



MENU



1461 Route 22, Windale NY, 12594



(845) 249- 8143

DELI HOURS

MONDAY – SATURDAY: 05:00 AM – 10:00 PM

SUNDAY: 06:00 AM – 09:00 PM



www.bensdeliny.com

DELIVERY & PICK UP AVAILABLE

***If you have any allergies, please let us know.
Thank You!**



MENU BREAKFAST

BAGELS & ROLLS

- 1. Butter Roll \$1.99
- 2. Roll with Jelly or Cream Cheese..... \$1.99
- 3. Butter Bagel with Cream Cheese..... \$1.99

BREAKFAST

Served all Day

Extra Meat: \$1.99 Wedge: \$1.00

- 1. Breakfast Bomba \$8.99
2 eggs, bacon, ham, sausage & roll
- 2. Little Luna..... \$8.99
2 eggs, chorizo, pepper jack cheese, avocado & roll
- 3. The Protein Special..... \$8.99
Egg whites, spinach, feta cheese
- 4. Hail Mary..... \$8.99
2 eggs, chicken cutlet, bacon, American cheese, hash brown & roll
- 5. Breakfast Burrito..... \$8.99
2 eggs, peppers, onions, ham, cheddar cheese & hash browns
- 6. Hot Potato Wrap..... \$8.99
2 eggs, bacon, hash brown, American cheese & hot sauce
- 7. Avocado Toast Panini..... \$6.99
Avocado, fresh mozzarella, salt, olive oil
- 8. BLT..... \$6.99
Bacon, lettuce, tomato & mayo
- 9. Grilled Cheese..... \$5.99
- 10. Grilled Cheese Supreme with Fries or Curly Fries.. \$7.99



BREAKFAST SANDWICH

Extra meat: \$1.99 Avocado: \$1.99
Wedge: \$1.00

- 1. Egg on Roll..... \$2.99
- 2. Egg & Cheese..... \$3.99
- 3. Bacon & Egg..... \$4.99
- 4. Ham & Egg..... \$4.99
- 5. Sausage & Egg..... \$4.99
- 6. Bacon, Egg & Cheese..... \$5.99
- 7. Ham, Egg & Cheese..... \$5.99
- 8. Sausage, Egg & Cheese.. \$5.99
- 9. Steak, Egg & Cheese..... \$5.99
- 10. Turkey, Egg & Cheese..... \$5.99

BREAKFAST DISHES

Served with home fries & toast

- 1. Veggie Omelet..... \$10.99
Mushrooms, fresh spinach, tomato, onions, cheddar cheese
- 2. Wester Omelet \$11.99
Ham, peppers, onions, pepper jack cheese
- 3. Protein Special Omelet.. \$11.99
Egg white, spinach, fresh mozzarella cheese
- 4. Meat Lovers Omelet..... \$11.99
Ham, bacon, sausage & cheddar cheese
- 5. Pancakes..... \$9.99
- 6. French Toast..... \$9.99





BEN'S SPECIAL SANDWICH

Roll or wrap: \$10.99 Wedge / Panini: \$12.99

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| 1. | The Ben's Special | \$10.99 |
| | <i>Chicken cutlet, avocado, cheddar cheese, lettuce, tomato, mayo</i> | |
| 2. | The Roastblue | \$10.99 |
| | <i>Roast beef, sautéed onion, blue cheese crumbles, lettuce & horseradish dressing</i> | |
| 3. | The Shenrock | \$10.99 |
| | <i>Chicken cutlet, ham, bacon, melted Swiss cheese, tomato, mayo</i> | |
| 4. | Route 22 Blt | \$10.99 |
| | <i>Bacon, cheddar cheese, avocado, roasted red pepper, lettuce, tomato & mayo</i> | |
| 5. | The M&M Special | \$10.99 |
| | <i>Prosciutto, fresh mozzarella, fresh basil, tomato, olive oil & balsamic vinegar</i> | |
| 6. | Tuna Melt | \$10.99 |
| | <i>Homemade tuna salad, American cheese, lettuce, tomato, mayo & onions</i> | |
| 7. | All American | \$10.99 |
| | <i>Roast beef, turkey, ham, American cheese, lettuce, tomato, mayo or mustard</i> | |
| 8. | Italian Combo | \$10.99 |
| | <i>Ham cappy, mortadella, salami, sweet sopressata, pepperoni, provolone cheese, lettuce, tomato, onions, oil, vinegar & Italian dressing</i> | |
| 9. | Lumber Jack | \$10.99 |
| | <i>Chicken cutlet, muenster cheese, bacon & Russian dressing</i> | |
| 10. | Spicy Chicken | \$10.99 |
| | <i>Chicken cutlet, hot sauce, American cheese & blue cheese</i> | |
| 11. | Chicken Meatball or Eggplant | |
| | Parmigiana | \$10.99 |
| 12. | Chicken or Eggplant Supreme | \$10.99 |
| | <i>Fresh mozzarella, roasted red peppers & balsamic dressing</i> | |
| 13. | Corned Beef or Pastrami Reuben | \$10.99 |
| | <i>Swiss cheese, sauerkraut & Russian dressing on toasted rye</i> | |
| 14. | Philly Cheese Steak | \$10.99 |
| | <i>American cheese, sautéed peppers & onions</i> | |
| 15. | Dover Swiss Steak | \$10.99 |
| | <i>Grilled roast beef, Swiss cheese, sautéed onions & mushrooms on toasted garlic bread</i> | |
| 16. | The Tina's Special | \$10.99 |
| | <i>Grilled chicken, fresh mozzarella, pesto, sundried tomatoes, olive oil & balsamic vinegar</i> | |
| 17. | The Big Party | \$10.99 |
| | <i>Chicken cutlet, cheddar cheese, bacon, hash brown, sautéed onions, BBQ sauce & ranch dressing</i> | |
| 18. | CBR | \$10.99 |
| | <i>Chicken cutlet, bacon & ranch dressing</i> | |



