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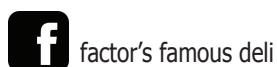


BREAKFAST • LUNCH • DINNER
EAT IN • TAKE OUT • DELIVERY • CATERING

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

9420 West Pico Boulevard, Los Angeles, CA 90035
310-278-9175 • 310-278-9196 fax
factorsdeli.com

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BREAKFAST

FRUITS & JUICES

- ORANGE JUICE** fresh squeezed pt 7 qt 11
GRAPEFRUIT JUICE fresh squeezed pt 7 qt 11
CRANBERRY JUICE pt 5 qt 8
APPLE JUICE pt 5 qt 8
PINEAPPLE JUICE pt 5 qt 8
V-8 JUICE pt 6 qt 9
TOMATO JUICE pt 6 qt 9
HALF GRAPEFRUIT 5
- MELON** (in season) honeydew, cantaloupe or watermelon 5
FRESH FRUIT lb 9
FRESH BERRIES lb 12
STEWED PRUNES 4
SUGAR-FREE BAKED APPLE 5
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 hashbrowns, 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** 9
WITH NOVA LOX ON THE SIDE 17
WITH NATURAL COD, BAKED SALMON or SABLE ON THE SIDE 17
WITH WHITEFISH ON THE SIDE 15
WITH STURGEON ON THE SIDE 18
- SCRAMBLED EGGS & ONIONS** try our browned onions 10
SALAMI or BOLOGNA & EGGS 12
STEAK & EGGS 10 oz. 19
HAM, BACON or SAUSAGE & EGGS choice of grilled ham or bacon (pork, Canadian or turkey), sausage (pork or turkey) or gourmet chicken cilantro sausage 12
BURGER PATTY & EGGS choice of ground turkey, chicken or beef 12
CORNED BEEF or PASTRAMI & EGGS 14
TONGUE & EGGS 14
MINCED NOVA LOX, EGGS & ONIONS scrambled or pancake style 16
EGG WHITE QUESADILLA egg whites, turkey bacon, cheddar cheese, add jalapeño on request 13.50
BRISKET SCRAMBLE shredded brisket and eggs with bell peppers and onions 14
STEAK PICADO grilled skirt steak with bell pepper, onion and tomato with choice of eggs on the side 15
TURKEY PASTRAMI SCRAMBLE scrambled egg whites, turkey pastrami, spinach, onion, tomato and a side of salsa 14.50
EGG "MIT" BAGEL fried egg sandwich on a bagel with melted cheddar, turkey pastrami, lettuce and tomato 12
EGG "MIT" MUFFIN scrambled eggs, American cheese and Canadian bacon on an English muffin 11
HUEVOS RANCHEROS eggs any style topped with grated mozzarella and ranchero sauce on corn tortillas, served with black beans 11
DELUXE add avocado and jalapeño 13
EGGS BISTRO 2 poached eggs, grated parmesan and crumbled bacon on mixed greens, tossed in balsamic vinaigrette with pita (no sides included) 12
GROUND PROTEIN SCRAMBLE choice of ground turkey, chicken or beef scrambled with egg whites, tomato & onion 14
SHREDDED CHICKEN SCRAMBLE scrambled eggs, shredded chicken, cream cheese, tomato and browned onions 14.50

OMELETTES • BREAKFAST WRAPS

Choice of hashbrowns, 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 10.50
CREATE YOUR OWN BREAKFAST WRAP Choice of flour, spinach, whole wheat or sun-dried tomato tortilla (wrap grilled on request) 10.50
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

SUGGESTED OMELETTES

Choice of hashbrowns, 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 or egg beaters add 1.50

- ***EGG WHITE VEGGIE OMELETTE** 3 egg whites, mushroom, broccoli, spinach, tomato and onion 15
- DENVER OMELETTE** 3 eggs, ham, bell pepper and onion 14
- DELI OMELETTE** 3 eggs, corned beef, pastrami and salami 16
- ITALIAN OMELETTE** 3 egg whites, chicken cilantro sausage, sun-dried tomato, spinach and mozzarella 15
- ***SPANISH OMELETTE** 3 eggs, topped with Spanish sauce 13
- ***GREEK OMELETTE** 3 eggs, spinach, kalamata olives, tomato and feta cheese 14
- NOVA LOX & CREAM CHEESE OMELETTE** 3 eggs with fresh dill 16
- AVOCADO, BACON & CHEDDAR CHEESE OMELETTE** 15
- ***AVOCADO, MUSHROOM & JACK CHEESE OMELETTE** 15
- ***SPINACH, MUSHROOM & SWISS CHEESE OMELETTE** 15

