



DELI MEATS*:

Turkey Breast, Smoked	\$17.99/lb.
Turkey, Turkey Pastrami, Honey Turkey	
Pastrami	\$26.99/lb.
Corned Beef	\$26.99/lb.
Salami	\$13.99/lb.
Bologna	\$13.99/lb.
Hard Salami	\$16.99/lb.
Tongue	\$39.99/lb.
Roast Beef	\$26.99/lb.

POULTRY:

Chicken Salad*	\$15.99/lb.
BBQ Chicken*	\$8.99/lb.
(Rotisserie Chicken)	
Fried Chicken	\$10.99/lb.
Chicken Breast:	\$17.99/lb.
<i>Grilled*, Schnitzel, Oreganato*, Cajun*, Pargiyot*, Florentine*, Marsala, Francaise, Teriyaki, Pretzel, Corn Flake, Nuggets, Poppers, Pretzel Nuggets</i>	
"On the Bone:"* Honey Lemon,	\$9.99/lb.
<i>Cranberry, Apricot, Baked Skinless, Turkey Drums</i>	
Mojito Chicken* (Whole)	\$17.99/lb.
Buffalo Wings	\$14.99/lb.
Chicken Pot Pie	\$10.99 ea
Pastrami Stuffed Chicken	\$19.99/lb.

BEEF:

Chopped Liver	\$14.99/lb.
Stuffed Cabbage*	\$5.00 ea
Kishke	\$10.99/lb.
Chulent	\$8.99/lb.
Meat Loaf	\$12.99/lb.
Sweet & Sour Meatballs	\$13.99/lb.
Brisket Au Jus*	\$29.99/lb.
Deli Roll	\$20.99/lb.
Pasta & Meat Sauce	\$11.99/lb.
Oyster Steak*	\$25.99/lb.
Peppers & Steak*	\$18.99/lb.
Jumbalaya*	\$12.99/lb.
Sausage & Peppers*	\$12.99/lb.
Meat Knish	\$4.99 ea
Meat Lasagna	\$11.99/lb.

SOUPS:

Chicken Soup w/ Noodles	\$8.99/qt.
Matza Balls	\$1.50 ea
Beef Kreplach (10)	\$19.99/qt.
Vegetable, Chicken Veg.,	\$9.99/qt.
G/F Veg, G/F Chicken Veg. French Onion, Green or Yellow Split Pea*, Bone Broth*, Mushroom Barley*, Fruit Soup*, Banana Strawberry, Gazpacho*, Minestrone	
Low Fat Chunky	\$10.99/qt.
Vegetable*, Yemenite*, Beef & Barley*, Unstuffed Cabbage*, Lasagna*	

SALADS:

Coleslaw	\$6.99/lb.
Potato Salad	\$6.99/lb.
Macaroni Salad	\$6.99/lb.
Pasta Primavera	\$7.99/lb.
Pesto Pasta	\$7.99/lb.
Pesto Linguine	\$7.99/lb.
Cucumber Salad	\$7.99/lb.
Three Bean Salad	\$6.99/lb.
Chickpea Salad	\$6.99/lb.
Moroccan Carrots	\$9.99/lb.
Marinated Mushrooms	\$9.99/lb.
Beet Salad	\$7.99/lb.
Broccoli & Cashew Salad	\$10.99/lb.
Broccoli and Garlic	\$9.99/lb.
Green Beans Garlic/Almondine	\$9.99/lb.
Red Bliss & Dill Potato Salad	\$7.99/lb.
California Pasta	\$9.99/lb.
Heirloom Tomato Salad	\$9.99/lb.
Festive Corn Salad	\$7.99/lb.
Popcorn Cauliflower	\$12.99/lb.
Coleslaw w/ Splenda	\$7.99/lb.
Health Salad	\$6.99/lb.
Hearts of Palm Salad	\$10.99/lb.
Orzo with Craisins	\$6.99/lb.
Grilled Vegetables	\$9.99/lb.
Turkish Salad	\$7.99/lb.
Israeli Salad	\$7.99/lb.
Fruit Salad	\$8.99/lb.



