

Meat & Chicken Sandwiches

Meat & Chicken Sandwiches	Sandwich	1/4 Lb
Ham.....	\$8.75\$5.75
Virginia Ham	\$8.95\$5.85
Bologna.....	\$7.25\$3.95
Genoa Salami/Turkey	\$8.75\$5.75
Roast Beef/Pastrami/Corned Beef	\$9.75\$6.75
Smoked/Honey Glazed/ Peppermill Cracked Turkey	\$8.95\$5.85
Breaded, BBQ, and Cajun Chicken.....	\$9.25\$5.75
Grilled Chicken	\$9.95\$6.95
Liverwurst	\$6.95\$4.05
Bacon/Sausage Sandwich	\$7.95	
Additional Meat on Sandwich	\$3.95 extra	

Extras: Tomato \$1.00, Sliced Cheese \$1.35, Cream Cheese or Tofu Spread \$1.25
 Cucumbers \$1.00, Capers \$1.25, Avocado \$1.85, Bacon \$3.95,
 Sausage \$3.95, Horseradish \$1.00, Sliced Pickles/Olives \$1.00, Sauerkraut \$1.00
 Coleslaw \$1.00, Peppers/Jalapeno \$1.50, Lettuce or Onions, No Charge

Cheese Sandwiches	Sandwich	1/4 Lb
American	\$5.35\$3.70
Muenster	\$6.15\$4.50
Mozzarella	\$5.85\$4.35
Provolone.....	\$6.35\$4.95
Gouda	\$6.75\$5.35
Fontina/Havarti	\$6.75\$5.35
Imported Swiss, Cheddar	\$5.95\$4.55
Jarlsberg	\$7.05\$5.65
Alpine Lace Swiss	\$6.65\$5.25
Pepperjack.....	\$5.45\$4.50
Munchee	\$6.75\$5.35

Side Salads, Soup, Knishes & More

Side Salads	
Potato Salad/Cole Slaw/Macaroni Salad	\$3.60
Black Olives	1/4 Lb \$2.25
Whole Pickle.....	\$2.00
Soup	
Soup of the Day	\$5.25
Knishes & More	
Knishes.....	\$6.25
Potato Pancakes (3).....	\$5.55
Snacks	
Chips,	\$2.25
Fruit	
Fruit Cup	\$5.50
Yogurt.....	\$2.75
Yogurt Parfait	\$5.75
Apple, Banana, Orange	\$1.10

Baked Goods & Beverages

Baked Goods	One Size
Cake or Pie Slice.....	\$5.25
Large Black & White Cookies	\$3.55
Linzer Tarts	\$3.55
Brownie (Gluten Free).....	\$3.80
Chocolate Chip or Oatmeal Raisin Cookie	\$3.50
Hammentaschen (Large).....	\$3.75
Mini Black & Whites or Linzer Tarts (Small box)	\$8.25
Muffin/Danish	\$3.55
Small Box Cookies	\$8.25
Small Box Rainbow Cookies	\$8.25

Hot Drinks.	Small	Large
Coffee/Decaf Coffee	\$2.15\$2.75
Flavored Coffee.....	\$2.30\$2.90
Tea	\$1.85\$2.25
Herbal Tea.....	\$2.05\$2.45
Cappuccino & Latte.....	\$4.50\$6.45
Hot Chocolate	\$2.45\$3.25
Espresso	\$2.95	
Double Espresso.....	\$5.90	
Americano.....	\$3.95\$5.75

Cold Drinks	Small	Medium	Large
Brewed			
Iced Coffee (Regular)	\$3.25\$4.25\$5.25
Iced Coffee Flavored or Decaf.....	\$3.45\$4.45\$5.45
Iced Tea Brewed	\$2.25\$3.25\$4.25
Iced Cappuccino or Latte.....	\$5.15\$6.15\$7.15

Water & Seltzer		Juices	
Bottle of Water.....	\$2.00	Cranberry, Apple,.....	\$3.80
Vitamin Water	\$3.25	Tropicana Juices 14 oz	\$3.80
Coconut Water	\$4.55		

Soda		Milk	
Soda Can/Seltzer	\$2.20	Cup of Milk (Small)	\$1.95
Dr. Brown.....	\$2.25	Cup of milk (Large)	\$2.55
Snapple	\$3.00	Nesquick Chocolate Milk.....	\$3.95
Gatorade	\$3.25		
Soda (20 oz Bottle)	\$3.00		

Ess-a-Bagel

1st Ave



“EVERYTHING ON A BAGEL”
ESTABLISHED 1976

324 1ST AVENUE

(19TH STREET)

NEW YORK, NY 10009

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OUR HISTORY

Ess-a-Bagel was established in 1976 by Florence and Gene Wilpon, and her brother Aaron Wenzelberg. It is no surprise, coming from an Austrian baking family, that within two years their bagels won national acclaim. The family continues to honor the Ess-a-Bagel tradition and has become a New York institution; attracting visitors from across the country and around the world. Today, Ess-a-Bagel is not only known for its bagels but for its luscious appetizing salads, variety of cream cheeses, fish, meats, soups, and its individualized catering orders. **In addition, we now ship across the country, with Gold Belly**
<https://essabagel.goldbelly.com>

We have won National Acclaim for many of our Specialties!