SPECIALTIES

- KIPPERS & EGGS** with grilled onions 15
- KIPPERS & ONIONS** 13
- EGGS BENEDICT** poached eggs with Canadian bacon on wheat or white English muffin topped with hollandaise 13
- NOVA LOX BENEDICT** poached eggs with lox on wheat or white English muffin topped with hollandaise 16
- PASTRAMI BENEDICT** poached eggs with pastrami on wheat or white English muffin topped with hollandaise 14
- EGGS FLORENTINE** poached eggs with spinach on wheat or white English muffin topped with hollandaise 12
- MATZO BREI** scrambled or pancake style, with applesauce and sour cream 12
- CHILAQUILES (TORTILLA MATZO BREI)** corn tortillas, eggs, ranchero sauce and salsa, side of sour cream 12
- CORNED BEEF HASH & 2 EGGS ANY STYLE** 14
- ***FRENCH TOAST** plain or cinnamon 9
- FRENCH TOAST SANDWICH** 2 slices French toast, 2 pieces bacon or 1 sausage & 2 eggs any style 11.50
- ***PANCAKES (3)** buttermilk 10 gluten free 12
- ***SILVER DOLLARS** buttermilk 8.50 gluten free 10.50
- ***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 10.50 gluten free 12.50
- ***BELGIAN WAFFLE** 9 gluten free 11
- WITH 2 EGGS & BACON or SAUSAGE** 12 gluten free 14
- ***OATMEAL DELUXE** with fresh bananas, strawberries, raisins, almonds & brown sugar 10.50
- ***GRANOLA** topped with fresh fruit and yogurt 9
- PROTEIN POWER PLATE** 4 scrambled egg whites, grilled chicken breast or turkey burger, with sides of spinach and fresh homemade salsa 15
- ***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 14
- ***TOFU VEGETABLE SCRAMBLE** scrambled tofu (no eggs), broccoli, mushroom, tomato and browned onion 14
- ***AVOCADO TOAST** smashed avocado, lemon, micro greens, sea salt 12 w/ one poached egg add 3

SMOKED FISH BRUNCH

NOVA LOX, NATURAL COD & WHITEFISH served with cucumber, tomato, onion, potato salad, cole slaw, two bagels & cream cheese 34 (substitute sable or sturgeon add 5)

SIDE ORDERS

- CINNAMON TOAST** 3.50
- FRESH BAKED MUFFIN** 3.50
- TOAST, ROLL, BAGEL or ENGLISH MUFFIN** (white or whole wheat) with cream cheese or butter and jelly 3
- OATMEAL** pt 6
- WITH RAISINS or BANANAS** add 1.50
- WITH STRAWBERRIES, BLUEBERRIES or RASPBERRIES (seasonal)** add 3.50
- COLD CEREAL** 4.50
- CORNED BEEF HASH** 9
- PANCAKE (1)** buttermilk 4 gluten free 5 almond granola 4.50
- EGG** one 3 two 5
- HAM, BACON or SAUSAGE** 6
- BEEF, TURKEY, CHICKEN 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
- HOME FRIES or HASH BROWNS** 5

LUNCH • DINNER

STARTERS & NOSHES

- FRIED ZUCCHINI STICKS** with apricot dipping sauce **10**
BUFFALO WINGS with celery sticks and bleu cheese or ranch dip **10**
SLIDERS mini cheeseburger on mini roll with mustard, ketchup, sliced pickle and chips **6 ea**
TURKEY SLIDERS mini burger with grilled onions, sweet hot mustard, ranch, sliced pickle and chips **6 ea**
MINI REUBEN corned beef, pastrami, turkey or *tofu, sauerkraut and melted Swiss cheese on rye with chips **7 ea**
MINI MELT tuna, turkey salad or chicken salad with cheddar cheese on rye with chips **6 ea**
MINI DIPS brisket, roast beef or turkey on a small roll served with au jus and chips **7 ea**
SOFT SHELL TACO beef, chicken, fish, or *grilled tofu, topped with salsa and guacamole **5.50 ea**
THIN FRIED ONIONS **8**
***PITA TRIANGLES** with hummus and babaganoush **9**
***GUACAMOLE CHIPS & SALSA** **10**
FRIED MOZZARELLA with marinara sauce **10**
***BAGEL CHIPS or TOASTED RYE HEELS** with our famous low-fat ranch dressing **4**

SOUPS • CHILI

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

- *SOUP DU JOUR** all are vegetarian, we use vegetable broth pt **7** qt **11** half gal **18**
MON-Vegetable, TUE-Lima Bean, WED-Split Pea, TH-Tomato, FRI-Lentil, SAT-Vegetable, SUN-Split Pea
MUSHROOM BARLEY pt **7** qt **11** half gal **18**
SWEET & SOUR CABBAGE pt **7** qt **11** half gal **18**
***COLD BEET BORSCHT** with sour cream pt **7** qt **11** half gal **18**
WITH BOILED POTATO add **3**
CHICKEN SOUP noodles, rice or kasha pt **7** qt **11** half gal **18**
MATZO BALL noodles or rice on request pt **7** qt **11** half gal **18**
WITH EXTRA MATZO BALL add **2**
KREPLACH pt **7** qt **11** half gal **18**
WITH EXTRA KREPLACH add **2**
TORTILLA SOUP chicken, avocado, cilantro, shredded cheese, tortilla strips pt **8** qt **12** half gal **20**
(black beans by request)
SOUP-ER POT tureen of chicken soup with matzo ball, kreplach, noodles, rice and kasha **13**
HOMEMADE TURKEY CHILI pt **10** qt **16** half gal **22**

