

WELCOME TO BEN & IRV'S

Catering at its
finest for
all occasions



215-355-2000

1962 County Line Road, Huntingdon Valley, PA 19006 • www.benandirvs.com



soups

	Cup	Bowl
HOMEMADE SOUP OF THE DAY	3.99	5.99
HOMEMADE CHICKEN SOUP	3.99	5.99
MATZOH BALL or KREPLACH	4.99	6.99
HOMEMADE CABBAGE BORSCHT	4.99	6.99
COLD BORSCHT & SOUR CREAM.....	3.50	4.99

CROCK OF FRENCH ONION . . . 6.99

with Melted Cheese

All soups served with crackers only

Bread 1.50 extra

appetizer platters

NOVA SCOTIA or

REGULAR (Salty) LOX* . . . 21.99

with Crisp Lettuce, Tomato, Cucumber,
Onion and Greek Olives

KIPPERED SALMON* . . . 21.99

with Crisp Lettuce, Tomato, Cucumber,
Onion and Greek Olives

SMOKED SABLE* . . . 25.99

with Lettuce, Tomato, Cucumber,
Onion and Greek Olive

JUMBO WHITEFISH* . . . 19.99

with Lettuce, Tomato, Cucumber,
Onion and Greek Olives

WHITEFISH SALAD* . . . 15.99

with Lettuce, Tomato, Cucumber,
Onion and Greek Olives

CHOPPED HERRING* . . . 15.99

with Lettuce, Tomato, Cucumber,
Onion and Greek Olives

HOMEMADE PICKLED HERRING* . . . 15.99

in Cream Sauce with Lettuce, Tomato,
Cucumber, Onion and Greek Olives

LOW-FAT TUNA FISH SALAD or ALBACORE TUNA SALAD . . . 15.99

with Lettuce, Tomato, Cucumber and Onion

COLOSSAL SHRIMP SALAD . . . 20.99

with Lettuce, Tomato, Cucumber and Onion

LOW-FAT CHICKEN SALAD or

CHUNKY CHICKEN SALAD . . . 15.99

with Lettuce, Tomato, Cucumber and Onion

EGG SALAD . . . 11.99

with Lettuce, Tomato, Cucumber and Onion

CHOPPED LIVER . . . 15.99

with Lettuce, Tomato, Cucumber and Onion

SHRIMP COCKTAIL (5) . . . 16.99

with Lemon and Cocktail Sauce

Above Platters Include Bread and Butter

** Starred Items Include Cream Cheese*

hot appetizers

OUR FAMOUS

HOMEMADE CHEESE BLINTZES (3)

with Sour Cream or Apple Sauce . . . 12.99

with Blueberry or Cherry Topping . . . 13.99

FRIED SHRIMP POPPERS . . . 12.99

BREADED CHICKEN WINGS . . . 11.99

with Honey or Barbeque Sauce

HOT WINGS "BUFFALO STYLE" . . . 11.99

with Celery & Blue Cheese Dressing

DIJON MUSHROOMS . . . 9.99

(Breaded and Fried)

HAND BATTERED ONION RINGS . . . 8.99

half order . . . 5.99

CHEESE FRENCH FRIES . . . 5.99

BASKET OF SWEET POTATO FRIES . . . 8.99

with Honey Mustard Sauce

half order . . . 5.99

FRIED MOZZARELLA STICKS . . . 9.99

with Marinara Sauce

BOARDWALK WAFFLE FRIES . . . 9.99

with Cheddar Cheese Sauce

half order . . . 6.99

KNISH - 3.49

Potato, Kasha, Spinach, Rice, Pizza, Cheese

POTATO PANCAKES (4) . . . 12.99

with Sour Cream or Apple Sauce

half order . . . 7.99

POTATO PIROGIES (8) . . . 10.99

Boiled or Fried

POTATO SKINS (4) . . . 7.99

with Bacon & Cheddar Cheese or

with Mozzarella & Pizza Sauce

APPETIZER SAMPLER . . . 13.99

Choice of any three from above

SHRIMP IN A BASKET (5) . . . 16.99

with French Fries and Coleslaw

CHICKEN FINGERS BASKET (5) . . . 15.99

with French Fries and Coleslaw

side orders

POTATO SALAD . . . 3.50

COLESLAW . . . 3.50

MACARONI SALAD . . . 3.50

HEALTH SALAD . . . 3.50

TOSSED SALAD . . . 5.99

KUGEL . . . 4.50

KASHA & BOWTIES . . . 4.99

LETTUCE & TOMATO . . . 2.49

HEARTS OF LETTUCE . . . 2.99

CUCUMBER SALAD . . . 3.50

APPLE SAUCE . . . 2.50

POTATO PANCAKE . . . 3.50

COTTAGE CHEESE . . . 3.50

AMERICAN CHEESE . . . 1.99

JARLSBERG CHEESE . . . 2.99

IMPORTED SWISS CHEESE . . . 2.99

SWEET MUENSTER CHEESE . . . 2.99

FRENCH FRIES . . . 3.99



the salad bowl

SALAD DRESSINGS

Blue Cheese • Russian • Caesar • Creamy Italian • Balsamic • French
Honey Mustard • Oil & Vinegar • Ranch • Asian Toasted Sesame
Low-fat Caesar • Non-fat Italian • Non-fat Honey Mustard

1S - BEN & IRV SPECIAL SALAD . . . 17.99

Large Tossed Salad with Tomato Wedges, Cucumber Slices, Croutons, Bacon, Hard Boiled Egg and Cold Shrimp, topped with Our Special Dressing

2S - CHEF SALAD . . . 14.99

Choice of Two Meats and One Cheese, Hard Boiled Egg, Tomato Wedges, and Fresh Assorted Vegetables, over Crisp Garden Greens

OR

with Tuna Salad . . . 14.99
with Chicken Salad . . . 14.99
with Seafood Salad . . . 14.99
with Chicken Breast . . . 14.99
with Egg Salad . . . 11.99

3S - CRISPY CHICKEN SALAD . . . 14.99

with Crispy Chicken, Bacon, Cheddar Cheese, Romaine Lettuce, Tomato, Onion and Ranch Dressing

4S - SPINACH SALAD . . . 12.99

Mushroom, Bacon, Onion, Croutons and Hard Boiled Egg

5S - WHOLE COLD SHRIMP PLATTER . . . 17.99

Fresh Jumbo Shrimp, Hard Boiled Egg, Cucumber Slices, Olives and Tomato Wedges

6S - DELUXE SALAD . . . 16.99

Tuna, Egg and Chicken Salad, Potato Salad, Coleslaw, Tomato Wedges, Cucumber Slices and Olives

