

## 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 .....	\$1.95
Mini Bagel .....	\$1.55
Flagels .....	\$2.25

## Cream Cheese & Spreads

	Sandwich	1/4 Lb
<b>Cream Cheese</b>		
Apple Cinnamon .....	\$5.75	\$4.00
Blueberry .....	\$5.75	\$4.00
Cheddar .....	\$5.75	\$4.00
Chocolate Chip .....	\$5.75	\$4.00
Hot Pepper .....	\$5.95	\$4.25
Funfetti .....	\$5.75	\$4.00
Herb .....	\$5.75	\$4.00
Jalapeño .....	\$5.75	\$4.00
Lox Cream Cheese .....	\$6.50	\$5.25
Maple Bacon .....	\$6.05	\$4.45
Olive .....	\$5.75	\$4.00
Scallion Bacon .....	\$5.95	\$4.45
Plain Cream Cheese .....	\$5.00	\$3.25
Pumpkin (Seasonal) .....	\$5.75	\$4.00
Raisin Walnut .....	\$5.75	\$4.00
Scallion .....	\$5.75	\$4.00
Scallion & Lox .....	\$7.95	\$6.35
Strawberry .....	\$5.75	\$4.00
Sundried Tomato .....	\$5.75	\$4.00
Vegetable .....	\$5.75	\$4.00

### Lite Cream Cheese

Lite Plain .....	\$5.15	\$3.55
Lite Scallion .....	\$5.65	\$4.25
Lite Vegetable .....	\$5.65	\$4.25

### Tofu Spread Sandwiches

Plain Tofu .....	\$5.85	\$4.50
Lox Tofu .....	\$6.85	\$5.50
Raisin Walnut Tofu .....	\$6.25	\$4.75
Scallion Tofu .....	\$6.25	\$4.75
Sundried Tomato Tofu .....	\$6.25	\$4.75
Vegetable Tofu .....	\$6.25	\$4.75
Jalapeno Tofu .....	\$6.25	\$4.75

Additional Cream Cheese or Tofu Spreads \$1.25 Extra

Butter/Jelly (Grape & Strawberry) .....	\$3.40	\$3.50
Peanut Butter .....	\$4.95	\$3.50
Peanut Butter & Jelly .....	\$5.45	
Cream Cheese & Butter or Jelly .....	\$5.25	
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 .....\$16.95

### The Garodnick

Whole Wheat Everything Bagel with White Fish Salad  
& top it off with Swiss Cheese, Onion, Tomato. Delicious ...\$15.95

### BLTA

Crispy Bacon, Freshly Sliced Tomato, Lettuce & Avocado  
on a Bagel w/Mayo or Russian Dressing.....\$11.75

### Reuben Sandwich

Corned Beef, Pastrami, Turkey or Roast Beef Smothered  
w/Melted Swiss Cheese, Sauerkraut & Russian Dressing  
on an open faced sandwich .....\$14.95

### Tuna Melt

White Albacore Tuna Salad, Melted Cheese, Freshly  
Sliced Tomato & Lettuce .....\$10.95

### Chicken Parmigiana

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

### Turkey Club

Thinly sliced Turkey, Crispy Bacon, Sliced Lettuce & Tomato ....\$12.95

### 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 .....\$14.95

### Lox Lover's Signature

All the deliciousness of our Signature Sandwich,  
but with a Full 1/4 lb of Nova Scotia Lox .....\$24.95  
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.....\$15.95

### Bev's Favorite

Delicious Whitefish Salad, with Scallion Cream Cheese,  
Nova Scotia Lox, Tomatoes & Onions .....\$17.95

### BLT

Classic Bacon, Lettuce & Tomato.....\$9.80

### Mike's Favorite: Chicken Cordon Bleu

Breaded Baked Chicken with Ham, smothered with  
Swiss or Munster Cheese .....\$14.95

### The Supreme

Kipperd Salmon with Scallion Cream Cheese,  
Swiss Cheese, Tomatoes & Onions .....\$18.95

### European

Grilled Chicken and melted imported Swiss Cheese with Bacon,  
Lettuce, Tomato and Mayo .....\$14.95