SANDWICHES

Choice of potato salad, cole slaw, or macaroni salad

Substitute fries, homemade chips or fruit 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 **12** whole **16.50**
HOT PASTRAMI hand cut (thicker) or machine sliced half **12** whole **16.50**
HOT BRISKET OF BEEF or COLD ROAST BEEF half **12** whole **16.50**
PEPPERED BEEF half **11** whole **15.50**
BAKED HAM half **11** whole **15.50**
TONGUE half **13** whole **18**
ROASTED TURKEY BREAST or TURKEY BREAST PASTRAMI half **12** whole **16.50**
SMOKED TURKEY BREAST, HONEY MAPLE or CRACKED PEPPER TURKEY half **11** whole **15.50**
SALAMI or HARD SALAMI or BOLOGNA half **11** whole **15.50**
TUNA SALAD or LOW-FAT TUNA SALAD half **10.50** whole **14.50**
CHICKEN SALAD or TURKEY SALAD half **10.50** whole **14.50**
TURKEY LOAF or MEAT LOAF half **10.50** whole **14.50**
CHOPPED LIVER half **10.50** whole **14.50**
SMOKED LIVERWURST half **9.50** whole **13.50**
***EGG SALAD** half **8** whole **11**
BACON or *AVOCADO, LETTUCE & TOMATO (BLT or *ALT) half **9** whole **12**
with three slices of turkey add **4**
***VEGGIE SANDWICH** muenster, cheddar, avocado, lettuce, tomato, red onion and sprouts on whole wheat bread **10**
***JARLSBERG CHEESE or TILLAMOOK CHEDDAR** half **9** whole **12**
***GRILLED CHEESE** half **7** whole **10**
IMPORTED SARDINES **11**

ADD A CUP OF SOUP or SALAD (dinner or caesar) TO ANY HALF SANDWICH ADD 4
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 or fruit add 2 onion rings, sweet potato fries, or berries add 3

- | | |
|--|--|
| #1 TURKEY, CORNED BEEF, SWISS CHEESE 20 | #6 TURKEY, HAM, SWISS CHEESE 20 |
| #2 TURKEY, BACON 20 | #7 TURKEY, PASTRAMI, SWISS CHEESE 20 |
| #3 HOT CORNED BEEF 20 | #8 ROAST BEEF, SWISS CHEESE 20 |
| #4 HOT PASTRAMI, CORNED BEEF, SWISS CHEESE 20 | #9 CORNED BEEF, PASTRAMI, TONGUE, SWISS CHEESE 20 |
| #5 PASTRAMI, ROAST BEEF, TURKEY 20 | #10 TURKEY BREAST PASTRAMI, SWISS CHEESE 20 |

SKY HIGHS

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

- CORNED BEEF, PASTRAMI, ROAST BEEF or BRISKET 17.50**
ROAST TURKEY or TURKEY PASTRAMI 17.50
SUZEE'S SKY HIGH turkey, Dijon, red onion and Jarlsberg 18

BAGEL SANDWICHES

Same sides as sandwiches above.

- NOVA LOX** with cream cheese on a bagel, tomato & onion on the side 18
1/2 NOVA, 1/2 WHITEFISH with cream cheese on a bagel, tomato & onion on the side 17
1/2 NOVA, 1/2 NATURAL COD with cream cheese on a bagel, tomato & onion on the side 18.50
WHITEFISH SALAD on a bagel, tomato & onion on the side 14
WHITEFISH with cream cheese on a bagel, tomato & onion on the side 15
STURGEON with cream cheese on a bagel, tomato & onion on the side 20
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 20

PANINIS

Same sides as sandwiches above.

- PULLED BBQ BRISKET** with red onion and provolone 14
ROAST BEEF with Swiss cheese, browned onion and dijonaise 14
CHICKEN with sun-dried tomato, avocado, pesto and mozzarella 14
***GRILLED VEGGIE** with pesto and mozzarella 13
***GRILLED CHEESE** with cheddar and jack cheese, avocado and tomato on sourdough 12
TUNA with avocado, arugula, tomato, provolone and balsamic vinaigrette 13
SOPRASATA SALAMI with basil, chopped pepperoncini, provolone and balsamic vinaigrette 14
***CAPRESE** with tomato, mozzarella and pesto 13
SMOKED SALMON with cream cheese, dill, red onion and tomato 15
***CREAM CHEESE and STRAWBERRY JAM** on whole wheat or white bread 10
***PBJ** on whole wheat or white bread 10
***NUTELLA, BANANAS and STRAWBERRIES** grilled to perfection on a croissant 10

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 11
WITH CHICKEN 14
WITH STEAK 15
TUNA or LOW-FAT TUNA pita or wrap, with lettuce, cucumber, tomato and red onion 14
TURKEY WRAP with lettuce, tomato, avocado, sprouts and red onion 14
CHICKEN WRAP with fresh roasted chicken, jack cheese, hummus, lettuce, tomato, cucumber and avocado 14
GRILLED CHICKEN CAESAR WRAP with sun-dried tomato, jack cheese and caesar salad 14
CHINESE CHICKEN SALAD WRAP tossed with homemade sesame dressing 13
***MEDITERRANEAN WRAP** with cucumber, tomato, red onion, feta and hummus 11
WITH GRILLED CHICKEN 14