7S - CHICKEN CAESAR SALAD . . . 14.99

Tossed with Delicious Caesar Dressing and Topped with Strips of Marinated Chicken Breast, Roasted Peppers & Croutons
Plain Caesar Salad . . . 7.99
Grilled Shrimp Caesar Salad . . . 17.99

Salad Add on's:

Add Chicken \$5.99
Add Salmon \$12.99
Add Shrimp \$2.00 each
Add Avocado \$1.95

8S - FRIED EGGPLANT SALAD . . . 11.99

Fried Eggplant, Hard Boiled Egg, Tomato Wedges, Feta Cheese and Assorted Vegetables over Crisp Garden Greens

9S - MEDITERRANEAN SALAD . . . 21.99

Fresh Cold Shrimp, Fresh Jumbo Lump Crabmeat and Seafood Salad over a Large Tossed Salad with Tomato, Cucumber, Hard Boiled Egg and Croutons

10S - BALSAMIC MARINATED GRILLED CHICKEN BREAST . . . 15.99

Over a Tossed Salad with Tomato, Broccoli and Feta Cheese, Topped with Toasted Pita Bread Points

11S - GREEK SALAD . . . 12.99

Tossed Salad Topped with Tomatoes, Onions, Cucumbers, Olives, Hard Boiled Egg and Feta Cheese, served with Greek Dressing

12S - PORTABELLA MUSHROOM PLATTER . . . 15.99

Grilled Portabella Mushrooms Topped with Low-Fat Tuna and Low-Fat Chicken Salad, Surrounded by Fresh Garden Vegetables, Served with your Choice of Dressing

13S - "OUR FAMOUS"

CHINESE CHICKEN SALAD . . . 14.99

with Sliced Chicken Breast, Chinese Noodles, Mandarin Orange, Walnuts, Over Mixed Greens with Sesame Plum Dressing

14S - CHOPPED CHICKEN SALAD . . . 15.99

with Chopped Romaine, Spring Mix & Iceberg Lettuce, Grilled Chicken, Cran Raisins, Pecans, Tomato, Carrots and Chunks of Bleu Cheese in our Bleu Cheese Special Vinaigrette

15S - AVOCADO CHICKEN SALAD . . . 16.99

with Romaine Lettuce, Sliced Chicken Breast, Avocado, Crumbled Bacon, Egg, Tomato and Diced Purple Onion served with Ranch Dressing

Above platters include Bread and Butter

cold platters

No Substitutions Please

CP - 1 FRESH FRUIT & HOMEMADE SALADS

with Chicken Salad . . . 14.99
with Chicken Waldorf Salad . . . 15.99
with Shrimp Salad . . . 18.99
with Tuna Salad . . . 13.99
with Egg Salad . . . 11.99

FRESH FRUIT

with Sherbet or Ice Cream . . . 9.99

CP - 2 TUNAFISH SALAD . . . 17.99

with Tomato, Lettuce, Sliced Cucumber, Black Olives, Potato Salad and Coleslaw

CP - 3 CHICKEN SALAD . . . 17.99

with Potato Salad, Coleslaw, Sliced Tomato, Lettuce, Sliced Cucumber and Black Olives

CP - 4 INDIVIDUAL CAN OF SALMON . . . 15.99

with Potato Salad, Coleslaw, Sliced Tomato, Lettuce, Sliced Cucumber and Black Olives

CP - 5 EGG SALAD . . . 13.99

with Potato Salad, Coleslaw, Sliced Tomato, Lettuce, Sliced Cucumber and Black Olives

CP - 6 IMPORTED

SKINLESS & BONELESS SARDINES . . . 13.99

with Hard Boiled Egg, Sliced Tomato, Lettuce and Potato Salad

CP - 7 ASSORTED COLD CUTS (can feed two) . . . 21.99

Corned Beef, Roast Beef, Pastrami, Turkey Breast, Swiss Cheese, Potato Salad, Coleslaw, Lettuce and Tomato

CP - 8 CHOPPED LIVER . . . 17.99

with Potato Salad, Coleslaw, Sliced Tomato, Lettuce, Sliced Cucumber and Black Olives

CP - 9 SHRIMP SALAD . . . 21.99

with Potato Salad, Coleslaw, Sliced Tomato, Lettuce, Sliced Cucumber and Black Olives

healthy choice fitness menu

GREAT START - FITNESS BREAKFAST

We Offer Gluten Free Bread, Bagels & Wraps \$1.00 Extra

F1

BODY-BUILDER SPECIAL DOUBLE WRAP

11.99

With Egg Whites, Bacon, Sausage, Ham, Mushrooms, Peppers, Onion & Cheese, served with Home Fries

F2

STEAK AND EGGS

19.99

A Juicy 10oz. Sirloin Steak with Two Country Fresh Eggs, served with Home Fries

F3

LITE, LOW-FAT, LOW-CARB BREAKFAST

9.99

A Two Egg Whites Vegetable Omelette, served with Low-Fat Cottage Cheese and Less Bread Wheat Toast

BEN & IRV HIGH PROTEIN HE-MAN OMELETTES . . . 12.99

HUGE EGG WHITE OMELETTES

F4-1

Four Egg Whites Omelette with Low-Fat Ham, Pepper, Onions and Low-Fat American Cheese, served with Fresh Fruit

F4-2

Four Scrambled Egg Whites with Sautéed Vegetables Topped With Melted Slender American Cheese, served with Fresh Fruit

F4-3

Four Egg Whites Turkey Sausage Omelette with Low-Fat American Cheese, served with Fresh Fruit

F5

BEN & IRV ENERGIZING CARBO-FRUIT

9.99

Large bowl of Cut-Up Fresh Fruit Topped with Low-Fat Yogurt, covered with Granola

F6

LOW-FAT CARDIO WRAP

9.99

Egg Whites, Portabella Mushrooms, Sautéed Fresh Vegetables & Low-Fat American Cheese, served with Fresh Fruit (Must Be In Wrap)

F7

TURKEY SAUSAGE, EGG WHITES & LOW-FAT AMERICAN CHEESE WRAP

9.99

served with Fresh Fruit (Must Be In Wrap)

HEALTHY LUNCH BAR

F8

BEN & IRV COBB SALAD

15.99

A Mixed Green Salad with Chopped Fresh Turkey Breast, Bacon, Crumbled Blue Cheese, Hard Boiled Egg, Tomato & Olives with Choice of Dressing



