE with cole slaw, potato salad, tomato, hard boiled egg and red onion 18
TUNA SALAD PLATE cole slaw, potato salad, tomato, hard boiled egg and red onion 18
TRIO SALAD PLATE (choose 3) tuna salad, turkey salad, chicken salad, chopped liver or egg salad, on a bed of lettuce with tomato and onion 19
STUFFED TOMATO filled with tuna, chicken or turkey salad with side of potato salad or cole slaw 16
STUFFED AVOCADO filled with tuna, chicken or turkey salad with side of potato salad or cole slaw 17
***FRESH FRUIT PLATE** with sherbet, low-fat cottage cheese or whipped cream 14
***DINNER SALAD** 9

DELI STYLE APPETIZERS

Served with bread, roll or bagel, on a bed of lettuce with tomato & onion.

IMPORTED SARDINES 13

***GREEK SALAD** 13

CAN OF SALMON 13

CAN OF TUNA 13

CHOPPED HERRING 13

CREAMED HERRING 14

NOVA LOX & CREAM CHEESE 20

NATURAL COD & CREAM CHEESE 22

WHITEFISH & CREAM CHEESE 18

SABLE & CREAM CHEESE 22

STURGEON & CREAM CHEESE 22

BAKED SALMON 20

KIPPERED SALMON 20

EGG SALAD 11

NOVA LOX SPREAD 11

GEFILTE FISH 9

STUFFED CABBAGE choice of ground beef
or ground turkey (no lettuce, tomato or onion) 12

CHOPPED LIVER 16

STUFFED KISHKA WITH GRAVY
(no lettuce, tomato or onion) 10

TUNA SALAD or LOW-FAT TUNA 16

CHICKEN 16

TURKEY SALAD 16

DIET PLATES

Served with hard boiled egg, tomato and cottage cheese or cole slaw. Crackers or bread & butter (roll or bagel add 1)

SLICED TURKEY or RARE ROAST BEEF with Swiss cheese 18

ROASTED HALF CHICKEN hot or cold 17

GRILLED CHICKEN BREAST 16

BURGER PATTY choice of ground turkey, chicken, beef or veggie patty 15

INDIVIDUAL CAN OF SALMON or TUNA 13

***MIXED VEGGIE PLATE** steamed or grilled (sides not included) 11 with cheese 12

LOW CARB CHOICES

CRISPY ROASTED HALF CHICKEN served with an arugula and romaine salad, topped with chopped red onion, cucumber and feta cheese 20

SKIRT STEAK with grilled onions (includes salad as above) 24

GRILLED ORANGE ROUGHY with spinach and green salad 21

SAUTEED ORANGE ROUGHY in fresh lemon, orange and garlic sauce, with spinach and green salad 21

GRILLED CHICKEN BREAST with steamed spinach and broccoli 19

CAPRESE CHICKEN herb marinated grilled chicken breast, side of caprese salad (grilled flat bread on request) 20

GRILLED SALMON FILLET with sauteed broccoli and green salad, teriyaki sauce on request 24

GRILLED CHICKEN KABOBS 2 skewers with hummus and dinner salad (pita on request) 18

TURKEY, CHICKEN, BEEF or *VEGGIE PATTY on shredded lettuce, grilled onions & mushrooms and choice of vegetable 18

GRILLED CHICKEN CILANTRO SAUSAGES with grilled peppers and onions, served with a green salad and choice of vegetable 19

STIR FRY

Teriyaki marinated choice of meat with broccoli, carrot, mushroom, onion, grilled corn, zucchini and bell pepper, side of brown rice

***TOFU** 16 **CHICKEN** 18 **BRISKET** 20 **SKIRT STEAK** 22

SOUTH OF THE BORDER

BUILD YOUR OWN CHEESE QUESADILLA choice of flour, whole wheat, spinach or sun-dried tomato tortilla includes black beans or Spanish rice, tomato, avocado, browned onion, sour cream & salsa 12 (guacamole add 2) jalapeño on request.

ADD CHICKEN, TURKEY, *TOFU or BRISKET 5 **ADD STEAK or CATCH OF THE DAY** 7

SOFT TACO PLATE (3) beef, chicken, fish or *grilled tofu, topped w/pico de gallo, guacamole and a side of rice or black beans 15

ULTIMATE BURRITO shredded beef, chicken, fish or *grilled tofu, black beans, Spanish rice, shredded lettuce, salsa, sour cream, grated cheese, with tortilla chips, tomatillo and guacamole on the side 15 with steak 19

CHICKEN FAJITAS served with Spanish rice, black beans, guacamole, sour cream, corn or flour tortillas 19

STEAK FAJITAS served with Spanish rice, black beans, guacamole, sour cream, corn or flour tortillas 22