GRILLED • CHARBROILED • FRIED

Choice of potato salad, cole slaw, or macaroni salad On rye unless otherwise requested; 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** 12
GRILLED PASTRAMI with tomato and provolone on a kaiser roll 17.50
GRILLED BACON, TOMATO & AMERICAN CHEESE 12
PATTY MELT 1/3 lb. kosher ground beef or ground turkey, Swiss cheese, tomato and onion 14
TUNA MELT, CHICKEN SALAD MELT or TURKEY SALAD MELT with your choice of cheese 13.50
SKY HIGH MELT choice of grilled meat, Swiss cheese and coleslaw, served with Russian dressing 17.50
THE FAMOUS REUBEN choice of meat, Swiss cheese and sauerkraut, served with Russian dressing 17.50
***THE FAMOUS TOFU REUBEN** Swiss cheese and sauerkraut, served with Russian dressing 15.50
GRILLED HAM 16
FRANKS or KNOCKWURST with baked beans and cole slaw 15
ROMANIAN SKIRT STEAK 10 oz. with fries and cole slaw (grilled onions on request) 20
***GRILLED VEGGIE SANDWICH** grilled vegetables, eggplant, mozzarella or goat cheese, mixed baby greens 13
GRILLED CHICKEN BREAST boneless breast served with lettuce and tomato on a whole wheat bun 13
with cheese 14
GRILLED CHICKEN DELUXE boneless breast, melted Swiss cheese, avocado, sun-dried tomato, arugula,
served on grilled sourdough bread (try it with sweet hot mustard) 15
PHILLY CHEESE STEAK SANDWICH thin sliced steak, melted Swiss cheese, grilled peppers & onions
on a French roll 14
FRIED CHICKEN, CHICKEN TENDERS or BUFFALO TENDERS 13
FISH & CHIPS 14

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 17.50
with melted cheese 18.50
PULLED BBQ BRISKET with bbq sauce, on choice of roll 17.50
CORNED BEEF & CHOPPED LIVER open-face with lettuce, tomato and onion 16.50
PASTRAMI & CHOPPED LIVER open-face with lettuce, tomato and onion 16.50
TURKEY SALAD & EGG SALAD open-face with lettuce, tomato and onion 14.50
CHOPPED LIVER & EGG SALAD open-face with lettuce, tomato and onion 14.50
BRISKET OF BEEF or ROAST BEEF open-face with fries or mashed potatoes and gravy 18.50
ROAST TURKEY open-face with fries or mashed potatoes, gravy and cranberry sauce 17.50
ITALIAN SUB soprasata, turkey, provolone, lettuce, tomato, pepperoncini and Italian dressing, choice of roll 16.50
MEATBALL SUB homemade meatballs, marinara sauce, mozzarella, parmesan and parsley on a French roll 15.50

BURGERS

Same sides as sandwiches above.

Choice of a brioche or whole wheat bun. Substitute grilled chicken breast add 1 add cheese 1.

- HAMBURGER** 1/3 lb. kosher ground beef, lettuce and tomato with Russian dressing 13
DELUXE HAMBURGER 1/2 lb. kosher ground beef, lettuce and tomato with Russian dressing 15
BACON BURGER with bacon, lettuce and tomato with Russian dressing 15
TURKEY BURGER freshly ground turkey, lettuce and tomato, on a whole wheat bun (teriyaki sauce on request) 14
***VEGGIE BURGER** multi-grain patty, with lettuce and tomato on a whole wheat bun 12
FRENCH BURGER with grilled mushroom & onion, Swiss cheese on a French roll w/Russian dressing 16
CHILI CHEESEBURGER with lettuce, tomato and onion 15
ITALIAN BURGER with lettuce, tomato, mozzarella and basil with a side of marinara 16
GUACAMOLE BURGER with homemade guacamole with lettuce and tomato 15
TILLAMOOK CHEDDAR BURGER with lettuce, tomato and Ortega chilies 15
PASTRAMI SWISS BURGER topped with pastrami, Swiss cheese, lettuce and tomato 16
CHICKEN BURGER freshly ground chicken topped with lettuce, tomato and havarti dill cheese 14

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** 8
KRAUT DOG topped with hot sauerkraut 9
CHILI DOG 10 with cheese 11
TURKEY DOG 8
KNOCKWURST 9
SKY HIGH DOG topped with cole slaw 9
PASTRAMI REUBEN DOG with Swiss and sauerkraut 12
BACON CHEDDAR DOG 12
GRILLED CHICKEN CILANTRO SAUSAGE
with red & yellow peppers and onions 12

DELI PLATTERS

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

- CORNED BEEF, PASTRAMI, BRISKET or TONGUE** 20
- SLICED RARE ROAST BEEF** 20
- SLICED ROAST TURKEY** 20
- TURKEY TRIO** roasted, smoked and turkey pastrami 20

FISH PLATTERS

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

- NORTH ATLANTIC NOVA LOX** 29
- EASTERN WHITEFISH** 23
- IMPORTED SARDINES** (no cream cheese) 15
- NATURAL COD** 30
- WHITEFISH with NOVA LOX** 27
- COD with NOVA LOX** 30
- BAKED SALMON** 26
- SABLE** 30
- STURGEON** 30
- SMOKED FISH BRUNCH** lox, natural cod & whitefish (substitute sable or sturgeon add 5) 34