F9

QUICHE OF THE DAY

14.99

(ask your Server) served with Fresh Fruit & Mixed Green Salad

F10

STRAWBERRY & CHICKEN SALAD (IN SEASON) 15.99

With Grilled Chicken Breast, Strawberries, Mandarin, Orange, Sliced Toasted Almonds, Red Onion & Sprinkled Feta Cheese over Mixed Greens, served with Sesame Plum Dressing

F11

BROILED SESAME-PLUM SALMON SALAD

19.99

Broiled Chunks of Marinated Fresh Norwegian Salmon over a Romaine & Mixed Green Salad with Tomato, Cucumber, Black Olives & Purple Onion Drizzled with Sesame-Plum Dressing

F13

GRILLED CHICKEN BREAST WITH GRILLED PORTABELLA MUSHROOM 14.99

Grilled Purple Onion with Crumbled Blue Cheese on an Oversized English Muffin, served with Sweet Potato Fries

F14

STUFFED VEGGIE PITA

10.99

Grilled Vegetable Burger stuffed in a Pita Pocket with Shredded Lettuce, Tomato & Onion, served with Fresh Fruit Salad

F15

OCEANIC SALAD

21.99

Fresh Grilled Shrimp, Jumbo Lump Crabmeat, Crumbled Bacon, Crumbed Feta, Fried Eggplant, Fresh Spinach, Romaine & Iceberg, Tomato, Purple Onion & Black Olives served with Balsamic Vinaigrette

F16

LOW-FAT TURKEY BURGER

14.99

With Grilled Tomato, Grilled Purple Onion with Melted Low-Fat American Cheese on an Oversized English Muffin, served with Sweet Potato Fries

healthy choice fitness menu

DINNER AT THE SPA

F17

**BROILED
SESAME-PLUM SALMON**
24.99

Broiled Filet of Salmon with Mandarin Oranges topped in a Sesame-Plum Sauce, served with Two Vegetables. Choice of Soup, Salad or Fruit Salad

F18

**MANDARIN
CHICKEN BREAST**
17.99

Broiled Tender Chicken Breast with Mandarin Oranges topped in a Sesame-Plum Sauce with Walnut Pieces, served with Two Vegetables. Choice of Soup, Salad or Fruit Salad

F19

**LOW-FAT
HONEY DIJON
CHICKEN STIR FRY**
16.99

With Grilled Chicken Breast & Fresh Vegetables in a Non-Fat Honey Dijon Sauce, served over White Rice. Choice of Soup, Salad or Fruit Salad

F20

**TASTE OF THE SEA
SIMPLY GRILLED SHRIMP
SCALLOPS, & SALMON**
24.99

served with Rice & Two Vegetables Choice of Soup, Salad or Fruit Salad

F21

**SLICED GRILLED
CHICKEN BREAST
(WITH TWO VEGETABLES)**
17.99

over Fresh Spinach, Diced Plum Tomatoes, Garlic & Provolone Cheese over Homemade Marinara Sauce served Choice of Soup, Salad or Fruit Salad

!!! LOW CARB SPECIAL !!!

F22

**OVERSIZED GRILLED
CHICKEN CHEESESTEAK
PLATTER (NO BREAD)**
13.99

with Havarti Cheese, Bacon, Peppers, Mushrooms & Onions served with one Vegetable & Tossed Salad
(Soup of the Day may be substituted for Salad)

HEALTHY SNACKS & LITE MEALS

F23

FITNESS SALAD
12.99

Fresh Sliced Oven Roasted Turkey Breast & Low-Fat Alpine Lace Swiss Cheese, Over Fresh Spinach Leaves, Romaine, Iceberg & Mixed Greens, served with your Choice of Dressing

F24

ROASTED VEGGIE PLATTER
9.99

A Snack Size Platter of Fresh In-Season Grilled Vegetables in Light Olive Oil & Garlic, served with A Toasted Roll

F25

**OVER-STUFFED PORTABELLA
VEGGIE PITA**
11.99

Stuffed Pita Pocket with Grilled Portabella Mushroom, Grilled Tomato, Garlic Spinach, Onion, Roasted Pepper & Crumbled Feta, served with Fresh Fruit

F26

**HOMEMADE
LOW-FAT MUFFIN &
FRESH FRUIT COMBO**
6.99

Choose from our Variety of many Low-Fat Muffins, served with a Bowl of Fresh Fruit

F27

LOW FAT CHOPPED SALAD
12.99

Fresh Turkey, Slender American Cheese, Lettuce, Tomato, Cucumber, Rice Noodles, Pecans and our Special Fat-Free Honey Mustard Dressing

F28

SOUP & SALAD COMBO
9.99

Choose a Cup of Delicious Homemade Soup from our Selection of "Soups of the Day" along with a Freshly Tossed Garden Salad with your Choice of Dressing

blanche's healthy choice platters

**HC1 - SLICED BREAST OF
WHITE MEAT TURKEY . . . 16.99**

with Fresh Fruit Salad and Garden Vegetables, Choice of Dressing

**HC2 - DIJON CHICKEN SALAD
PLATTER . . . 15.99**

Slices of White Meat Chicken on Top of Fresh Garden Salad with Tomato Wedges, Cucumbers, Olives and Hard Boiled Egg

HC3 - STUFFED PITA POCKET . . . 13.99

Filled with either All White Meat Tuna Salad or Chicken Salad with Lettuce and Tomato

HC5 - CHICKEN WALDORF SALAD . . . 15.99

Homemade Chicken Salad with Walnuts, Apples and Raisins with Garden Fresh Vegetables

**HC6 - GRILLED
VEGETABLE HOAGIE . . . 10.99**

with Broccoli, Spinach, Mushrooms, Tomatoes, Peppers, Onions with Light American Cheese on a Toasted Italian Roll, served with Mixed Fruit

**HC7 - DELICIOUS
GRILLED CHICKEN BREAST . . . 15.99**
Garnished with Fresh Fruit and Garden Vegetables with your Choice of Dressing

HC8 - STUFFED TOMATO . . . 15.99
Filled with our Delicious Homemade Chicken Salad or Tuna Salad or Seafood Salad, served with Homemade Fruit Salad and Spring Mixed Salad with a Balsamic Vinaigrette



