

## Meat Sandwiches

Meat Sandwiches	Sandwich	1/4 Lb
Ham.....	\$10.90	\$6.60
Bologna.....	\$9.10	\$5.75
Genoa Salami .....	\$10.90	\$6.75
Kosher Salami.....	\$11.10	\$7.00
Turkey.....	\$11.10	\$7.00
Roast Beef/Pastrami/Corned Beef.....	\$11.70	\$8.70
Smoked/Honey Glazed/ Peppermill Cracked Turkey.....	\$11.10	\$7.25
Breaded, BBQ, and Cajun Chicken.....	\$10.40	\$7.55
Grilled Chicken.....	\$10.40	\$7.55
Bacon.....	\$9.15	\$4.99
Sausage Sandwich.....	\$9.00	\$4.50
Additional Meat on Sandwich.....	\$4.75	

Extras: Tomato Slices \$1.10, Sliced Cheese \$1.80, Cream Cheese \$1.60, Tofu/Stockeld Spread \$1.70, Cucumbers \$1.05, Capers \$1.50, Avocado \$2.30, Bacon \$4.65, Sausage \$4.10, Horseradish \$1.05, Sliced Pickles/Olives \$1.10, Sauerkraut \$1.10, **Potato Pancake \$3.00**, Coleslaw \$1.10, Hot Peppers/Jalapeno \$1.10, Sliced Egg \$2.95, Bell Pepper \$1.55, Butter/Jelly \$.60, Lettuce or Onion No Charge

Cheese Sandwiches	Sandwich	1/4 Lb
American.....	\$6.40	\$4.35
Muenster.....	\$7.00	\$5.15
Mozzarella .....	\$7.00	\$5.15
Provolone.....	\$7.85	\$6.00
Gouda.....	\$7.60	\$7.05
Imported Swiss.....	\$7.00	\$5.15
Cheddar.....	\$7.00	\$5.15
Jarlsberg.....	\$8.40	\$6.55
Alpine Lace Swiss.....	\$7.35	\$5.50
Pepperjack.....	\$7.35	\$5.50

## Side Salads, Soup, Knishes & More

Side Salads		
Potato Salad/Cole Slaw/Macaroni Salad.....	1/2Lb	\$5.25
Black Olives .....	1/4Lb	\$2.50
Whole Pickle.....		\$2.25

Soup	
Soup of the Day.....	\$5.75

Knishes & More	
Knishes.....	\$5.25
Potato Pancakes (2).....	\$6.10
Knishette (4).....	\$5.75

Snacks	
Chips.....	\$2.50
Rice Pudding.....	\$4.50

Fruit Cup.....	\$6.30
Yogurt.....	\$3.70
Yogurt Parfait.....	\$6.55
Apple, Banana, Orange.....	\$1.10
Bagel Chips.....	\$3.75

## Baked Goods & Beverages

Baked Goods	One Size
Cake or Pie Slice.....	\$6.00
Large Black & White Cookies.....	\$4.00
Linzer Tarts.....	\$4.50
Brownie (Gluten Free).....	\$4.00
Chocolate Chip or Oatmeal Raisin Cookie.....	\$3.85
Hammentaschen (Large).....	\$4.00
Mini Black & Whites or Linzer Tarts (Small box).....	\$9.00
Muffin/Danish.....	\$4.00
Small Box Rainbow Cookies.....	\$9.00
Babka.....	\$11.30
Challah.....	\$7.50
Raisin Challah.....	\$7.75
Slice Pound/ Marble Cake.....	\$3.85

### Hot Drinks.

Coffee/Decaf Coffee.....	\$3.00	\$3.50
Flavored Coffee.....	\$3.00	\$3.50
Tea.....	\$2.50	\$2.80
Herbal Tea.....	\$2.60	\$2.90
Cappuccino & Latte.....	\$5.00	\$7.00
Hot Chocolate.....	\$4.00	\$4.50
Espresso.....	\$3.95	
Double Espresso.....	\$4.95	
Americano.....	\$3.95	\$4.95

### Cold Drinks Brewed

	Small	Medium	Large
Iced Coffee (Regular).....	\$3.75	\$4.75	\$5.75
Iced Coffee Flavored or Decaf.....	\$3.75	\$4.75	\$5.75
Iced Tea Brewed.....	\$3.75	\$4.75	\$5.75
Iced Cappuccino or Latte.....	\$6.25	\$7.25	\$8.25