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/15 f/18
- DEBBIE'S CHOPPED #1** finely chopped lettuce, turkey, salami, Swiss cheese, red onion, avocado, tomato and cucumber h/15 f/18
- DEBBIE'S CHOPPED #2** finely chopped lettuce, tomato, cucumber, scallion, charbroiled chicken breast and grated Asiago cheese h/15 f/18
- ITALIAN CHOPPED** finely chopped lettuce, turkey, Italian salami, tomato, garbanzo beans and mozzarella, topped with chopped pepperoncini on request h/15 f/18
- BBQ CHICKEN CHOPPED** finely chopped lettuce, tomato, jicama, grilled corn, scallion, jack cheese and tortilla strips with bbq ranch dressing on the side h/15 f/18
- CHINESE CHICKEN SALAD** (or substitute tuna salad) with mixed greens, cabbage, thin rice noodles, almonds and mandarin oranges with homemade sesame dressing h/15 f/18
- GRILLED CHICKEN SALAD** served on a bed of romaine, sliced tomato, cucumber and red onion h/15 f/18
- COBB** (try it with turkey bacon) with mixed baby greens, diced turkey, avocado, tomato, bacon and hard boiled egg with bleu cheese dressing h/15 f/18
- KALE SALAD** kale, quinoa, sliced almonds, dried cranberries tossed w/sherry vinaigrette dressing h/15 f/18
- SUPER CHEF** with mixed greens, julienne ham, turkey, salami, cheese, tomato and hard boiled egg h/15 f/18
- TUNA ARUGULA** romaine and arugula, scoop of tuna salad, grilled corn, jicama, avocado and mozzarella h/15 f/18
- *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/14 f/17
- *GORGONZOLA SALAD** mixed baby greens, gorgonzola cheese, pears and candied walnuts h/14 f/17
- *GREEK** finely chopped lettuce, tomato, cucumber, feta cheese, kalamata olives, beet, egg and red onion h/14 f/17
- *GARDEN** diced cucumber, celery, radish, green pepper, carrot, scallion and tomato with fresh sour cream or low-fat cottage cheese h/14 f/17
- *MEDITERRANEAN** mixed baby greens, goat cheese, sun-dried tomato, roasted pepper and shaved red onion, lightly tossed in our house balsamic vinaigrette h/14 f/17
- *ARUGULA SALAD** with feta cheese, romaine and arugula, cucumber and red onions h/14 f/17
- *CAESAR SALAD** the Original! comes tossed h/13 f/16
- *CAPRESE SALAD** fresh buffalo mozzarella, tomato and basil leaves, drizzled with pesto, side of garlic bread 14

OPTIONS/ADDITIONS FOR SALADS ABOVE

Grilled Chicken, Turkey Breast, Tuna Salad, Asian or BBQ Marinated Tofu 4 Skirt Steak 7 Grilled Salmon 8
Any half salad above with cup of soup add 4 matzo ball or kreplach add 5

- ICEBERG WEDGE** with chopped tomato, scallion and bacon, topped with gorgonzola cheese 12
- 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 16
- WITH GRILLED CHICKEN BREAST** 18
- WITH GRILLED SKIRT STEAK** 19
- TURKEY or CHICKEN SALAD PLATE** with cole slaw, potato salad, tomato, hard boiled egg and red onion 16.50
- TUNA SALAD PLATE** cole slaw, potato salad, tomato, hard boiled egg and red onion 16.50
- 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 18
- STUFFED TOMATO** filled with tuna, chicken or turkey salad with side of potato salad or cole slaw 15
- STUFFED AVOCADO** filled with tuna, chicken or turkey salad with side of potato salad or cole slaw 16
- *FRESH FRUIT PLATE** with sherbet, low-fat cottage cheese or whipped cream 13
- *DINNER SALAD** 8

DELI STYLE APPETIZERS

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

IMPORTED SARDINES 12	KIPPERED SALMON 19
*GREEK SALAD 12	EGG SALAD 10
CAN OF SALMON 12	NOVA LOX SPREAD 10
CAN OF TUNA 12	GEFILTE FISH 9
CHOPPED HERRING 12	STUFFED CABBAGE choice of ground beef or ground turkey (no lettuce, tomato or onion) 10
CREAMED HERRING 12	CHOPPED LIVER 15
NOVA LOX & CREAM CHEESE 19	STUFFED KISHKA WITH GRAVY (no lettuce, tomato or onion) 9
NATURAL COD & CREAM CHEESE 20	TUNA SALAD or LOW-FAT TUNA 15
WHITEFISH & CREAM CHEESE 16	CHICKEN SALAD 15
SABLE & CREAM CHEESE 20	TURKEY SALAD 15
STURGEON & CREAM CHEESE 20	
BBQ BAKED SALMON 19	