***VEGGIE FAJITAS** peppers & onions with Spanish rice, black beans, guacamole, sour cream, corn or flour tortillas 16

SIDE of SPANISH RICE or BLACK BEANS 5

SIDE of HOMEMADE GUACAMOLE ½ pt 8 pt 14

SIDE of HOMEMADE SALSA ½ pt 5 pt 8

DINNERS

A LA CARTE INCLUDES: potato or rice (white or brown), fresh vegetable and bread

DINNER INCLUDES: appetizer, potato or rice (white or brown), fresh vegetable, bread and dessert (jello, ice cream or pudding)

ADD A CUP OF SOUP or SIDE SALAD (dinner or caesar) 5

POTATO CHOICES: boiled potato, mashed potatoes, baked potato, french fries or one potato pancake

APPETIZERS: chopped liver, egg salad, greek salad, kasha varnishka or herring (chopped, pickled or creamed),

SOUP CHOICES: vegetarian soup du jour, chicken rice, noodle, matzo ball, kreplach, mushroom barley or sweet & sour cabbage

ROASTED HALF CHICKEN with stuffing a la carte 20 • dinner 26 (for white meat add 1)

BBQ HALF CHICKEN a la carte 20 • dinner 26 (for white meat add 1)

ROASTED QUARTER CHICKEN with stuffing a la carte 18 • dinner 24 (for white meat add 1)

BBQ QUARTER CHICKEN a la carte 18 • dinner 24 (for white meat add 1)

CHICKEN SCHNITZEL a la carte 20 • dinner 26 with arugula add 2

BRISKET a la carte 22 • dinner 28

BAKED SHORT RIBS a la carte 26 • dinner 32

SWEET & SOUR SHORT RIBS a la carte 26 • dinner 32

SWEET & SOUR MEATBALLS a la carte 20 • dinner 26

MEAT LOAF or TURKEY LOAF a la carte 20 • dinner 26

GOULASH a la carte 20 • dinner 26

CORNEBEEF & CABBAGE a la carte 21 • dinner 27

STUFFED CABBAGE ground beef or ground turkey a la carte 21 • dinner 27

ROAST TURKEY with stuffing a la carte 20 • dinner 26

FRANKFURTER or KNOCKWURST with baked beans and cole slaw a la carte 18 • dinner 24

MARINATED ROMANIAN SKIRT STEAK (grilled onions on request) a la carte 24 • dinner 30

GRILLED SALMON a la carte 24 • dinner 30

ORANGE ROUGHY grilled or sauteed a la carte 21 • dinner 27

TURKEY BURGER or KOSHER HAMBURGER (grilled onions on request) a la carte 18 • dinner 24

CHICKEN IN A POT served with bread only (no potato or vegetable) 24

DAIRY DISHES

***MATZO BREI** scrambled or pancake style, with applesauce and sour cream 14

***CHEESE BLINTZES (3)** with sour cream and strawberry preserves 15 one blintz 6 ea

***POTATO PANCAKES (4)** with applesauce and sour cream 14 one potato pancake 4 ea

SIDE ORDERS

***BAKED BEANS OR BLACK BEANS** 5

BROWN RICE 5

VEGETABLE OF THE DAY 5

GRILLED CHICKEN BREAST (5.5 oz.) 10

SKIRT STEAK (8 oz.) 18

BAKED POTATO 6

SWEET POTATO FRIES 6

MASHED POTATOES 5

FRENCH FRIES or HOT POTATO CHIPS 5

ONION RINGS 6

HOMEMADE SALSA ½ pt 5 pt 8

HOMEMADE GUACAMOLE ½ pt 8 pt 14

BEVERAGES

ORGANIC COFFEE hot or iced, decaf or regular (light or dark roast) 4

ESPRESSO single 4 double 6

CAPPUCCINO OR CAFE LATTE 6 extra shot add 2

VANILLA LATTE 6 extra shot add 2

CAFE MOCHA 6 extra shot add 2

HOT CHOCOLATE 4

GROUNDWORK'S COLD BREW 6

MILK regular, non-fat, low-fat, soy or almond pt 4 qt 6 half gal 8

BUTTERMILK pt 4 qt 6 half gal 8

HOT HERBAL TEAS assorted flavors 5

HOT BLACK TEA 4

ICED TEA regular or mango 4

ARNOLD PALMER 4

FRESH SQUEEZED LEMONADE flavor of the day 5

SNAPPLE, SOBE or VITAMIN WATER 4

FOUNTAIN SODA 4

FOUNTAIN SELTZER WATER 2

BOTTLED OR CANNED SODA Dr. Brown's, IBC, Izzie's, Boylan's, Bundaberg (root beer, ginger beer) 4