Add Shot of Flavor \$.50

### Water, Seltzer, & Juice

Bottle of Water.....	\$2.00
Vitamin Water.....	\$3.25
Coconut Water.....	\$4.75
Cranberry, Apple, Orange.....	\$4.05

### Soda

Soda Can/Seltzer.....	\$2.35
Dr. Brown.....	\$2.45
Snapple.....	\$3.00
Gatorade.....	\$3.25
Soda (20 oz Bottle).....	\$3.35

### Milk

Cup of Milk (Small).....	\$2.70
Cup of milk (Large).....	\$3.30
Nesquick Chocolate Milk.....	\$3.95

# 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*

**Order Online: GRUBHUB, SEAMLESS, UBER EATS, & DOOR DASH**

## Bagels

Choose from an assortment of freshly baked Bagels: Plain, Everything, Sesame, Cinnamon Raisin, Poppy, Whole Wheat, Onion, Whole Wheat Everything, Multi-Grain, 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 & Flagel Available Upon Request

Slicing Per Bagel \$.10

Bagels.....	\$2.15
Mini-Bagel.....	\$1.65
Flagels .....	\$2.35

## Cream Cheese & Spreads

### Cream Cheese

Apple Cinnamon.....	\$6.25...\$4.25
Blueberry.....	\$6.25...\$4.25
Cheddar Jalapeno.....	\$6.25...\$4.25
Chocolate Chip.....	\$6.25...\$4.25
Garlic Herb.....	\$6.25...\$4.25
Hot Pepper.....	\$6.50...\$4.50
Funfetti.....	\$6.25...\$4.25
Jalapeno.....	\$6.25...\$4.25
Lox Cream Cheese.....	\$7.50...\$5.50
Maple Bacon.....	\$6.75...\$4.75
Olive.....	\$6.25...\$4.25
Scallion Bacon.....	\$6.75...\$4.75
Plain Cream Cheese.....	\$5.50...\$3.50
Pumpkin (Seasonal).....	\$6.25...\$4.25
Raisin Walnut.....	\$6.25...\$4.25
Scallion.....	\$6.25...\$4.25
Strawberry.....	\$6.25...\$4.25
Vegetable.....	\$6.25...\$4.25
Sundried Tomato.....	\$6.25...\$4.25
Scallion & Lox.....	\$8.35...\$6.55

### Lite Cream Cheese

Lite Plain.....	\$6.75...\$4.55
Lite Scallion.....	\$7.00...\$5.00
Lite Vegetable.....	\$7.00...\$5.00

### Spread Sandwiches

Plain Tofu.....	\$6.75...\$4.75
Lox Tofu.....	\$7.95...\$5.95
Raisin Walnut Tofu.....	\$7.00...\$5.00
Scallion Tofu.....	\$7.00...\$5.00
Sundried Tomato Tofu.....	\$7.00...\$5.00
Vegetable Tofu.....	\$7.00...\$5.00
Jalapeno Tofu.....	\$7.00...\$5.00
Stockeld Spreads.....	\$6.85...\$4.80
Butter or Jelly (Grape & Strawberry).....	\$3.95...\$3.55
Peanut Butter.....	\$5.10...\$3.55
Peanut Butter & Jelly.....	\$5.85
Butter & Jelly.....	\$4.55

## Ess-A-Bagel Favorites

### Signature Favorite

Slices of Nova on a Bagel w/Scallion Cream Cheese, Freshly Sliced Tomato, Lettuce, Onions & Capers \$17.85

### The Dillicious

Slices of Nova on a Bagel with Dill Cream Cheese, Cucumber, & a Squeeze of Lemon \$17.85

### The Garodnick

Whole Wheat Everything Bagel with Whitefish Salad & top it off with Swiss Cheese, Onion, Tomato. \$16.25

### BLTA

Crispy Bacon, Freshly Sliced Tomato, Lettuce & Avocado on a Bagel w/Mayo or Russian Dressing \$12.50

### Reuben Sandwich

Corned Beef, Pastrami, Turkey or Roast Beef Smothered w/Melted Swiss Cheese, Sauerkraut & Russian Dressing on an open faced sandwich \$15.50

### Tuna Melt

White Albacore Tuna Salad, Melted Cheese, Freshly Sliced Tomato & Lettuce \$11.25

### Chicken Parmigiana

Baked Breaded Chicken smothered in Tomato Sauce & Melted Mozzarella Cheese \$12.50