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 17
ROASTED HALF CHICKEN hot or cold 16
GRILLED CHICKEN BREAST 15
BURGER PATTY choice of ground turkey, chicken, beef or veggie patty 14
INDIVIDUAL CAN OF SALMON or TUNA 12
*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 18
SKIRT STEAK with grilled onions (includes salad as above) 22
GRILLED ORANGE ROUGHY with spinach and green salad 19
SAUTEED ORANGE ROUGHY in fresh lemon, orange and garlic sauce, with spinach and green salad 19
GRILLED CHICKEN BREAST with steamed spinach and broccoli 17
CAPRESE CHICKEN herb marinated grilled chicken breast, side of caprese salad (grilled flat bread on request) 18
GRILLED SALMON FILLET with sauteed broccoli and green salad, teriyaki sauce on request 22
GRILLED CHICKEN KABOBS 2 skewers with hummus and dinner salad (pita on request) 16
TURKEY, CHICKEN, BEEF or *VEGGIE PATTY on shredded lettuce, grilled onions & mushrooms and choice of vegetable 16
GRILLED CHICKEN CILANTRO SAUSAGES with grilled peppers and onions, served with a green salad and choice of vegetable 17

STIR FRY

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

*TOFU 15	CHICKEN 16	BRISKET 18	SKIRT STEAK 20
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SOUTH OF THE BORDER

BUILD YOUR OWN CHEESE QUESADILLA choice of flour, whole wheat, spinach or sun-dried tomato tortilla 10 includes black beans or Spanish rice, tomato, avocado, browned onion, sour cream & salsa (guacamole add 2) jalapeño on request.	
ADD CHICKEN, TURKEY, *TOFU or BRISKET 4	ADD STEAK or CATCH OF THE DAY 6
SOFT TACO PLATE (3) beef, chicken, fish or *grilled tofu, topped w/pico de gallo, guacamole and a side of rice or black beans 13	
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 14 with steak 18	
CHICKEN FAJITAS served with Spanish rice, black beans, guacamole, sour cream, corn or flour tortillas 17	
STEAK FAJITAS served with Spanish rice, black beans, guacamole, sour cream, corn or flour tortillas 20	
*VEGGIE FAJITAS peppers & onions with Spanish rice, black beans, guacamole, sour cream, corn or flour tortillas 15	
SIDE of SPANISH RICE or BLACK BEANS 4	
SIDE of HOMEMADE GUACAMOLE ½ pt 7 pt 13	
SIDE of HOMEMADE SALSA ½ pt 4 pt 7	

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

ADD A CUP OF SOUP or SIDE SALAD (dinner or caesar) 4

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 18 • dinner 22

BBQ HALF CHICKEN a la carte 18 • dinner 22

ROASTED QUARTER CHICKEN with stuffing a la carte 16 • dinner 20

BBQ QUARTER CHICKEN a la carte 16 • dinner 20

CHICKEN SCHNITZEL a la carte 18 • dinner 22 with arugula add 2

BRISKET OF BEEF a la carte 20 • dinner 24

BAKED SHORT RIBS a la carte 24 • dinner 28

SWEET & SOUR SHORT RIBS a la carte 24 • dinner 28

SWEET & SOUR MEATBALLS a la carte 18 • dinner 22

MEAT LOAF or TURKEY LOAF a la carte 18 • dinner 22

GOULASH a la carte 18 • dinner 22

CORNER BEEF & CABBAGE a la carte 19 • dinner 23

STUFFED CABBAGE ground beef or ground turkey a la carte 18 • dinner 22

ROAST TURKEY with stuffing a la carte 18 • dinner 22

FRANKFURTER or KNOCKWURST with baked beans and cole slaw a la carte 16 • dinner 20

MARINATED ROMANIAN SKIRT STEAK (grilled onions on request) a la carte 22 • dinner 26

GRILLED SALMON a la carte 22 • dinner 26

ORANGE ROUGHY grilled or sauteed a la carte 19 • dinner 23

TURKEY BURGER or KOSHER HAMBURGER (grilled onions on request) a la carte 16 • dinner 20

DAIRY DISHES

***MATZO BREI** scrambled or pancake style, with applesauce and sour cream 12

***CHEESE BLINTZES (3)** with sour cream and strawberry preserves 13 one blintz 5 ea

***POTATO PANCAKES (4)** with applesauce and sour cream 13.50 one potato pancake 4 ea

SIDE ORDERS

***BAKED BEANS OR BLACK BEANS** 4

BROWN RICE 4

VEGETABLE OF THE DAY 4

GRILLED CHICKEN BREAST (5.5 oz.) 8

SKIRT STEAK (10 oz.) 16

BAKED POTATO 5

SWEET POTATO FRIES 5

MASHED POTATOES 4

FRENCH FRIES or HOT POTATO CHIPS 4

ONION RINGS 5

HOMEMADE SALSA ½ pt 4 pt 7

HOMEMADE GUACAMOLE ½ pt 7 pt 13

BEVERAGES

ORGANIC COFFEE hot or iced, decaf or regular (light or dark roast) 3.50

ESPRESSO single 4 double 6

CAPPUCCINO OR CAFE LATTE 5.50 extra shot add 2

VANILLA LATTE 5.50 extra shot add 2

CAFE MOCHA 5.50 extra shot add 2

GROUNDWORK'S COLD BREW 6

MILK regular, non-fat, low-fat or soy pt 3 qt 4.50 half gal 6.50

BUTTERMILK pt 3.50 qt 5 half gal 7

HOT HERBAL TEAS assorted flavors 3.50

HOT BLACK TEA 3

ICED TEA regular or mango 3.50

HOT CHOCOLATE 3.50

FRESH SQUEEZED LEMONADE flavor of the day 4

SNAPPLE, SOBE or VITAMIN WATER 3.50

FOUNTAIN SODA 3

FOUNTAIN SELTZER WATER 1.50

BOTTLED OR CANNED SODA Dr. Brown's, IBC, Izze's, Boylan's, Bundaberg (root beer, ginger beer) 3.50