### Nick's Favorite

Chicken Salad with American Cheese & Bacon,  
with BBQ Sauce .....\$15.55

### Trio Sandwich

A harty combination of Ham, Corned Beef, & Pastrami, topped with  
Swiss Cheese & Bacon with Russian Dressing.....\$19.25

### Royale

Nova Lox & Sable with Scallion Cream Cheese  
Red Onion, Lettuce & Tomato .....\$24.95

## Salads & Sandwiches

### Salad Sandwiches

	Sandwich	1/4 Lb
Tuna Salad.....	\$9.25	\$4.75
Light Tuna Salad .....	\$9.25	\$4.75
Whitefish Salad .....	\$12.25	\$7.50
Baked Salmon Salad .....	\$12.25	\$7.50
Egg Salad .....	\$7.75	\$3.75
Chicken Salad .....	\$10.25	\$5.00
Chopped Herring Salad .....	\$7.75	\$4.05
Hummus .....	\$6.95	\$4.05
Avocado Sandwich .....	\$6.95	

### Fish Sandwich & Platters

	Sandwich	1/4 Lb
Nova/Belly Lox .....	\$15.00	\$13.00
Gravad Lox/Pastrami Lox .....	\$16.00	\$14.00
Baked Salmon .....	\$15.00	\$13.00
Whitefish .....	\$13.45	\$8.00
Sable .....	\$16.50	\$16.00
Pickled Herring in Onion Cream Sauce.....	\$7.25	\$6.00 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) .....	\$17.95
Cobb Salad (Turkey, Bacon, Cheddar Cheese, Hard Boiled Egg & Avocado over Lettuce with Tomato & Cucumber) .....	\$17.45
Tossed Salad (Small).....	\$6.95
Tossed Salad (Large) .....	\$10.95
Add Chicken to any Salad .....	\$7.95
Add Tuna Salad, Chicken Salad or Egg Salad to a Tossed Salad ....	\$4.95
Add Whitefish Salad or Baked Salmon Salad to a Tossed Salad .....	\$7.95

## Eggs

	Egg	Egg White
Egg Sandwich .....	\$5.00	\$5.50
Egg & Cheese* Sandwich .....	\$6.75	\$7.25
Egg w/Bacon/Ham/Sausage .....	\$9.55	\$10.05
Egg & Cheese w/Bacon/Ham/Sausage.....	\$10.20	\$10.70
Eggs w/Onions Sandwich .....	\$5.50	\$6.00
Eggs w/Salami.....	\$9.00	\$9.50
Eggs w/Pastrami/Corned Beef .....	\$9.00	\$9.50
Eggs & Tomato .....	\$6.05	\$6.55
Eggs & Turkey .....	\$9.00	\$9.50
Lox, Eggs & Onions.....	\$12.45	\$12.95
One Hard Boiled Egg.....	\$1.95	
Egg, Onion, Pepper .....	\$7.05	\$7.55
Western (Onion, pepper, Ham) .....	\$9.45	\$9.95

## Meat & Chicken Sandwiches

Meat & Chicken Sandwiches	Sandwich	1/4 Lb
Ham.....	\$10.75	\$6.25
Virginia Ham .....	\$10.25	\$7.50
Bologna.....	\$8.95	\$4.25
Genoa Salami/Turkey .....	\$10.75	\$6.25
Roast Beef/Pastrami/Corned Beef .....	\$11.55	\$7.50
Smoked/Honey Glazed/ Peppermill Cracked Turkey .....	\$10.95	\$6.25
Breaded, BBQ, and Cajun Chicken.....	\$10.25	\$7.50
Grilled Chicken .....	\$10.25	\$7.50
Liverwurst .....	\$7.50	\$4.50
Bacon/Sausage Sandwich .....	\$8.75	
Additional Meat on Sandwich .....	\$4.55 extra	

Extras: Tomato Slices \$1.05, Sliced Cheese \$1.50, Cream Cheese or Tofu Spread \$1.50  
 Cucumbers \$1.05, Capers \$1.30, Avocado \$2.25, Bacon \$4.55, Sausage \$4.00,  
 Horseradish \$1.00, Sliced Pickles/Olives \$1.05, Sauerkraut \$1.05, Potato Pancake \$2.85,  
 Coleslaw \$1.05, Peppers/Jalapeno \$1.55, Lettuce or Onions, No Charge