REEDS ORIGINAL GINGER BREW 4

PELLEGRINO MINERAL WATER 5

SPINDRIFT SPARKLING WATER raspberry-lime, blackberry, cucumber, lemon, strawberry 4

BOTTLED WATER sm 3 lg 5

CHILDREN'S SECTION

For 12 and under only. Not available for Take-Out

JOEY'S BOWL OF CEREAL, BOWL OF OATMEAL or SIDE OF FRUIT 5
JANE, MACK & SUNNY'S BAGEL & CREAM CHEESE 3.50
JONAH & BRANDON'S EGG "MIT" BAGEL JR. scrambled eggs, American cheese, bagel, home fries or hash browns 9
ANDY'S AMERICAN CHEESE OMELETTE 2 eggs, American cheese, home fries or hash browns choice of bread 10
AVA'S FRENCH TOAST with two slices of bacon or one sausage 9
MILES & ELIANA'S EGGS & TURKEY BACON with a bagel & cream cheese, homefries or hashbrowns 9
EMMA & CHLOE'S SILVER DOLLAR PANCAKES (add strawberries, bananas or chocolate chips add 1) 8
SAM, MAYA & ANNIE'S ALMOND GRANOLA SILVER DOLLAR PANCAKES 9
TALIA'S PANCAKE SANDWICH one egg and two slices of bacon or one sausage 9
JAMES & OLIVIA'S CHEESE BLINTZ 5
SADIE & CLARA'S PEANUT BUTTER or CREAM CHEESE & JELLY SANDWICH 5
MANDY'S MATZO BALL SOUP with noodles 6
JESSICA'S GRILLED CHEESE on whole wheat, with thin or sweet potato fries 8
ROMY, GEMMA & LAUREN'S PIZZA BAGEL 7
MAX MILO'S CHEESE QUESADILLA with salsa and sour cream, and thin or sweet potato fries 9
SEBASTIAN, STEVIE & HARPER'S DELI PLATE two slices meat, two slices cheese and thin or sweet potato fries or fruit 9
ZEKE'S CHOICE OF A SANDWICH with thin or sweet potato fries 10
CAMDEN AND PRESLEY'S CHOICE OF A SALAD 10
BRANDON'S CHICKEN WRAP with lettuce and melted jack cheese in a tortilla, and thin or sweet potato fries 10
LOBEL'S BURGER & FRIES kosher ground beef, and thin or sweet potato fries (add cheese .50) 9
BENJAMIN'S TURKEY BURGER with thin or sweet potato fries (add cheese .50) 9
ASHER'S TURKEY DOG with thin or sweet potato fries 7
JAMES, JAY & RYAN'S CORN DOG with thin or sweet potato fries 7
SAMMMY & JACK'S HOT DOG with thin or sweet potato fries 7
JAKE'S CHICKEN TENDERS with thin or sweet potato fries 9
MAGGIE'S MACARONI & CHEESE 8
MATTEO'S SPAGHETTI & MEAT SAUCE 9
GIULIANA'S BUTTERED NOODLES with parmesan 7
LAUREN'S LATKE one potato latke served with applesauce 3.50
COOPER'S CHICKEN TAQUITOS 7
STELLA'S NACHOS chips & cheese with guacamole & sour cream 8
LONDON, MONET & TEDDY'S SODA FROM THE FOUNTAIN 3
SOPHIE, GOLDIE & ALMA'S CHOCOLATE MILK 3
EVAN'S HOT CHOCOLATE 3
LILY & JONAH'S MILK SHAKE or SMOOTHIE 5
NATHAN & REESE'S PEANUT BUTTER MILK SHAKE 5
ZOE & JAGGER'S ICE CREAM SUNDAE 5
HAZEL'S NUTELLA MINI CROISSANT grilled with Nutella, strawberries and bananas 7