REEDS ORIGINAL GINGER BREW 3.50

PELLEGRINO MINERAL WATER 4

SPINDRIFT SPARKLING WATER raspberry-lime, blackberry, cucumber, lemon, strawberry 3.50

BOTTLED WATER sm 1.75 med 3.50 lg 4.75

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** 4
JANE, MACK & SUNNY'S BAGEL & CREAM CHEESE 2.50
JONAH & BRANDON'S EGG "MIT" BAGEL JR. scrambled eggs, American cheese, bagel, home fries or hash browns 7
ANDY'S AMERICAN CHEESE OMELETTE 2 eggs, American cheese, home fries or hash browns choice of bread 8
AVA'S FRENCH TOAST with two slices of bacon or one sausage 7
MILES & ELIANA'S EGGS & TURKEY BACON with a bagel & cream cheese, homefries or hashbrowns 8
EMMA & CHLOE'S SILVER DOLLAR PANCAKES (add strawberries, bananas or chocolate chips add 1) 6
SAM, MAYA & ANNIE'S ALMOND GRANOLA SILVER DOLLAR PANCAKES 7
TALIA'S PANCAKE SANDWICH one egg and two slices of bacon or one sausage 7
NATHAN'S BLINTZ blueberry or cheese 4
SADIE & CLARA'S PEANUT BUTTER or CREAM CHEESE & JELLY SANDWICH 4.50
MANDY'S MATZO BALL SOUP with noodles 5.50
JESSICA'S GRILLED CHEESE on whole wheat, with thin or sweet potato fries 7
ROMY, GEMMA & LAUREN'S PIZZA BAGEL 6
SPENCER'S CHEESE QUESADILLA with salsa and sour cream, and thin or sweet potato fries 8
SEBASTIAN, STEVIE & HARPER'S DELI PLATE two slices meat, two slices cheese and thin or sweet potato fries or fruit 7
ZEKE'S CHOICE OF A SANDWICH with thin or sweet potato fries 9
LAUREN'S CHOICE OF A SALAD 9
BRANDON'S CHICKEN WRAP with lettuce and melted jack cheese in a tortilla, and thin or sweet potato fries 9
SCOUT & FINN'S BURGER & FRIES kosher ground beef, and thin or sweet potato fries (add cheese .50) 8
BENJAMIN'S TURKEY BURGER with thin or sweet potato fries (add cheese .50) 8
ASHER'S TURKEY DOG with thin or sweet potato fries 6.50
JAMES, JAY & RYAN'S CORN DOG with thin or sweet potato fries 6.50
SAMMMY & JACK'S HOT DOG with thin or sweet potato fries 6.50
JAKE'S CHICKEN TENDERS with thin or sweet potato fries 8
MAGGIE'S MACARONI & CHEESE 7
MATTEO'S SPAGHETTI & MEAT SAUCE 8
GIULIANA'S BUTTERED NOODLES with parmesan 6
AARON & SHAYNA'S LATKE one potato latke served with applesauce 3.50
SAMANTHA & HENRY'S CHICKEN TAQUITOS 6.50
KYLE, CAMERON & ZACHARY'S NACHOS chips & cheese with guacamole & sour cream 7
LONDON, MONET & TEDDY'S SODA FROM THE FOUNTAIN 2
SOPHIE & GOLDIE'S CHOCOLATE MILK 2.50
EVAN'S HOT CHOCOLATE 2.50
LILY & JONAH'S MILK SHAKE or SMOOTHIE 4.50
REESE'S PEANUT BUTTER MILK SHAKE 4.50
ZOE & JAGGER'S ICE CREAM SUNDAE 4
JENNA & JEREMY'S NUTELLA MINI CROISSANT grilled with Nutella, strawberries and bananas 6