Cheese Sandwiches	Sandwich	1/4 Lb
American .....	\$6.25	\$4.00
Muenster .....	\$6.75	\$5.00
Mozzarella .....	\$6.75	\$5.00
Provolone.....	\$6.75	\$5.50
Gouda .....	\$7.00	\$6.00
Fontina/Havarti .....	\$7.00	\$6.00
Imported Swiss, Cheddar .....	\$6.75	\$5.00
Jarlsberg .....	\$7.15	\$6.50
Alpine Lace Swiss .....	\$6.75	\$6.25
Pepperjack.....	\$6.75	\$5.00

## Side Salads, Soup, Knishes & More

Side Salads	
Potato Salad/Cole Slaw/Macaroni Salad .....	\$4.00
Black Olives .....	1/4 Lb \$2.25
Whole Pickle.....	\$2.25

Soup	
Soup of the Day .....	\$5.50

Knishes & More	
Knishes.....	\$4.55
Potato Pancakes (2) .....	\$4.95
Knishes (4) .....	\$5.00

Snacks	
Chips, .....	\$2.25

Fruit	
Fruit Cup .....	\$5.75
Yogurt.....	\$3.25
Yogurt Parfait .....	\$5.95
Apple, Banana, Orange .....	\$1.10

## Baked Goods & Beverages

Baked Goods	One Size
Cake or Pie Slice.....	\$5.75
Large Black & White Cookies .....	\$3.75
Linzer Tarts .....	\$4.25
Brownie (Gluten Free).....	\$3.80
Chocolate Chip or Oatmeal Raisin Cookie .....	\$3.75
Hammentaschen (Large).....	\$3.95
Mini Black & Whites or Linzer Tarts (Small box) .....	\$8.55
Muffin/Danish .....	\$3.75
Small Box Cookies .....	\$8.55
Small Box Rainbow Cookies .....	\$8.55
Babka .....	\$10.75
Challah .....	\$7.25
Raisin Challah .....	\$7.45

Hot Drinks.	Small	Large
Coffee/Decaf Coffee .....	\$2.25	\$2.95
Flavored Coffee.....	\$2.45	\$3.15
Tea .....	\$1.95	\$2.25
Herbal Tea.....	\$2.05	\$2.45
Cappuccino & Latte.....	\$4.75	\$6.75
Hot Chocolate .....	\$2.55	\$3.45
Espresso .....	\$2.95	
Double Espresso.....	\$4.45	
Americano.....	\$3.95	\$5.75

Cold Drinks Brewed	Small	Medium	Large
Iced Coffee (Regular) .....	\$3.45	\$4.45	\$5.45
Iced Coffee Flavored or Decaf.....	\$3.65	\$4.65	\$5.65
Iced Tea Brewed .....	\$2.45	\$3.45	\$4.45
Iced Cappuccino or Latte.....	\$5.45	\$6.45	\$7.45

Water & Seltzer		Juices	
Bottle of Water.....	\$2.00	Cranberry, Apple,.....	\$3.95
Vitamin Water .....	\$3.25	Tropicana Juices 14 oz .....	\$3.95
Coconut Water .....	\$4.55		

Soda		Milk	
Soda Can/Seltzer .....	\$2.25	Cup of Milk (Small) .....	\$2.50
Dr. Brown.....	\$2.35	Cup of milk (Large) .....	\$3.10
Snapple .....	\$3.00	Nesquick Chocolate Milk.....	\$3.95
Gatorade .....	\$3.25		
Soda (20 oz Bottle) .....	\$3.15		

# Ess-a-Bagel

## 1st Ave



**“EVERYTHING ON A BAGEL”**  
**ESTABLISHED 1976**

**324 1ST AVENUE**

(19TH STREET)

**NEW YORK, NY 10009**

**TEL: (212) 260-2252**

**www.essabagel.com**

**@essabagel1stave**

### 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*

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