

Small 5.99

CHOPPED SALAD

Large 6.99

Choice of Greens

- Romaine • Mixed Field Greens • Baby Spinach

Choice of Toss-ins

- Shredded Carrots • Diced Tomatoes • Grape Tomatoes • Red Onions • Corn • Chopped Celery
- Cucumbers • Broccoli Florets • Bell Peppers • Sliced Mushrooms • Snap Peas • Kidney Beans
- Chick Peas • Sweet Peppers • Hot Peppers • Pepperoncini • Black Olives • Green Olives
- Crumbled Bacon • Hard Boiled Eggs • Golden Raisins • Asian Noodles • Tortilla Chips
- Croutons • Sunflower Seeds • Parmesan Cheese

Dressings

- Classic Italian • Creamy Ranch • Country French • Chunky Blue Cheese • Russian • Traditional Caesar
- Greek • Balsamic Vinaigrette • Honey Mustard • Olive Oil & Vinegar

Lite Dressings

- Lite Creamy Italian • Lite Ranch • Lite Blue Cheese

Fat Free Dressings

- Fat Free Italian • Fat Free Ranch • Fat Free Balsamic Vinaigrette

Extras .75 Each

- Sundried Tomatoes • Dried Cranberries • Roasted Peppers • Shredded Cheddar • Shredded Mozzarella
- Feta Cheese • Crumbled Bleu Cheese • Walnuts • Diced Ham • Diced Turkey

Extras 1.95 Each

- Grilled Jumbo Shrimp (3) • Grilled Chicken Cutlet • Breaded Chicken Cutlet • Teriyaki Chicken
- Fresh Mozzarella • Portobello Mushroom • Barbecue Chipotle Chicken

ADD A SCOOP: Egg Salad: 2.00 • Tuna or Chicken Salad: 2.50 • Shrimp Salad: 3.50

Create your own wrap from the salad bar, cold or pressed: 5.95, with meat 6.95

FROM THE GRILL

Philly Cheesesteak - thin sliced steak, melted mozzarella cheese, sautéed onions and peppers and mushrooms on a toasted hero..... **6.95**

Grilled Cheese - traditional grilled American cheese **4.50**

Bacon Lettuce Tomato - choice of bread **4.50**

Benkerts Classic Burger - thick juicy burger grilled to perfection..... **4.95**

The King Burger - bacon, lettuce, tomato, onion cheddar cheese, and barbecue sauce..... **5.95**

The Queen Burger - cheddar and bacon on an English muffin **5.95**

The Knight Burger - sautéed mushrooms and choice of melted cheese **5.95**

The Princess Burger - turkey burger with lettuce and sliced tomato **5.95**

The Prince Burger - swiss cheese with sautéed onions and mushrooms on toasted rye bread **5.95**

SALADS

Macaroni Salad

Pasta Salad

Penn. Dutch Potato Salad

Cucumber Salad

Cole Slaw

Potato Salad

German Potato Salad

Spinach and Egg White

Tomato and Mozzarella

Shrimp Salad

Chicken Salad

Waldorf Chicken Salad

Tuna Salad

Low Fat Veggie Tuna

Egg Salad

Italian Tuna

New Dill Potato Salad

Orzo Salad

Spinach and Sundried Tomato

Greek Pasta Salad

Antipasto Salad

Rice Pudding

Bowtie and Chicken

BEVERAGE BAR

	20 oz.	32 oz.	44 oz.
Iced Coffee	2.00	2.25	2.50
Iced Tea	2.00	2.25	2.50
Lemonade	2.00	2.25	2.50
Unsweetened Ice Tea	2.00	2.25	2.50
Flavored Ice Coffee	2.00	2.25	2.50



2212 Middle Country Rd.
Centereach N.Y. 11720

Daily Menu

Delivery Available

Chopped Salad Menu

Credit Cards Accepted

Phone: (631) 320-0785

Fax: (631) 320-0786

BenkertsDeli@Optimum.net

BREAKFAST

Two Eggs, any style on a roll.....	\$2.50
Two Eggs Platter with home fries and toast	\$3.50
Three Egg Whites with Turkey	\$3.50

EXTRAS

Cheese50	Bagel.....	.50
Addl. Egg50	Sausage75
Eng. Muffin50	Turkey	1.25
Ham75	Hero	1.00
Sub. Whites25	Home Fries75
Wrap50	Roast beef	1.25
Bacon75	Croissant	1.35
Pastrami	1.25		

Coffee, Tea, or Hot Chocolate

12 oz.....	1.49
16 oz.....	1.59
20 oz.....	1.69
24 oz.....	1.79

Plus tax

All breakfast platters come with free coffee, tea, or hot chocolate until noon.