### Turkey Club

Thinly sliced Turkey, Crispy Bacon, Lettuce, & Tomato \$13.65

### Pizza Bagel

A Bagel smothered in Mozzarella Cheese & Tomato Sauce \$8.25

### The John Carroll Lynch

Egg Salad with Double Portion of Bacon on a Sesame Bagel \$15.25

### Lox Lover's Signature

All the deliciousness of our Signature Sandwich, but with a Full 1/4 lb of Nova Scotia Lox. For those who Love Lox! \$26.00

### D'Onofrio

Thinly sliced Hot Roast Beef with onions, smothered in melted Provolone & Cheddar Cheeses, topped with Bacon, Tomato, Mustard and Mayo \$16.50

### Bev's Favorite

Delicious Whitefish Salad, with Scallion Cream Cheese, Nova Scotia Lox, Tomatoes & Onion \$18.90

### BLT

Classic Bacon, Lettuce & Tomato \$11.25

### Mike's Favorite: Chicken Cordon Bleu

Breaded Baked Chicken with Ham, smothered with Swiss or Muenster Cheese \$15.50

### The Kippured Salmon Supreme

Kipperd Salmon with Scallion Cream Cheese, Swiss Cheese, Tomatoes & Onions \$19.25

**European** Grilled Chicken and melted imported Swiss Cheese with Bacon, Lettuce, Tomato and Mayo \$15.50

**Nick's Favorite** Chicken Salad with American Cheese & Bacon, with BBQ Sauce \$15.90

### Trio Sandwich

A hearty combination of Ham, Corned Beef, & Pastrami, topped with Swiss Cheese & Bacon with Russian Dressing \$21.90

### Royale

Nova Lox & Sable with Scallion Cream Cheese Red Onion, Lettuce & Tomato \$25.00

**Whitefish Picante** Whitefish Salad with Jalapeno Cream Cheese, Lettuce, Cucumber, and Tomato \$15.75

**The KICK** Stockeld Smoked Paprika Chili with Avocado, Cucumber, Red Onion, & Olives \$9.50

### The Vegan Parisian

Prime Roots Koji Vegan Turkey or Koji Vegan Ham with Koji Vegan Salami, Cucumber, Onion, Lettuce, Tomato, and Avocado with Mustard \$15.00

## Salads & Sandwiches

### Salad Sandwiches

	Sandwich	1/4 Lb
Tuna Salad.....	\$9.60	\$4.95
Light Tuna Salad.....	\$9.60	\$4.95
Veggie Tuna Salad.....	\$10.60	\$5.10
Premium Whitefish Salad.....	\$14.60	\$9.00
Premium Baked Salmon Salad.....	\$14.60	\$9.00
Egg Salad.....	\$8.60	\$4.25
Chicken Salad.....	\$10.60	\$5.10
Chopped Herring Salad.....	\$8.10	\$4.20
Hummus.....	\$7.25	\$4.25
Avocado Sandwich.....	\$7.45	

### Fish Sandwich & Platters

	Sandwich	1/4 Lb
Nova.....	\$15.95	\$13.95
Belly Lox/Grav Lox/Pastrami Lox.....	\$16.60	\$14.95
Baked Salmon.....	\$15.95	\$13.95
Whitefish.....	\$15.95	\$9.00
Sable.....	\$17.10	\$17.50
Pickled Herring in Onion Cream Sauce.....	\$7.60	\$6.15 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..... \$7.95  
Add Tuna Salad, Chicken Salad or Egg Salad ..... \$4.95  
Add Whitefish Salad or Baked Salmon Salad..... \$7.95

## Eggs

	Egg	Egg White
Egg Sandwich.....	\$5.25	\$5.75
Egg & Cheese* Sandwich.....	\$7.00	\$7.50
Egg w/Bacon/Ham/Sausage.....	\$9.85	\$10.35
Egg & Cheese w/Bacon/Ham/Sausage.....	\$10.50	\$11.00
Eggs w/Salami.....	\$10.20	\$10.70
Eggs w/Pastrami/Corned Beef.....	\$10.50	\$11.00
Eggs & Turkey.....	\$10.20	\$10.70
Lox, Eggs & Onions.....	\$13.25	\$13.75
Egg, Onion, Pepper.....	\$7.80	\$8.30
Western (Onion, pepper, Ham).....	\$10.00	\$10.50
One Hard Boiled Egg.....	\$2.95	
Eggcellent (Plant Based Breakfast Sandwich: Just Egg, Stockeld Cheddar Melt, & Tindle Sausage).....	\$10.85	