B & I Special

ANY SANDWICH

add French Fries or Onion Rings or Sweet Potato Fries and a Fountain Beverage

\$3.99 extra **(EAT IN ONLY)**

cold sandwiches

- CORNED BEEF . . . 13.49
- CORNED BEEF SPECIAL . . . 13.99
with Coleslaw and Russian Dressing
- ROAST BEEF . . . 13.49
- ROAST BRISKET OF BEEF . . . 13.99
- NEW YORK PASTRAMI . . . 13.49
- PASTRAMI . . . 13.49
- HAND CARVED ROAST TURKEY . . . 13.49
- DELI TURKEY BREAST . . . 11.49
- TURKEY PASTRAMI . . . 11.99
- SMOKED TURKEY BREAST . . . 11.99
- LOW-FAT TUNA SALAD . . . 10.99
- ALBACORE TUNA SALAD . . . 11.99
- LOW-FAT CHICKEN SALAD . . . 10.99
- CHUNKY CHICKEN SALAD . . . 11.99
- SHRIMP SALAD . . . 17.99
- SEAFOOD SALAD . . . 11.99
- KOSHER SALAMI . . . 12.99
- KOSHER BOLOGNA . . . 11.99
- TONGUE . . . 17.99
- DANISH HAM . . . 9.99
- BAKED VIRGINIA HAM . . . 9.99
- HARD JEWISH SALAMI . . . 13.99
- CHOPPED LIVER . . . 11.99
- SALMON (individual can) . . . 11.99
- TUNA (individual can) . . . 11.99
- BONELESS, SKINLESS SARDINES . . . 10.99
with Onions
- HARD-BOILED EGG . . . 7.99
with Lettuce & Tomato
- DUTCH STYLE LIVERWURST . . . 7.99
- PEANUT BUTTER & JELLY . . . 5.99
- EGG SALAD . . . 8.99
- BACON, LETTUCE & TOMATO . . . 8.99

hoagies

- H1- SOUTH PHILLY ITALIAN HOAGIE . . . 12.99
with Imported Italian Meats-Genoa Salami, Sopressata, Capocola, Prosciuto, Aged Sharp Provolone, Shredded Lettuce, Roasted Peppers, Extra Virgin Olive Oil & Italian Spices
- H2- JEWISH HOAGIE . . . 13.99
Corned Beef, Roast Beef, Salami, Swiss Cheese, Pastrami, Lettuce, Tomato, Sliced Onions & Spices
- H3- REGULAR SUB . . . 9.99
Ham, Salami, Bologna & American Cheese
- H4- TUNA SALAD HOAGIE . . . 11.99
- H5- BOILED HAM HOAGIE . . . 10.99
- H6- CORNED BEEF HOAGIE . . . 13.99
- H7- ROAST BEEF HOAGIE . . . 13.99
- H8- TURKEY HOAGIE (Hand Carved) . . . 13.99
- H9- CHICKEN SALAD . . . 11.99
- H10- DELI TURKEY HOAGIE . . . 11.99

BEN'S CRAZY JUMBO COMBOS . . . 20.99

MAKE YOUR OWN COMBINATION
A HUGE 16oz. (pound plus) SANDWICH
WITH (2) ITEMS BELOW:

Corned Beef, Pastrami, Salami, Chopped Liver, Roast Beef, Brisket of Beef, White Meat Turkey
Add any toppings of your choice

We Offer Gluten Free Bread, Bagels & Wraps \$1.00 Extra

mark's club sandwiches

- C1-KOSHER SALAMI, SLICED WHITE MEAT TURKEY & SWISS CHEESE CLUB . . . 14.99
with Lettuce and Tomato
- C4-LIVERWURST, BACON & JARLSBERG CHEESE CLUB . . . 11.99
with Lettuce, Tomato and Onion
- C5-CORNED BEEF, ROAST BEEF & SWISS CHEESE CLUB . . . 14.99
with Coleslaw and Russian Dressing
- C6-ROAST BEEF, TURKEY BREAST & SWEET MUENSTER CLUB . . . 14.99
with Lettuce & Tomato
- C7-TURKEY, BAKED HAM & SWISS CHEESE CLUB . . . 14.49
with Lettuce & Tomato
- C8-BRISKET OF BEEF, PASTRAMI & SWISS CHEESE CLUB . . . 15.99
with Coleslaw and Russian Dressing
- C11-TURKEY CLUB . . . 14.99
with Sliced White Meat Turkey, Bacon, Lettuce & Tomato
- C12-HAM & SWISS CHEESE . . . 12.99
with Lettuce & Tomato
- C13-CORNED BEEF & CHOPPED LIVER CLUB . . . 14.99
with Tomato & Onion
- C14-TURKEY & PASTRAMI CLUB . . . 14.99
with Lettuce, Tomato, Onion and Russian Dressing
- C15-PASTRAMI & CHOPPED LIVER CLUB . . . 14.99
with Onion, Tomato, Coleslaw & Russian Dressing
- C16-TUNA SALAD, BACON & PROVOLONE CHEESE CLUB . . . 13.99
with Lettuce & Tomato
- C18-SHRIMP SALAD & SWISS CHEESE CLUB . . . 17.99
with Lettuce & Tomato
- C19-CHICKEN SALAD . . . 13.99
with Bacon, Lettuce & Tomato
- C20-EGG SALAD . . . 12.49
with Bacon, Lettuce & Tomato
- C21-CAN TUNA, HARD BOILED EGG & AMERICAN CHEESE . . . 13.49
with Lettuce & Tomato
- C22-CORNED BEEF, PASTRAMI, CHOPPED LIVER & ONION . . . 14.99
- C23-ROAST BEEF & SWISS CHEESE CLUB . . . 14.99
with Onion, Coleslaw and Russian Dressing
- C24-TURKEY, HAM & SWISS CHEESE CLUB . . . 14.99
with Coleslaw and Russian Dressing
- C25-CHOPPED LIVER & BACON CLUB . . . 13.99
with Onion, Lettuce & Tomato
- C26-ROAST BEEF & WHITE MEAT TURKEY . . . 14.99
with Lettuce & Tomato
- C27-GRILLED CHICKEN BREAST, COOPER SHARP AMERICAN & BACON . . . 14.99
with Lettuce & Tomato
- C28-GRILLED SALMON & BACON . . . 17.99
with Lettuce, Tomato & Chipotle Mayo

All Hoagies Include Provolone Cheese, Lettuce, Tomato, Sliced Onions & Spices

wrap it up

Choice of plain white, or wheat wrap. Gluten Free wrap (add \$1.00)
Served with mixed fruit or cole slaw