DESSERTS

NEW YORK CHEESECAKE 8
HOMEMADE BROWNIE 5
APPLE STRUDEL 6
ROCKSLIDE BROWNIE 5
FRESH BAKED MUFFIN 4.50
LEMON BAR or PECAN BAR 5
BANANA PUDDING w/wafers ½ pt 5 pt 8 qt 13
RICE PUDDING ½ pt 5 pt 8 qt 13
BREAD PUDDING ½ pt 5 pt 8 qt 13
CHOCOLATE PUDDING ½ pt 5 pt 8 qt 13
TAPIOCA PUDDING ½ pt 5 pt 8 qt 13
JELLO W/ WHIPPED CREAM ½ pt 5 pt 8 qt 13
HOMEMADE APPLE PIE 7
HOMEMADE CHERRY PIE 7
LEMON MERINGUE PIE 7
STRAWBERRY SHORTCAKE 8
MELON honeydew, cantaloupe or watermelon 5
SUGAR-FREE BAKED APPLE 5
BUNDT CAKE ask for today's selection 7
CHOCOLATE BLACKOUT CAKE 8
MOLTEN CHOCOLATE BUNDT CAKE 8
DOUBLE LAYER CARROT CAKE 8
HOMEMADE FLAN 7
HOMEMADE RUGELACH lb 13
ICE CREAM ½ pt 5 pt 8 qt 13
SHERBET ½ pt 5 pt 8 qt 13
CHOCOLATE CHIP CIGAR 4
JUMBO HOMEMADE COOKIE 4
 sprinkle (chocolate or rainbow), black & white, chocolate chip, chinese or linzer tart
ICE CREAM SODA 7
ICE CREAM SUNDAE 8
OLD FASHION N.Y. EGG CREAM 6
CHOCOLATE PHOSPHATE 6
MILK SHAKE chocolate, vanilla or strawberry 7
 add malt add 1
OREO COOKIE MILK SHAKE 8
REESE'S PEANUT BUTTER MILK SHAKE 8
FRUIT SMOOTHIE choice of 2 fruits: banana, strawberry, raspberry, mango, blueberry, pineapple 8
 w/protein powder add 2, w/ice cream or yogurt add 2
 w/kale or spinach add 2

BULK ITEMS

MEATS

CORNE D BEEF half lb 11
PASTRAMI half lb 11
HEBREW NATIONAL SALAMI half lb 8
VIENNA SALAMI half lb 8
HARD SALAMI half lb 10
ITALIAN SALAMI half lb 9
ROAST BEEF half lb 12
BRISKET or TONGUE half lb 12
ROAST TURKEY BREAST half lb 11
TURKEY BREAST PASTRAMI half lb 11
SMOKED TURKEY half lb 10

HONEY MAPLE TURKEY half lb 10
CRACKED PEPPER TURKEY half lb 10
BOLOGNA half lb 8
HAM half lb 10
LIVERWURST half lb 7
PEPPERED BEEF half lb 9
FRANKFURTERS half lb 8
KNOCKWURST half lb 8
TURKEY DOGS half lb 8
KISHKA half lb 6
ROASTED CHICKEN half 10 whole 15

FISH

NOVA LOX half lb 26
NOVA LOX SPREAD half lb 10
NATURAL COD half lb 26
WHITEFISH half lb 11
WHITEFISH SALAD half lb 10
STURGEON half lb 28
SABLE half lb 25
BAKED SALMON bbq or kippered half lb 19

CHOPPED HERRING half lb 9
MATJES HERRING half lb 9
TUNA SALAD half lb 7
GEFILTE FISH ea 7
CREAMED HERRING half lb 10
SARDINES half lb 6
CAN TUNA ea 7
CAN SALMON ea 8

CHEESE

SWISS lb 13
JARLSBERG lb 14
HAVARTI WITH DILL lb 13
AMERICAN lb 9
MUENSTER lb 13
JACK lb 13
PEPPER JACK lb 13

CHEDDAR lb 13
PROVOLONE lb 14
MOZZARELLA lb 13
ASIAGO lb 15
CREAM CHEESE lb 8
SOUR CREAM ½ pt 4 pt 6
LOW-FAT COTTAGE CHEESE ½ pt 4 pt 6

SALADS

POTATO SALAD lb 7
COLE SLAW lb 7
MACARONI SALAD lb 7
TURKEY SALAD lb 13
CHICKEN SALAD lb 13
TUNA SALAD lb 14
LOW-FAT TUNA SALAD lb 14

CHOPPED LIVER lb 14
EGG SALAD lb 9
CUCUMBER SALAD lb 7
QUINOA SALAD pt 9
GREEK SALAD WITH FETA CHEESE lb 10
FRUIT SALAD lb 10
MIXED BERRIES lb 13

TRADITIONAL FAVORITES

KNISH meat, kasha, potato or spinach potato ea 8
KASHA VARNISHKA pt 10
BLINTZES (COLD) ea 6
POTATO PANCAKES (COLD) ea 4

MACARONI & CHEESE pt 7
PICKLES or GREEN TOMATOES lb 6
GREEK OLIVES lb 10
STUFFED CABBAGE (beef or turkey) ea 8

BREADS

DOUBLE BAKED RYE loaf 7
EGG BREAD loaf 7
WHOLE WHEAT or WHITE loaf 7
GLUTEN FREE ea 1 loaf 15
ARTISAN SOURDOUGH 7
TWISTED CHALLAH 8
MATZO box 5

SLICE OF BREAD ea .50
ROLL ea 1.50
BAGEL ea 1.50
HOMEMADE BAGEL CHIPS bag 6
BIALY ea 1.50
HOT DOG BUN or LONG ONION ROLL ea 1.50
HAMBURGER BUN brioche or whole wheat ea 1.50

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