OPEN 7 DAYS A WEEK

All priced subject to change. Tax not included

We Accept All Major Credit Cards

Order Online with GRUBHUB, SEAMLESS, YELP, UBEREATS AND DOOR DASH

Bagels

Choose from an assortment of freshly baked Bagels:
 Plain, Everything, Sesame, Cinnamon Raisin, Poppy, Whole Wheat,
 Onion, Whole Wheat Everything, Nine Grain w/Honey,
 Pumpernickel, Pumpernickel Raisin, Garlic, Salt

Our Handrolled Bagels are baked all day on the premises.
 They are made of the finest ingredients and contain no additives,
 no preservatives, no cholesterol, no fat, just a delicious taste!
 We always give a baker's dozen.

ALL BAGELS ARE CERTIFIED KOSHER BY TABLET K

Mini Bagels Available Upon Request

Bagels	\$1.65
Mini Bagel	\$1.25
Flagels	\$1.95

Cream Cheese & Spreads

	Sandwich	1/4 Lb
Cream Cheese		
Apple Cinnamon	\$5.25	\$3.55
Blueberry	\$5.25	\$3.55
Cheddar Jalapeño	\$5.25	\$3.55
Chocolate Chip	\$5.25	\$3.55
Hot Pepper	\$5.95	\$4.25
Funfetti	\$5.25	\$3.55
Herb	\$5.25	\$3.55
Jalapeño	\$5.25	\$3.55
Lox Cream Cheese	\$5.65	\$4.15
Maple Bacon	\$5.95	\$4.25
Olive	\$5.25	\$3.55
Scallion Bacon	\$5.95	\$4.45
Plain Cream Cheese	\$4.25	\$2.80
Pumpkin (Seasonal)	\$5.25	\$3.55
Raisin Walnut	\$5.25	\$3.55
Scallion	\$5.25	\$3.55
Scallion & Lox	\$7.95	\$4.95
Strawberry	\$5.25	\$3.55
Sundried Tomato	\$5.25	\$3.55
Vegetable	\$5.25	\$3.55

Lite Cream Cheese

Lite Plain	\$4.65	\$3.15
Lite Scallion	\$5.15	\$3.95
Lite Vegetable	\$5.15	\$3.95

Tofu Spread Sandwiches

Plain Tofu	\$4.65	\$3.05
Lox Tofu	\$6.05	\$4.95
Raisin Walnut Tofu	\$5.35	\$3.85
Scallion Tofu	\$5.35	\$3.85
Sundried Tomato Tofu	\$5.35	\$3.85
Vegetable Tofu	\$5.35	\$3.85
Jalapeno Tofu	\$5.35	\$3.85

Additional Cream Cheese or Tofu Spreads \$125 Extra

Butter/Jelly (Grape & Strawberry)	\$2.95	\$2.55
Peanut Butter	\$4.75	\$3.05
Peanut Butter & Jelly	\$4.95	
Cream Cheese & Butter or Jelly	\$4.85	
Butter & Jelly	\$3.85	

Ess-A-Bagel Favorites

A Signature Favorite
 Slices of Nova on a Bagel w/Scallion Cream Cheese,
 Freshly Sliced Tomato, Lettuce, Onions & Capers\$15.95

The Garodnick
 Whole Wheat Everything Bagel with White Fish Salad
 & top it off with Swiss Cheese, Onion, Tomato. Delicious\$14.95

BLTA
 Crispy Bacon, Freshly Sliced Tomato, Lettuce & Avocado
 on a Bagel w/Mayo or Russian Dressing.....\$10.45

Reuben Sandwich
 Corned Beef, Pastrami, Turkey or Roast Beef Smothered
 w/Melted Swiss Cheese, Sauerkraut & Russian Dressing
 on an open faced sandwich\$14.75

Tuna Melt
 White Albacore Tuna Salad, Melted Cheese, Freshly
 Sliced Tomato & Lettuce\$10.25

Chicken Parmigiana
 Baked Breaded Chicken smothered in Tomato Sauce
 & Melted Mozzarella Cheese.....\$11.95

Turkey Club
 Thinly sliced Turkey, Crispy Bacon, Sliced Lettuce & Tomato\$11.95

Pizza Bagel
 A delicious Bagel smothered in Mozzarella Cheese
 & Tomato Sauce\$7.95

The John Carroll Lynch
 Egg Salad with Double Portion of Bacon on
 a Sesame Bagel\$12.05

Lox Lover's Signature
 All the deliciousness of our Signature Sandwich,
 but with a Full 1/4 lb of nova Scotia Lox\$19.95
 For those who Love Lox!