W1 - GRILLED CHICKEN BREAST . . . 13.99

Grilled Vegetables and Lite American Cheese

**W2 - LOW-FAT TUNA SALAD OR
LOW-FAT CHICKEN SALAD OR
SEAFOOD SALAD . . . 13.99**

with with Slender American Cheese Lettuce, Tomato,
Onion and Roasted Peppers

W3 - CRISPY CHICKEN WRAP . . . 13.99

with Bacon, Cheddar Cheese, Lettuce,
Tomato, Onion & Ranch Dressing

W4 - HAND CARVED TURKEY WRAP . . . 14.99

with Bacon, Havarti Cheese, Coleslaw and Russian Dressing

W5 - CORNED BEEF & PASTRAMI WRAP . . 14.99

with Swiss Cheese, Coleslaw and Russian Dressing

W6 - CHICKEN TERIYAKI WRAP . . . 13.99

Grilled Chicken with Teriyaki Sauce, White Rice,
Caramelized Sauce, Onions, Mushrooms and Broccoli

W7 - BBQ CHICKEN BREAST WRAP . . . 14.99

with Melted Cheddar Cheese, Fried Onions,
Lettuce and Peppers

W8 - REUBEN WRAP . . . 14.99

Hot Corned Beef, Sauerkraut, Swiss Cheese
and Russian Dressing

W9 - CHICKEN AND BEEF STEAK WRAP . . . 14.99

with American Cheese, Sautéed Peppers and Fried Onions

W10 - GRILLED

BALSAMIC CHICKEN BREAST . . . 13.99

with Romaine Lettuce, Feta Cheese,
Broccoli, Tomato, Onion and Roasted Peppers
Drizzled with Balsamic Vinaigrette

W11 - HONEY DIJON

ROASTED TURKEY WRAP . . . 14.99

Sweet Muenster Cheese, Lettuce, Tomato,
Onion and Roasted Peppers

W12 - CHIPOTLE WRAP . . . 14.99

Homemade Brisket, Cooper sharp American,
Lettuce, Tomato, Purple Onion and Chipotle mayo

W13 - PORTABELLA MUSHROOM WRAP . . . 13.99

with Chicken Breast, Provolone Cheese,
Fresh Spinach and Roasted Peppers

W14 - CHICKEN EGGPLANT WRAP . . . 13.99

Grilled Chicken, Fried Eggplant, Feta Cheese,
Romaine Lettuce, Tomato, Olives, Onion,
Roasted Peppers and Ranch Dressing

W15 - JEWISH HOAGIE WRAP . . . 14.99

Pastrami, Salami, Corned Beef, Roast Beef,
Swiss Cheese, Lettuce, Tomato, Onion
and Russian Dressing

W16 - GRILLED CHICKEN

CAESAR SALAD WRAP . . . 13.99

Grilled Tender Chicken Breast with Romaine Lettuce,
Croutons, Diced Tomatoes, Black Olives, Roasted Peppers,
Romano Cheese & Caesar Dressing

W17 - GRILLED VEGGIE WRAP . . . 12.99

with Garden Fresh Grilled Vegetables
seasoned in Olive oil and Lite Garlic

W18 - GRILLED CHICKEN AVOCADO WRAP . . . 14.99

with Grilled Chicken, Bacon, Pepper Cheese, Lettuce, Tomato
Avocado, Onion & Chipotle Mayo

W19 - SMOKED TURKEY WRAP . . . 13.99

with Smoked Turkey, Turkey Bacon, Alpine Swiss,
Shredded Lettuce, Tomato, & Non-Fat Mustard Dressing

EXTRAS ON SANDWICHES ONLY

*Coleslaw & Russian Dressing 50¢ • Lean 50¢ • Sliced Tomato 50¢
All Cheese 95¢ • Bacon \$1.50 • Hard Boiled Egg 95¢ Avocado \$1.95*

grilled sandwiches

L1 - REUBEN . . . 15.99

Hot Corned Beef & Melted Swiss Cheese with
Sauerkraut & Russian Dressing,
Served Open Face on Rye, Grilled to Perfection

L2 - HOT PASTRAMI AND

MELTED SWISS CHEESE . . . 15.99

with Homemade Coleslaw and Russian Dressing,
Served Open Face on Fresh Rye Bread

**L3 - "THE STACK" - HOT CORNED BEEF,
PASTRAMI & MELTED SWISS CHEESE . . . 16.99**

with Homemade Coleslaw and Russian Dressing
Served Open Face on Two Homemade Potato Latkas

L4 - HOT BRISKET & CORNED BEEF . . . 15.99

Topped with Sauerkraut, Russian Dressing and Swiss Cheese,
Served Open Face on Fresh Rye

**L5 - BREAST OF TURKEY, CRISP BACON
& MELTED HAVARTI CHEESE . . . 15.99**

with Homemade Coleslaw and Russian Dressing,
Served Open Face on Fresh Rye

L6 - TURKEY REUBEN . . . 15.99

Hand Carved Turkey & Melted Swiss Cheese
with Sauerkraut & Russian Dressing,
Served Open Face on Rye, Grilled to Perfection

**L7 - HOMEMADE TUNA SALAD and
MELTED SWISS CHEESE . . . 14.99**

with Sliced Tomato, Served Open Face on Toasted Rye

L8 - GRILLED CHIPOTLE ROAST BEEF MELT . . . 15.99

with Havarti Cheese, Tomato, Purple Onion
and Chipotle Mayo

the hot grill

HOT BRISKET OF BEEF SANDWICH . . . 18.99

with Brown Gravy, French Fries and Coleslaw
HAND-CARVED

HOT ROAST TURKEY SANDWICH . . . 17.99

with Turkey Gravy, French Fries and Coleslaw

HOT PRIME ROAST BEEF SANDWICH . . . 17.99

With Brown Gravy, French Fries and Coleslaw

GRILLED PORTABELLA

MUSHROOM SANDWICH . . . 12.99

Served on a Kaiser Roll with Grilled Tomato, Garlic Spinach,
Onion, Roasted Pepper and Melted Provolone,
Served with French Fries

GRILLED CHICKEN PORTABELLA MELT . . . 14.99

Grilled Chicken Breast, Portabella Mushroom,
Sautéed Spinach & Roasted Peppers with Melted Provolone
on a Kaiser Roll served with French Fries

GRILLED TURKEY BURGER . . . 14.99

Served on a Kaiser Roll with a Green Vegetable,
Lettuce and Tomato

GRILLED VEGETABLE BURGER . . . 12.99

Served on a Kaiser Roll with a Green Vegetable,
Lettuce and Tomato

MONTE CRISTO . . . 13.99

Grilled Ham, Turkey & Swiss Cheese on
Thick Challah French Toast, served with French Fries

CRISPY CHICKEN

PARMIGIANA SANDWICH . . . 13.99

Fried Tender Chicken Fingers covered with
Melted Provolone Cheese and Marinara Sauce
on a Fresh Kaiser Roll, served with French Fries

