



9420 West Pico Blvd. • Los Angeles, CA 90035
(310) 278-9175

CALL 800-774-3663, PRESS 2 THEN ENTER EXT. 129
Email This Menu At: www.YourRC.com

Menu Items and Prices Subject to Change Without Notice



BREAKFAST FRUITS AND JUICES

ORANGE JUICE "Fresh Squeezed"	pt 4.95	qt 7.95
GRAPEFRUIT JUICE "Fresh Squeezed"	pt 4.95	qt 7.95
CRANBERRY JUICE	pt 3.50	qt 6.50
APPLE JUICE	pt 3.50	qt 6.50
CARROT JUICE	pt 3.95	qt 6.95
PINEAPPLE JUICE	pt 3.50	qt 6.50
V-8 JUICE	pt 3.50	qt 6.50
TOMATO JUICE	pt 3.50	qt 6.50
HALF GRAPEFRUIT		2.75
STEWED PRUNES	1/2 pt	2.95
MELON (in season) honeydew, cantaloupe or watermelon.....		3.95
FRESH FRUIT	lb	7.95
BAKED APPLES "Sugar Free"		3.75

EGGS

With Potatoes, Tomatoes, Fruit or Low Fat Cottage Cheese (Substitute Mixed Greens—add 1.50) Toast, Roll or Bagel
Made with Egg Whites or Eggbeaters—add 1.00. All orders can be cooked without oil by request.

TWO EGGS ANY STYLE	6.50
WITH LOX ON THE SIDE	13.50
WITH COD or SABLE ON THE SIDE	12.95
WITH WHITEFISH ON THE SIDE	11.50
WITH STURGEON or BAKED SALMON ON THE SIDE	14.50
SCRAMBLED EGGS & ONIONS	7.25
SALAMI or BOLOGNA & EGGS	9.95
SMALL STEAK & EGGS	12.50
LARGE STEAK & EGGS	14.50
HAM OR BACON OR SAUSAGE & EGGS <i>choose one: grilled ham,</i>	9.95
<i>bacon (regular, Canadian or turkey) or turkey sausage (regular or gourmet)</i>	
BURGER PATTY & EGGS <i>choice of ground turkey, chicken or beef</i>	9.95
CORNED BEEF or PASTRAMI & EGGS	10.95
TONGUE & EGGS	10.95
MINCED LOX, EGGS & ONIONS <i>scrambled or pancake style</i>	10.95
EGG WHITE QUESADILLA <i>egg whites, turkey bacon, cheddar cheese, add jalapeños on request</i>	11.95
"THE BRISKET SCRAMBLE" <i>shredded brisket and eggs with bell pepper and onion</i>	10.95
"STEAK PICADO" <i>choice of eggs on the side grilled side of steak with onion, bell pepper and tomato</i> ...	11.25
"TURKEY PASTRAMI SCRAMBLE"	10.95
<i>scrambled egg whites, turkey pastrami, spinach, onion and tomato, served with side of salsa</i>	
"EGG MIT BAGEL"	9.95
<i>fried egg sandwich on a bagel with melted cheddar, turkey pastrami, lettuce and tomato</i>	
"HUEVOS RANCHEROS" <i>eggs any style topped with grated mozzarella,</i>	8.95
<i>ranchero sauce on corn tortillas, served with black beans and Spanish rice only</i>	
"EGGS BISTRO" <i>2 poached eggs with grated Parmesan and fresh crumbled bacon</i>	9.95
<i>on a bed of mixed greens lightly tossed in balsamic vinaigrette, served with pita (no sides included)</i>	
"GROUND PROTEIN SCRAMBLE" <i>choice of ground turkey, chicken or beef</i>	9.95
<i>scrambled with egg whites, tomato and onion</i>	

OMELETTES & BREAKFAST WRAPS

CREATE YOUR OWN

With Potatoes, Tomatoes, Fruit, Low Fat Cottage Cheese, Black Beans or Spanish Rice.
(Substitute Mixed Greens—add 1.50) Made with Egg Whites or Eggbeaters—add 1.00.

