



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 |
| <i>2 eggs, bacon, ham, sausage & roll</i> | |
| 2. Little Luna..... | \$8.99 |
| <i>2 eggs, chorizo, pepper jack cheese, avocado & roll</i> | |
| 3. The Protein Special..... | \$8.99 |
| <i>Egg whites, spinach, feta cheese</i> | |
| 4. Hail Mary..... | \$8.99 |
| <i>2 eggs, chicken cutlet, bacon, American cheese, hash brown & roll</i> | |
| 5. Breakfast Burrito..... | \$8.99 |
| <i>2 eggs, peppers, onions, ham, cheddar cheese & hash browns</i> | |
| 6. Hot Potato Wrap..... | \$8.99 |
| <i>2 eggs, bacon, hash brown, American cheese & hot sauce</i> | |
| 7. Avocado Toast Panini..... | \$6.99 |
| <i>Avocado, fresh mozzarella, salt, olive oil</i> | |
| 8. BLT..... | \$6.99 |
| <i>Bacon, lettuce, tomato & mayo</i> | |
| 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 |
| <i>Mushrooms, fresh spinach, tomato, onions, cheddar cheese</i> | |
| 2. Wester Omelet | \$11.99 |
| <i>Ham, peppers, onions, pepper jack cheese</i> | |
| 3. Protein Special Omelet.. | \$11.99 |
| <i>Egg white, spinach, fresh mozzarella cheese</i> | |
| 4. Meat Lovers Omelet..... | \$11.99 |
| <i>Ham, bacon, sausage & cheddar cheese</i> | |
| 5. Pancakes..... | \$9.99 |
| 6. French Toast..... | \$9.99 |



BEN'S SPECIAL SANDWICH



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

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



WRAPS



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

QUESADILLAS

Add: Lettuce & tomato: \$1.00

Avocado or extra meat: \$1.99

1. **Cheese**..... \$8.99
2. **Chicken**..... \$10.99
3. **Beef**..... \$10.99
4. **Shrimp**..... \$10.99

PANINI

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



SPECIAL BURGERS

1. Bacon Cheeseburger \$11.99
Lettuce, onions, tomato, bacon, American cheese
2. Cheeseburger Deluxe..... \$11.99
American cheese, lettuce, tomato, onions, pickles & fries
3. The heart attack \$11.99
Bacon, American cheese, lettuce, tomato, onions, pickles, ketchup & mayo

SALADS

1. Grilled Chicken Ceasar Salad..... \$10.99
Grilled chicken, romaine, parmesan cheese & croutons
2. Cold Salad Trio Combination..... \$11.99
Homemade tuna, chicken & egg salad over mixed greens or romaine
3. 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

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

DISHES

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

TACOS

Served with rice and beans

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



Order online
Delivery & Pick Up
www.bensdeliny.com