CRISPY CHICKEN CLUB SANDWICH . . . 13.99

Fried Chicken Fingers with Melted Cheddar Cheese,
Bacon, Lettuce and Tomato on a Kaiser Roll,
served with French Fries

bistro sandwiches

B1 - TURKEY AVOCADO FLATBREAD CLUB . . . 14.99

with Fresh Turkey, Avocado, Bacon, Lettuce & Tomato with Chipolte Mayo on Grilled Flatbread served with Fresh Fruit

B2 - GRILLED FLATBREAD SANDWICH . . . 14.99

with Low-Fat Chicken or Tuna or Seafood or Egg Salad with Leaf Lettuce, Slender American Cheese, Lettuce, Tomato, Purple Onion & Roasted Pepper served with Fresh Fruit Salad

B3 - CHICKEN PESTO FLATBREAD SANDWICH . . . 14.99

with Grilled Chicken Breast, Pesto Sauce, Roast Pepper, Ripe Tomato & Melted Provolone served with Fresh Fruit Salad

B4 - GRILLED CHICKEN & AVOCADO SANDWICH . . . 14.99

with Sliced Chicken Breast, Avocado, Diced Tomato & Purple Onions & Chipolte Mayo on a Toasted South Philly Seeded Roll served with Sweet Potato Fries

chicken breast sandwiches

Served on Freshly Baked Kaiser Roll, accompanied with French Fries, Coleslaw, Lettuce and Tomato Garnish

1 - PLAIN GRILLED CHICKEN BREAST . . . 13.99

2 - "THE SKINNY" CHICKEN BREAST . . . 14.99

Chicken Breast with Turkey Bacon, Slender American Cheese, Grilled Tomato & Grilled Purple Onion

3 - SKY HIGH CHICKEN BREAST . . . 14.99

Topped with Crisp Bacon, with Swiss Cheese, Coleslaw and Russian Dressing

4 - GRILLED BARBECUED CHICKEN BREAST . . . 14.99

Smothered in Melted Cheddar Cheese and Topped with Sautéed Peppers & Onions

5 - TERIYAKI CHICKEN BREAST . . . 14.49

Brushed with Teriyaki Sauce & Topped with Grilled Pineapple

6 - CAJUN CHICKEN BREAST . . . 14.49

with a Spicy Cajun Seasoning, Melted Pepper Cheese, & Well-Done Fried Onions and Peppers

7 - BACON CHEDDAR CHICKEN BREAST . . . 14.99

Topped with Sautéed Onions

8 - MUSHROOM CHICKEN BREAST . . . 14.99

Topped with Sautéed Mushrooms and Melted Cheddar Cheese

9 - HONEY-DIJON CHICKEN BREAST . . . 14.99

Topped with a Delicious Honey-Dijon Sauce

10 - BUFFALO CHICKEN BREAST . . . 14.99

Grilled in Buffalo Wing Sauce with Bacon, Topped with Blue Cheese Crumbles

hot sandwiches

JUMBO KNOCKWURST (Boiled or Grilled) . . . 4.99

INTERNATIONAL DOG . . . 8.99

Grilled Salami and Melted Provolone on a Grilled Knockwurst

KOSHER STYLE TEXAS TOMMY . . . 6.99

Grilled Knockwurst with Bacon & Melted American Cheese

TEXAS TOMMY . . . 5.99

KOSHER HOT DOG (Boiled or Grilled) . . . 4.99

HOT DOG (Boiled or Grilled) . . . 3.99

ITALIAN MEATBALL WITH CHEESE . . . 8.99

HAMBURGER (6oz.) . . . 5.99

CHEESEBURGER (6oz.) . . . 6.49

PORK ROLL . . . 6.99

FRIED EGGS . . . 3.99

BACON & EGGS . . . 5.49

BACON, EGGS & CHEESE . . . 5.99

HAM & EGGS . . . 5.99

GRILLED CHEESE SANDWICH . . . 4.99

GRILLED CHEESE & HAM . . . 7.49

GRILLED CHEESE & BACON . . . 6.99

GRILLED CHEESE & TOMATO . . . 5.99



gourmet Angus burgers

*All Gourmet Burgers
served on a Kaiser Roll
with French Fries, Coleslaw, Lettuce & Tomato*

BASIC BURGER (10 OZ.) . . . 12.99

BASIC CHEESEBURGER (10 OZ.) . . . 13.99

**Or a Gourmet Burger with any one
of the following toppings . . . 14.99**

- 1 - Sautéed mushrooms, sweet green peppers and onions
- 2 - american cheese and bacon
- 3 - ham and melted american cheese
- 4 - mushrooms and bacon and havarti cheese
- 5 - mushrooms and cheddar cheese
- 6 - avocado, bacon and cooper american cheese
- 7 - melted pizza cheese and sauce
- 8 - mushrooms and american cheese
- 9 - cheddar cheese and bacon
- 10 - canadian bacon and cheddar cheese

Philly Style

chicken or beef steak sandwiches

served with chips and pickle

- 1 - with Sautéed Onions . . . 9.99
 - 2 - with Lite American Cheese . . . 10.99
 - 3 - with Melted Provolone Cheese, Sautéed Onions & Pizza Sauce . . . 10.99
 - 4 - with Sautéed Mushrooms . . . 10.99
 - 5 - with Sautéed Peppers . . . 10.99
- Hoagie with Tomato, Raw Onions & Oregano . . . 10.99

BEN & IRV SPECIAL STEAK . . . 12.99

**with Melted Provolone Cheese, Sautéed Onions,
Mushrooms, Sweet Peppers and Pizza Sauce,
served on a Freshly Baked Italian Roll.
Choose Beef or Chicken**



BEN & IRV'S BALTIMORE STYLE JUMBO LUMP CRAB CAKE SANDWICH . . . 18.99

Fresh Succulent Lightly breaded Jumbo Lump Crab Cake on a Fresh Kaiser Roll topped with Grilled Purple Onions, Grilled Tomato & Onion Ring, Lettuce & Tomato

dinner at ben & irv's

Platter prices shown below include a choice either Soup, Appetizer or Salad and Two Vegetables