PLAIN OMELETTE	7.50
BREAKFAST WRAP EGGS IN A TORTILLA	7.50
TRY A WET WRAP <i>topped with tomatillo sauce or salsa and melted cheese</i>	add 1.50
Add Your Choice:	
ONION • TOMATO • PEPPERONCINI • JALAPEÑO • SCALLIONS • ORTEGA CHILE •	
TOMATO • CHEESE	EACH .95
MUSHROOMS • BELL PEPPER • SPINACH • GUACAMOLE • SUNDRIED TOMATO •	
TOFU • SPANISH RICE • BLACK BEANS • BROCCOLI	each 1.25
BACON • TURKEY BACON • SAUSAGE • GROUND TURKEY, BEEF OR CHICKEN • CHILI •	
HAM • SALAMI • BOLOGNA • CHICKEN • TURKEY PASTRAMI • CORNED BEEF •	
AVOCADO • PASTRAMI • CANADIAN BACON	each 2.25
SKIRT STEAK • LOX	EACH 3.95

SUGGESTED OMELETTES: (see next page)

SUGGESTED OMELETTES (*healthy choice)

*EGG WHITE VEGGIE OMELETTE 3 egg whites, mushrooms, broccoli, spinach, tomato and onions...	12.95
DENVER OMELETTE 3 eggs, ham, bell peppers and onions	11.95
DELI OMELETTE 3 eggs, corned beef, pastrami and salami.....	11.95
*ITALIAN OMELETTE 3 egg whites, chicken cilantro sausage, sundried tomato, spinach and mozzarella	12.95
SPANISH OMELETTE 3 eggs, topped with Spanish sauce.....	9.95
GREEK OMELETTE 3 eggs, spinach, kalamata olives, tomato and feta cheese	11.95
LOX & CREAM CHEESE OMELETTE 3 eggs with fresh dill	13.95
AVOCADO, BACON & CHEDDAR CHEESE OMELETTE	11.95
AVOCADO, MUSHROOM & JACK CHEESE OMELETTE	11.95
SPINACH, MUSHROOM & SWISS CHEESE OMELETTE	11.95

SPECIALTIES (*healthy choice)

KIPPERS & EGGS with grilled onions.....	10.95
KIPPERS & ONIONS	9.95
EGGS BENEDICT with Canadian bacon	10.95
LOX BENEDICT	12.95
EGGS FLORENTINE with spinach	10.95
MATZO BREI scrambled or pancake style with applesauce or sour cream	9.95
A LITTLE LESS.....	8.95
CHILAQUILES (TORTILLA MATZO BREI)	8.95
<i>corn tortillas, eggs and rancho sauce, salsa and sour cream on the side</i>	
CORNED BEEF HASH & EGGS ANY STYLE	10.50
WITH 1 EGG	9.75
FRENCH TOAST plain or cinnamon.....	7.95
FRENCH TOAST SANDWICH 2 slices French toast, 2 pieces bacon or 1 sausage & 2 eggs any style	9.95
*SEVEN GRAIN ALMOND GRANOLA PANCAKES (4)	8.50
WITH BANANAS	add 1.25
PANCAKE SANDWICH 2 pancakes, 2 pieces bacon or 1 sausage & 2 eggs any style	8.95
PANCAKES (4)	7.50
WITH STRAWBERRIES or BANANAS INSIDE	add 1.25
SHORT STACK (3) regular or seven grain	6.25
SILVER DOLLARS	4.95
BELGIAN WAFFLES (Served till 2 p.m.).....	6.95
WITH 2 EGGS & BACON or SAUSAGE	8.95
*OATMEAL DELUXE fresh bananas, strawberries, raisins, almonds & brown sugar	7.50
*GRANOLA topped with fresh fruit and yogurt.....	7.50
*PROTEIN POWER PLATE 4 scrambled egg whites, grilled chicken breast OR turkey burger,	11.95
<i>served with sides of spinach and pico de gallo</i>	
*EGG WHITE BREAKFAST WRAP scrambled whites, spinach, tomato, onion, Alpine Lace cheese,	11.50
<i>in a spinach tortilla topped with homemade tomatillo sauce, served with sides of fruit (no bread)</i>	
*TOFU VEGETABLE SCRAMBLE SCRAMBLED tofu (no eggs), broccoli, mushroom, tomato,	11.50
<i>browned onions, pico de gallo, served with a side of fruit (no bread)</i>	

SMOKED FISH BRUNCH

LOX, COD & WHITEFISH.....27.95

Served with cucumber, tomatoes, onions, potato salad, cole slaw, 2 bagels & cream cheese.