BENKERTS SPECIALS

Benkerts Classic, 3 eggs, bacon, ham, cheese, home fries on a hero.....	4.99
Hungryman, 3 eggs bacon, ham, sausage, cheese, on a hero.....	4.99

Buttered Roll.....	1.25
Buttered Bagel	1.50
English Muffin.....	1.50
Danish, Croissant, Turnovers, Pound Cake, Brownies	1.95
Assorted Muffins	1.75

GOURMET SANDWICHES

\$6.95

Delightful Club - smoked turkey, gruyere cheese, tomatoes, romaine lettuce, Russian dressing on pumpernickel.

Uncle June Sandwich - grilled chicken outlet, bacon, choice of melted cheese, lettuce, tomatoes, with your choice of dressing on a toasted hero.

Fat Tony - ham, cappy, genoa salami, pepperoni, prosciutto, fresh mozzarella, roasted peppers, chopped greens, balsamic vinaigrette, on a toasted hero.

The Hoss - honey maple turkey, melted mozzarella cheese, lettuce, tomatoes, on a roll with honey mustard.

Monte Cristo - turkey, ham, melted swiss cheese, tomatoes on a toasted roll with Russian dressing.

Sweet Melissa - grilled chicken w/ lettuce and tomatoes avocado and red onions and balsamic vinaigrette on toasted marble rye.

The Timbo - roast beef, bacon, and melted mozzarella on a toasted garlic hero.

The Sassy Sam - grilled pastrami, melted swiss cheese, Dijon mustard on rye.

The Big Jr - grilled roast beef, melted mozzarella cheese, grilled onions, and mushrooms on a toasted garlic hero with barbecue sauce.

GOURMET WRAPS

\$6.95

Grilled Chicken Pesto - Grilled chicken, fresh mozzarella, roasted peppers, pesto sauce and leaf lettuce in a wrap.

Low Fat Tuna Salad - low fat veggie tuna, romaine lettuce and tomatoes in a wrap.

Grilled Chicken Caesar - grilled chicken, romaine lettuce, and parmesan cheese in a wrap.

Texas Buffalo Chicken - Buffalo style chicken, shredded carrots, chopped celery, romaine lettuce with bleu cheese in a wrap.

Chicken Cutlet Supreme - breaded chicken cutlet, fresh mozzarella, plum tomatoes, roasted peppers, leaf lettuce, and balsamic vinaigrette in a wrap.

BLT - grilled chicken, bacon lettuce, tomatoes and ranch dressing in a wrap.

Mad Max - roast beef, cheddar cheese, leaf lettuce, with barbecue sauce in a wrap.

SIDES

French Fries small.....	1.99
large.....	3.99
Cheese Fries small.....	2.99
large.....	4.99
Onion rings small.....	2.99
large.....	4.49
Mac and Cheese.....	4.99/lb
Chicken Fingers (4) w/sauce.....	4.49
Mozzarella Sticks.(6).....	3.99
Benkerts Wings, mild, hot..... (6)	4.29
mild, hot..... (12)	7.99

CARVING BOARD

Grilled Chicken	5.50
Smoked Turkey	5.25
Chicken Breast	5.25
Pastrami Brisket	5.75
BBQ Chicken	5.75
Roast Beef	5.75
Br. Chicken Cutlet	5.50
Black Forest Ham	5.25
Domestic Cheese	4.25
Boars Head Ham	5.25
Imported Cheese	4.50
Ham Cappy	5.25
Fresh Turkey	5.50
Virginia Ham	5.25
Honey Turkey	5.25
Genoa Salami	5.25
Peppermill Turkey	5.25
Boars Head Bologna	5.25
Salsalito Turkey	5.25
Boars Head Liverwurst	5.25

All sandwiches served on White, Rye, Marble Rye, or Whole Wheat Bread

EXTRAS

Hero	1.00	Tomato30
Lettuce30	Cheese75
Fresh		Roll50
Mozzarella	1.00	Roasted Pepper	.100
Bagel50	Bacon	1.00

SPECIALTY SALAD SANDWICHES

Egg Salad	4.25
Low Fat Veggie Tuna	5.50
Chicken Salad	5.50
Waldorf Chicken Salad	5.75
Tuna Salad	5.25
Seafood Salad	5.75
Shrimp Salad	6.25
Italian Tuna (no mayo)	5.75