APPETIZERS

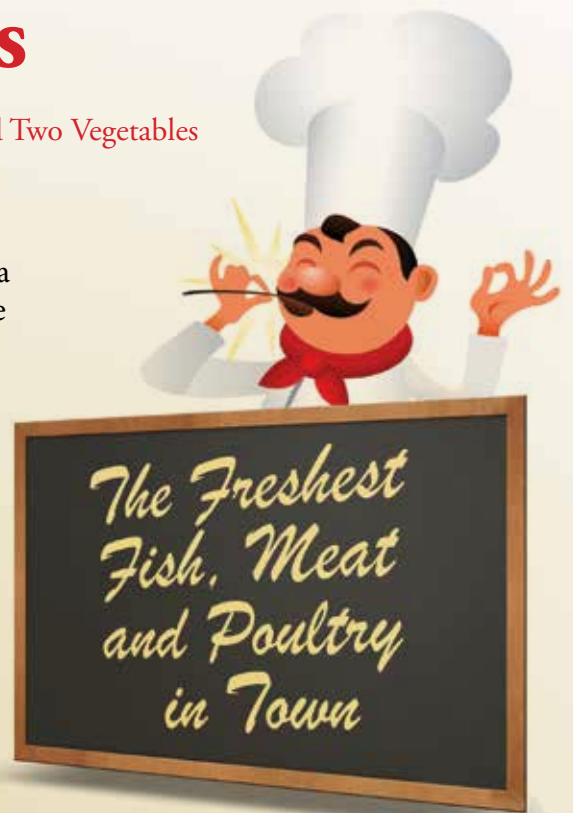
Chilled Tomato Juice • Pineapple Juice
Orange Juice • Apple Juice
Fresh Fruit Cup • Chopped Chicken Livers

SOUP DU JOUR

Chicken Noodle • Split Pea
Mushroom Barley • Vegetable
*Add \$1.00 for
Matzoh Ball,
Kreplach or
Cabbage Borscht*

VEGETABLES

Baked Sweet Potato • Baked Potato • Mash Red Bliss Potatoes • French Fries
Potato Salad • Potato Pancake • Apple Sauce • Cucumber Salad • Coleslaw
Fried Eggplant • Creamed Spinach • Glazed Carrots • Italian Zucchini
Broccoli • Rice • Baked Beans • String Beans



seafood entrées

**BROILED FILET OF
NORWEGIAN SALMON . . . 24.99**
(ADD POMODORO SAUCE \$1.00 EXTRA)
FRIED BUTTERFLY SHRIMP . . . 18.99
BROILED FILET OF FLOUNDER . . . 17.99
BROILED FILET OF FLOUNDER . . . 23.99
Stuffed with Crab-meat
BROILED FRESH SEA SCALLOPS . . . 24.99
DEEP FRIED SEA SCALLOPS . . . 18.99
BROILED FRESH TILAPIA . . . 19.99
**TWO BALTIMORE STYLE
LUMP MEAT CRAB CAKES . . . 26.99**

meat entrées

BROILED 14 OZ. RACK OF LAMB . . . 29.99
“POUND PLUS” GARLIC RIB STEAK . . . 29.99
with Onion Ring
**ROASTED GARLIC
10OZ. SIRLOIN STRIP STEAK . . . 23.99**
ROAST BRISKET OF BEEF . . . 19.99
with Kasha & Bowties or two Vegetables
SAUTÉED BABY CALVES LIVER . . . 18.99
with Onions & Bacon
BAKED VIRGINIA HAM STEAK . . . 17.99
with Pineapple ring
**12OZ. CHARBROILED
CHOPPED ANGUS SIRLOIN STEAK . . . 17.99**
with Onions
2 JUMBO JEWISH KNOCKWURST . . . 15.99
Boiled or Grilled
SWEET & SOUR STUFFED CABBAGE . . . 18.99
HOMEMADE FLANKEN IN THE POT . . . 18.99
with Cabbage Borscht and one Vegetable
CHAR GRILLED PORK CHOPS . . . 17.99
**HOMEMADE
SWEET & SOUR MEATBALLS . . . 16.99**

poultry entrées

1/2 ROAST DUCKLING . . . 24.99
with Orange Sauce over rice and two vegetables
TURKEY LONDON BROIL . . . 18.99
ROAST VERMONT TURKEY with Stuffing . . . 18.99
1/2 HONEY ROAST CHICKEN with Stuffing . . . 18.99
1/2 BROILED CHICKEN with Peach Half . . . 18.99
1/2 ROAST CHICKEN with Stuffing . . . 18.99
1/2 BAR-B-QUE CHICKEN . . . 18.99
1/2 SOUTHERN FRIED CHICKEN . . . 18.99
CHICKEN PARMIGIANA . . . 18.99
with Spaghetti or two Vegetables
CHICKEN IN THE POT . . . 18.99
with Matzoh Ball, Kreplach & Noodles
**GRILLED TURKEY
CHOPPED STEAK . . . 18.99**
**GRILLED BONELESS
CHICKEN BREAST**
Plain . . . 17.99
Marsala . . . 18.99
Dijon . . . 18.99
Teriyaki . . . 18.99
Shrimp Scampi . . . 20.99
**ROAST GARLIC
CHICKEN BREAST**
(over rice) . . . 18.99
**BROILED WALNUT APRICOT
CHICKEN BREAST . . . 18.99**
**HOMEMADE
CHICKEN CROQUETTES . . . 16.99**

cereals & fruit

FROSTED FLAKES, RAISIN BRAN, or OATMEAL with Milk . . . 3.99

Banana or Raisins 1.00 Extra

Strawberries in Season 1.50 Extra

FRESH FRUIT CUP . . . 5.99



country fresh eggs

Served with Potatoes, Bread and Butter

TWO EGGS (ANY STYLE) . . . 5.99

Egg Beaters or Egg Whites \$1.00 Extra

Substitute Fresh Fruit for Potatoes \$1.00 Extra

Sub Gluten Free Bread or Bagel \$1.00 Extra

fluffy omelettes

Three Egg Omelettes

Served with Potatoes, Bread and Butter

Egg Beaters or Egg Whites \$1.00 Extra

Substitute Fresh Fruit for Potatoes \$1.00 Extra

NOVA LOX & ONION OMELETTE . . . 13.99

LOX & ONION OMELETTE . . . 13.99

LOW-FAT TURKEY OMELETTE . . . 9.99

with Turkey Bacon or Turkey Sausage

BACON & CHEESE OMELETTE . . . 10.99

CORNED BEEF OMELETTE . . . 10.99

PASTRAMI OMELETTE . . . 10.99

REUBEN OMELETTE . . . 11.99

SALAMI OMELETTE . . . 10.99

BACON OMELETTE . . . 9.99

HAM OMELETTE . . . 8.99

SWEET MUENSTER CHEESE

OMELETTE . . . 7.99

JARLSBERG OMELETTE . . . 7.99

FETA CHEESE OMELETTE . . . 7.99

SWISS CHEESE OMELETTE . . . 7.99

COTTAGE CHEESE OMELETTE . . . 7.99

AMERICAN CHEESE OMELETTE . . . 7.99

MUSHROOM & CHEESE OMELETTE . . . 9.99

PEPPER & ONION OMELETTE . . . 7.99

FRESH TOMATO OMELETTE . . . 7.99

MUSHROOM OMELETTE . . . 8.99

WESTERN OMELETTE . . . 9.99

SPANISH OMELETTE . . . 8.99

VEGGIE OMELETTE . . . 9.99

ONION OMELETTE . . . 7.25

PLAIN OMELETTE . . . 6.99

**SHRIMP &
JUMBO LUMP
CRABMEAT
OMELETTE . . . 16.99**
with Fresh Spinach,
Tomato, Peppers, Onions
& Havarti Cheese
**Sorry,
No Substitutions,
any deletions same price**