KUGELS + KNISHES + MEZZE:

Potato*, Salt+Pepper, Sweet	\$6.99/lb.
Noodle, Sweet Potato, Jerusalem	
Broccoli, Carrot, Apple	\$9.99/lb.
Bread, Cauliflower, Spinach	
Montreal Potato Knishes:	\$2.50 ea
Potato, Spinach, Mushroom, Pizza (Parve)	
Potato, Kasha Knishes:	\$4.00 ea
Meat Knish	\$5.00 ea
Franks in Blankets	\$19.99/dz.
Lachma Bajene, Beef Cigars, Kibbe	\$2.50 ea
Shlishkes	\$8.99/lb.
Cabbage & Noodles	\$8.99/lb.
Mushroom & Barley	\$6.99/lb.
Kasha Varnishkas	\$7.99/lb.
Gefilte Fish	\$14.99/lb.
Vegetarian Liver	\$13.99/lb.
Tzimmes	\$6.99/lb.
Vegetable Cutlet	\$4.99 ea
Stuffed Portabella Cap	\$9.99/lb.

STARCHES:

Roast Potatoes*, Mashed	\$7.99/lb.
Potatoes*, Wild & Brown	
Rice, White Rice	
Quinoa w/ Root Vegetables	\$10.99/lb.
Farro, Leek & Craisin Salad	\$9.99/lb.
Persian Rice	\$9.99/lb.
Roasted Root Vegetables*	\$7.99/lb.
Spanish Spaghetti	\$7.99/lb.

APPETIZING:

Fresh Sliced Nova,	\$13.79 ¼/lb.
Salty Nova	
Pickled Lox	\$13.50 ¼/lb.
Smoked Sable	\$13.99 ¼/lb.
Kipperd Salmon	\$31.99/lb.
Whitefish Salad	\$18.99/lb.
Chunky Whitefish Salad	\$23.99/lb.
Baked Salmon Salad	\$18.99/lb.
Whole Whitefish	\$17.99/lb.
Chubs	\$22.99/lb.
Herring in Wine Sauce	\$14.99/lb.
Chopped Herring Salad	\$11.99/lb.
Herring in Cream Sauce	\$14.99/lb.
(Dairy)	
Matjes Herring	\$23.99/lb.
Assorted Herrings:	\$6.99 - \$9.49 ea
Mustard, Schmaltz,	
Shtiglitz, Tex-Mix, Harisa,	
Spicy, Sauteed Garlic, Dill,	
Sauteed Onion, Belarus	
with Scallions or Black	
Peppercorns	
Tuna Salad	\$12.99/lb.
Egg Salad	\$10.99/lb.
Spanish Eggplant Salad	\$10.99/lb.
Salmon: Grilled,	\$24.99
Moroccan, Teriyaki,	
Honey Mustard	
Oven Baked Tilapia	\$24.99/lb.
Fried Flounder	\$24.99/lb.
Salmon Croquets	\$18.99/lb.

DAIRY:

Macaroni & Cheese	\$9.99/lb.
Baked Ziti	\$9.99/lb.
Lasagna	\$9.99/lb.
Eggplant Parmesan	\$9.99/lb.
Cheese Blintzes	\$3.25 ea
Vegetable Stromboli	\$8.99/lb.
Montreal Cheese Bagel	\$3.00 ea
Quiches: Broccoli, Spinach,	\$9.99/lb.
Mushroom & Onion	
Cheese Noodle Kugel	\$9.99/lb.
Farmer Cheese: Chocolate,	\$9.99/lb.
Pineapple, Walnut & Raisin	
Cream Cheeses: Vegetable,	\$10.99/lb.
Plain, Scallion	
Fresh Sliced Cheeses:	
White American	\$12.99/lb.
Cheddar	\$12.99/lb.
Edam/Emek	\$15.99/lb.
Gouda	
Havarti/ Dill Havarti	\$15.99/lb.
Mozzarella	\$12.99/lb.
Muenster	\$12.99/lb.
Swiss (Domestic)	\$15.99/lb.
Swiss (Imported)	\$16.99/lb.



Call the store to find out
what's cooking in our
smoker: Kielbasa, Brisket,
Spatchcock Chicken, Burnt
Ends and much much more!