DESSERTS

- NEW YORK CHEESECAKE** 7.50
HOMEMADE BROWNIE 4
APPLE STRUDEL 5.50
ROCKSLIDE BROWNIE 4.50
DANISH 3.50
FRESH BAKED MUFFIN 3.50
LEMON BAR or PECAN BAR 4.50
BANANA PUDDING w/wafers ½ pt 4 pt 7 qt 12
RICE PUDDING ½ pt 4 pt 7 qt 12
BREAD PUDDING ½ pt 4 pt 7 qt 12
CHOCOLATE PUDDING ½ pt 4 pt 7 qt 12
TAPIOCA PUDDING ½ pt 4 pt 7 qt 12
JELLO W/ WHIPPED CREAM ½ pt 4 pt 7 qt 12
HOMEMADE APPLE CRUMB PIE 6.50
HOMEMADE CHERRY PIE 6.50
LEMON MERINGUE PIE 7
STRAWBERRY SHORTCAKE 7.50
MELON honeydew, cantaloupe or watermelon 5
SUGAR-FREE BAKED APPLE 5
BUNDT CAKE ask for today's selection 6
CHOCOLATE BLACKOUT CAKE 7.50
- MOLTEN CHOCOLATE BUNDT CAKE** 7.50
DOUBLE LAYER CARROT CAKE 7.50
HOMEMADE FLAN 6
HOMEMADE RUGELACH lb 12.50
ICE CREAM ½ pt 4 pt 7 qt 12
SHERBET ½ pt 4 pt 7 qt 12
CHOCOLATE CHIP CIGAR 3.50
JUMBO HOMEMADE COOKIE 3.50
 sprinkle (chocolate or rainbow), black & white, chocolate chip, chinese or linzer tart
ICE CREAM SODA 6
ICE CREAM SUNDAE 7
OLD FASHION N.Y. EGG CREAM 5.50
CHOCOLATE PHOSPHATE 5.50
MILK SHAKE chocolate, vanilla or strawberry 6.50
 add malt add 1
OREO COOKIE MILK SHAKE 7.50
REESE'S PEANUT BUTTER MILK SHAKE 7.50
FRUIT SMOOTHIE choice of 2 fruits: banana, strawberry, raspberry, mango, blueberry, pineapple 8
 w/protein powder add 1.50, w/ice cream or yogurt add w/kale or spinach add 1.50

BULK ITEMS

MEATS

CORNED BEEF half lb 10.50
PASTRAMI half lb 10.50
HEBREW NATIONAL SALAMI half lb 7.50
VIENNA SALAMI half lb 7.50
HARD SALAMI half lb 9
ITALIAN SALAMI half lb 8
ROAST BEEF half lb 11.50
BRISKET or TONGUE half lb 11.50
ROAST TURKEY BREAST half lb 10
TURKEY BREAST PASTRAMI half lb 10
SMOKED TURKEY half lb 9.50

HONEY MAPLE TURKEY half lb 9.50
CRACKED PEPPER TURKEY half lb 9.50
BOLOGNA half lb 7
HAM half lb 9.50
LIVERWURST half lb 6
PEPPERED BEEF half lb 8.50
FRANKFURTERS half lb 7
KNOCKWURST half lb 7.50
TURKEY DOGS half lb 7
KISHKA half lb 5
ROASTED CHICKEN half 9 whole 14

FISH

NOVA LOX half lb 25
NOVA LOX SPREAD half lb 9
NATURAL COD half lb 25
WHITEFISH half lb 11.50
WHITEFISH SALAD half lb 9
STURGEON half lb 27.50
SABLE half lb 24
BAKED SALMON bbq or kippered half lb 18

CHOPPED HERRING half lb 8
MATJES HERRING half lb 8
TUNA SALAD half lb 6.50
GEFILTE FISH ea 6
CREAMED HERRING half lb 9
SARDINES half lb 5
CAN TUNA ea 6
CAN SALMON ea 7

CHEESE

SWISS lb 12
JARLSBERG lb 13.50
HAVARTI WITH DILL lb 12
AMERICAN lb 9
MUENSTER lb 12
JACK lb 12
PEPPER JACK lb 12

CHEDDAR lb 12
PROVOLONE lb 12
MOZZARELLA lb 12
ASIAGO lb 14
CREAM CHEESE lb 7.50
SOUR CREAM ½ pt 3 pt 5
LOW-FAT COTTAGE CHEESE ½ pt 3 pt 5

SALADS

POTATO SALAD lb 6.50
COLE SLAW lb 6.50
MACARONI SALAD lb 6.50
TURKEY SALAD lb 12
CHICKEN SALAD lb 12
TUNA SALAD lb 13
LOW-FAT TUNA SALAD lb 13

CHOPPED LIVER lb 13
EGG SALAD lb 8.50
CUCUMBER SALAD lb 6.50
QUINOA SALAD pt 8.50
GREEK SALAD WITH FETA CHEESE lb 9.50
FRUIT SALAD lb 9
MIXED BERRIES lb 12

TRADITIONAL FAVORITES

KNISH meat, kasha, potato or spinach potato ea 7
KASHA VARNISHKA pt 9
BLINTZES (COLD) ea 5
POTATO PANCAKES (COLD) ea 4

MACARONI & CHEESE pt 7
PICKLES or GREEN TOMATOES lb 6
GREEK OLIVES lb 9
STUFFED CABBAGE (beef or turkey) ea 7

BREADS

DOUBLE BAKED RYE loaf 6.50
EGG BREAD loaf 6
WHOLE WHEAT or WHITE loaf 6
GLUTEN FREE ea 1 loaf 15
ARTISAN SOURDOUGH 6.25
TWISTED CHALLAH 7.50
MATZO box 5

SLICE OF BREAD ea .50
ROLL ea 1
BAGEL ea 1
HOMEMADE BAGEL CHIPS bag 4
BIALY ea 1
HOT DOG BUN or LONG ONION ROLL ea 1
HAMBURGER BUN brioche or whole wheat ea 1

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