**BRUCE'S TASTY
OMELETTE . . . 9.99**
with Egg Whites, Roasted
Peppers, Fried Onions &
Sweet Munchie Cheese
Served with Potatoes
**Sorry, No Substitutions,
any deletions same price**

**MIM'S
HEARTY
OMELETTE . . . 9.99**
Egg Whites, Peppers,
Onions, Mushrooms,
served with Lettuce
and Tomatoes
**Sorry,
No Substitutions,
any deletions
same price**

**MICHAEL'S
SPECIAL
OMELETTE . . . 12.99**

Three Egg Omelette
with Mushrooms, Peppers,
Onions, Sausage, Bacon
and Cheese, Served
with Potatoes

**Sorry,
No Substitutions,
any deletions
same price**

from the griddle

THREE GOLDEN PANCAKES or THICK CHALLAH FRENCH TOAST . . . 7.99

with Syrup or Jelly

GLUTEN FREE PANCAKES . . . 8.99

SHORT STACK . . . 6.99

CHOCOLATE CHIP PANCAKES . . . 8.99

BLUEBERRY, STRAWBERRY OR BANANA PANCAKES . . . 8.99

Egg Beaters or Egg Whites \$1.00 Extra

**Consuming raw or under cooked meat, poultry, seafood, shellfish or eggs, may increase your risk of food-borne illness, especially if you have certain medical conditions.*

LENNY'S SUNDAY BRUNCH . . . 69.99

Can be served any day of the week

Chopped Herring, Whitefish Salad, Smoked Whitefish, Nova Scotia Lox, Kippered Salmon, Sweet Muenster Cheese, Lettuce, Sliced Tomato, Cucumber Slices, Onion Slices, Black Olives and Six Bagels with Cream Cheese
- Feeds 4 people -



mini brunches

Served with Lettuce, Tomato, Black Olives,
Feeds 2 people

- 1 - NOVA SCOTIA LOX & KIPPERED SALMON . . . 40.99
- 2 - NOVA SCOTIA LOX & JUMBO WHITEFISH . . . 38.99
- 3 - JUMBO WHITEFISH & KIPPERED SALMON . . . 38.99
- 4 - NOVA SCOTIA LOX & SMOKED SABLE . . . 44.99
- 5 - KIPPERED SALMON & WHITEFISH SALAD . . . 34.99
- 6 - NOVA SCOTIA LOX & WHITEFISH SALAD . . . 34.99
- 7 - KIPPERED SALMON & SMOKED SABLE . . . 44.99

ASSORTED SMOKED FISH PLATTER . . . 45.99

Whitefish, Kippered Salmon, Nova Scotia Lox, Whitefish Salad, Chopped Herring, Lettuce, Tomato, Onion, Cucumber, Cream Cheese, Black Olives and Two Bagels
- Feeds 2 people -



HOMEMADE CREAM CHIPPED BEEF . . . 12.99

Served over Toast with Potatoes
(Breakfast Only)

FRIED MATZOH . . . 8.99

Served with Syrup or Jelly

EGGS BENEDICT

made with

CANADIAN BACON . . . 12.99

made with

NOVA LOX . . . 16.99

both come with Home Fries
(Breakfast Only)

on a bagel

Gluten Free Bagels... \$1.00 Extra

- *A - BAGEL & CREAM CHEESE . . . 2.75
- B - BAGEL & KIPPERED SALMON SALAD . . . 14.99
- C - BAGEL, CREAM CHEESE & LOX (Salt) . . . 16.99
- D - BAGEL, CREAM CHEESE & NOVA SCOTIA SALMON (No Salt) . . . 16.99
- E - BAGEL, LOX & CREAM CHEESE SPREAD . . . 10.99
- F - BAGEL, CREAM CHEESE & SABLE . . . 20.99
- G - BAGEL, CREAM CHEESE & JUMBO WHITEFISH . . . 16.99
- H - BAGEL, CREAM CHEESE & KIPPERED SALMON . . . 17.99
- I - BAGEL, CREAM CHEESE & WHITEFISH SALAD . . . 14.99
- J - BAGEL CREAM CHEESE & CHIVES . . . 7.99
- K - BAGEL, CREAM CHEESE & CHOPPED HERRING . . . 14.99
- *L - PIZZA BAGEL . . . 7.99
with Melted Cheese and Pizza Sauce
- *M - BAGEL, TOMATO & MELTED CHEESE . . . 6.99
- *N-AVOCADO, BACON & MELTED NY AMERICAN CHEESE . . . 8.99

AVOCADO TOAST

On delicious Hearth Baked, Stone Ground, Multi Grain Bread
Fresh Avocado with a hint of basil & tomato 7.99
with Nova Lox..... 13.99
with Scrambled Egg..... 8.99
with Grilled Shrimp..... 13.99

All Above Sandwiches include Tomato, Lettuce, Onion, Cucumber and Olive Garnish, except where Starred (*)

side orders

- HOME FRIES . . . 3.99
- TURKEY SAUSAGE (4 Links) . . . 3.50
- TURKEY BACON (4 slices) . . . 3.50
- HAM STEAK (2 Slices) . . . 4.50
- PORK ROLL (3 Slices) . . . 3.99
- SCRAPPLE (2 Slices) . . . 3.50
- SAUSAGE (3 Links) . . . 3.50
- BACON (4 Slices) . . . 3.50

- CORNED BEEF HASH . . . 5.99
- CANADIAN BACON (3 Slices) . . . 4.99
- CREAM CHEESE . . . 0.75
- ENGLISH MUFFIN and BUTTER . . . 2.00
- TOAST and BUTTER . . . 2.00
- BAGEL and BUTTER . . . 2.00
- CINNAMON BUN (Toasted) . . . 3.50
- KAISER ROLL and BUTTER . . . 2.00
- BLUEBERRY or CORN MUFFIN . . . 2.99
- ASSORTED LOW-FAT MUFFINS . . . 2.99