D'Onofrio
 Thinly sliced Hot Roast Beef with onions, smothered in
 melted Provolone & Cheddar Cheeses, topped with
 Bacon, Tomato, Mustard and Mayo.....\$14.95

Bev's Favorite
 Delicious Whitefish Salad, with Scallion Cream Cheese,
 Nova Scotia Lox, Tomatoes & Onions\$16.95

BLT
 Classic Bacon, Lettuce & Tomato\$8.60

Mike's Favorite: Chicken Cordon Bleu
 Breaded Baked Chicken with Ham, smothered with
 Swiss or Munster Cheese\$12.95

The Supreme
 Kippered Salmon with Scallion Cream Cheese,
 Swiss Cheese, Tomatoes & Onions\$16.25

European
 Grilled Chicken and melted imported Swiss Cheese with Bacon,
 Lettuce, Tomato and Mayo\$13.95

Nick's Favorite
 Chicken Salad with American Cheese & Bacon,
 with BBQ Sauce\$13.50

Trio Sandwich
 A hearty combination of Ham, Corned Beef, & Pastrami, topped with
 Swiss Cheese & Bacon with Russian Dressing.....\$18.25

Royale
 Nova Lox & Sable with Scallion Cream Cheese,
 Red Onion, Lettuce & Tomato\$19.95

Salads & Sandwiches

Salad Sandwiches	Sandwich	1/4 Lb
Tuna Salad	\$8.75	\$4.25
Light Tuna Salad	\$8.75	\$4.25
Whitefish Salad	\$10.95	\$6.75
Baked Salmon Salad.....	\$11.25	\$6.90
Egg Salad	\$6.75	\$3.25
Chicken Salad.....	\$8.75	\$4.95
Chopped Herring Salad	\$6.75	\$3.45
Chopped Liver	\$7.95	\$4.05
Hummus	\$6.95	\$3.60
Jalapeno Tuna	\$10.20	\$6.55
Tomato Sandwich	\$4.60	
Avocado Sandwich	\$6.95	

Fish Sandwich & Platters

	Sandwich	1/4 Lb
Nova/Belly Lox	\$14.25	\$12.25
Gravad Lox/Pastrami Lox	\$15.25	\$13.25
Baked Salmon	\$14.25	\$12.25
Whitefish	\$11.95	\$6.85
Sable	\$15.45	\$14.55
Pickled Herring in Onion Cream Sauce.....	\$7.05	\$5.75 per fillet

Should you request an additional fish on your sandwich a supplementary charge will be applied.

Salads

Chef's Salad (Ham, Turkey, Cheese, Lettuce, Tomatoes, Cucumbers & Onions)	\$15.95
Cobb Salad (Turkey, Bacon, Cheddar Cheese, Hard Boiled Egg & Avocado over Lettuce with Tomato & Cucumber)	\$15.45
Tossed Salad (Small).....	\$5.95
Tossed Salad (Large)	\$9.95
Add Chicken to any Salad	\$5.00
Add Tuna Salad, Chicken Salad or Egg Salad to a Tossed Salad	\$4.50
Add Whitefish Salad or Baked Salmon Salad to a Tossed Salad	\$7.00

Eggs

	Egg	Egg White
Egg Sandwich	\$4.50	\$4.85
Egg & Cheese* Sandwich	\$5.75	\$6.10
Egg w/Bacon/Ham/Sausage	\$7.20	\$7.55
Egg & Cheese w/Bacon/Ham/Sausage.....	\$8.50	\$8.85
Eggs w/Onions Sandwich	\$4.95	\$5.30
Eggs w/Salami.....	\$7.25	\$7.60
Eggs w/Pastrami/Corned Beef	\$8.75	\$9.10
Eggs & Tomato	\$5.45	\$5.80
Eggs & Turkey	\$7.25	\$7.60
Lox, Eggs & Onions	\$11.65	\$12.10
One Hard Boiled Egg.....	\$1.60	
Egg, Onion, Pepper.....	\$5.50	\$5.85
Western (Onion, Pepper, Ham)	\$8.45	\$8.80