WRAPS



19. Chicken Ceasar Wraps \$10.99
Grilled chicken, romaine, parmesan cheese, croutons, Caesar dressing
20. Chicken Salad BLT..... \$10.99
Homemade chicken salad, bacon, lettuce & tomato
21. The Cracked Russian..... \$10.99
Cracked pepper turkey, Swiss cheese, coleslaw, bacon & Russian dressing
22. Capresse..... \$10.99
Fresh mozzarella, tomato, fresh basil, oregano & olive oil
23. Chicken Fajita..... \$10.99
Grilled chicken, peppers, onions, salsa & American cheese

QUESADILLAS

Add: Lettuce & tomato: \$1.00
 Avocado or extra meat: \$1.99

24. Cheese..... \$8.99
25. Chicken..... \$10.99
26. Beef..... \$10.99
27. Shrimp..... \$10.99

PANINI

28. Marily Panini..... \$11.99
Grilled chicken, broccoli rabe, fresh mozzarella, balsamic & olive oil
29. The BBQ..... \$11.99
Grilled roast beef, cheddar cheese, sautéed onions, BBQ sauce on toasted garlic bread
30. Prosciutto Special..... \$11.99
Prosciutto, genoa salami, soppressata, ham, tomato, mozzarella, fresh basil & pesto



SPECIAL BURGERS

31. Bacon Cheeseburger \$11.99
Lettuce, onions, tomato, bacon, American cheese
32. Cheeseburger Deluxe..... \$11.99
American cheese, lettuce, tomato, onions, pickles & fries
33. The heart attack \$11.99
Bacon, American cheese, lettuce, tomato, onions, pickles, ketchup & mayo

SALADS

34. Grilled Chicken Ceasar Salad..... \$10.99
Grilled chicken, romaine, parmesan cheese & croutons
35. Cold Salad Trio Combination..... \$11.99
Homemade tuna, chicken & egg salad over mixed greens or romaine
36. Chef Salad..... \$11.99
Mixed greens or romaine, turkey, ham, Swiss cheese, hard-boiled egg & peppers

SIDES

- 8 wings.....\$13.99
 12 wings.....\$15.99
 20 wings.....\$18.99

Sauces:

- Buffalo Mild
 Hickory BBQ
 Garlic Parmesan
 Sweet Teriyaki
 Honey Garlic



- Chicken wings (6 pieces)..... \$9.99
 Chicken Nuggets (6 pieces)..... \$9.99
 Mozzarella Stick (6 pieces)..... \$6.99
 French Fries..... \$5.99
 Curly Fries..... \$5.99
 Homemade Potato Chips..... \$5.99

NATURAL SMOOTHIES

- Strawberry
 Banana
 Papaya
 Mixtos

NATURAL JUICES

- Jamaica
 Horchata
 Tamarindo





LATIN FLAVOR

BREAKFAST

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| 1. Chaping Breakfast..... | \$10.99 |
| <i>Eggs any style, beans, cheese, sour cream, plantains, avocado</i> | |
| 2. Ranchero Eggs | \$10.99 |
| 3. Eggs with Chorizo..... | \$10.99 |

DISHES

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| 1. Parrillada..... | \$17.99 |
| <i>Grilled chicken breast, shrimp, grilled steak, scallions, cheese, sour cream, rice, beans, salad, avocado, tortillas</i> | |
| 2. Grilled Steak..... | \$14.99 |
| <i>Grilled steak, scallions, cheese, sour cream, rice, beans, salad, avocado, tortillas</i> | |
| 3. Churrasco Chapin..... | \$16.99 |
| <i>Flour tortilla, beef, scallions, cabbage, avocado, baked potato, mayonnaise, and sauce</i> | |
| 4. Grilled Chicken..... | \$15.99 |
| <i>Grilled chicken breast, scallions, cheese, sour cream, rice, beans, salad, avocado, tortillas</i> | |
| 5. Fried Chicken..... | \$15.99 |
| <i>Rice, beans, salad, cheese, sour cream, avocado, tortillas</i> | |
| 6. Mixed Fajitas..... | \$15.99 |
| <i>Grilled chicken breast, shrimp, grilled steak mixed with onions and peppers, rice, beans, salad, avocado, cheese, sour cream, tortillas</i> | |

TACOS



Served with rice and beans

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|-----------------------|---------|
| 1. Beef tacos..... | \$15.99 |
| 2. Chicken tacos..... | \$15.99 |
| 3. Chorizo tacos..... | \$15.99 |
| 4. Birria tacos..... | \$15.99 |



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