SIDE ORDERS

CINNAMON TOAST	1.95
DANISH PASTRY, FRESH BAKED MUFFIN or LOW FAT MUFFIN	2.95
TOAST & JELLY, ROLL, BAGEL or ENGLISH MUFFIN	1.75
WITH CREAM CHEESE	2.25
OATMEAL or CREAM OF WHEAT	cup 3.95 bowl 4.95
WITH RAISINS or BANANAS	add 1.25
WITH STRAWBERRIES, BLUEBERRIES or RASPBERRIES (seasonal).....	add 2.25
COLD CEREAL.....	3.50
CORNED BEEF HASH.....	4.95
PANCAKE (1)	2.95
EGG	one 2.25 two 3.95
HAM, BACON or SAUSAGE	4.25
BEEF, TURKEY or VEGGIE PATTY	4.95
LOX SPREAD 4 oz.....	3.95
LOX 2 slices, BBQ COD 1 piece or SABLE 2 slices.....	7.95
STURGEON 2 slices	9.95
WHITEFISH 1 piece	6.95
HOME FRIES	2.95

STARTERS

FRIED ZUCCHINI STICKS with apricot dipping sauce.....	7.95
BUFFALO WINGS with celery sticks and bleu cheese or ranch dip.....	7.95
TERIYAKI DRUMMETTES	6.95
SLIDERS 3 mini cheese Burgers on mini rolls with pickles, mustard & ketchup, potato chips.....	9.95
GUACAMOLE & CHIPS with salsa	7.95
THIN FRIED ONIONS	5.95
PITA TRIANGLES with hummus and babaganoush.....	6.95
FRIED MOZZARELLA with marinera sauce.....	6.95

SANDWICHES

Potato Salad, Cole Slaw, Macaroni Salad, Fries, Homemade Chips or Fruit.
(Substitute Onion Rings or Sweet Potato Fries—add 1.95.)

ADD: Tomato 95¢ • Sprouts 50¢ • Roll 95¢ • Cheese 75¢ • Avocado 1.50

On Rye unless otherwise requested. Half & Half portion of two meats (not a double portion) add 1.00.

	half	whole
HOT CORNED BEEF	8.95	13.50
HOT PASTRAMI	8.95	13.50
BAKED HAM	8.50	12.95
TONGUE	8.95	13.50
PEPPERED BEEF	8.50	12.95
HOT BRISKET OF BEEF	8.95	13.50
COLD ROAST BEEF	8.95	13.50
ROASTED TURKEY BREAST	8.95	13.50
TURKEY BREAST PASTRAMI	8.95	13.50
SMOKED TURKEY BREAST	8.50	12.95
CRACKED PEPPER TURKEY	8.50	12.95
SALAMI or HARD SALAMI or BOLOGNA	8.50	12.95
TUNA SALAD or LOW-FAT TUNA SALAD	7.95	11.25
CHICKEN SALAD or TURKEY SALAD	7.95	11.25
MEAT LOAF or TURKEY LOAF	7.95	11.25
CHOPPED LIVER	7.95	11.25
SMOKED LIVERWURST	6.95	10.95
EGG SALAD	5.95	8.95
BACON, LETTUCE & TOMATO (B.L.T.)	6.95	9.75
AVOCADO, LETTUCE & TOMATO (A.L.T.)	6.95	9.75
JARLSBERG CHEESE	6.95	9.75
DOMESTIC CHEESE	5.95	8.75
GRILLED CHEESE	5.25	7.50
IMPORTED SARDINES		9.95
NOVA LOX with cream cheese on a bagel, tomato & onion on the side.....		14.95
1/2 NOVA, 1/2 WHITEFISH with cream cheese on a bagel, tomato & onion on the side.....		13.95
1/2 NOVA, 1/2 BBQ COD with cream cheese on a bagel, tomato & onion on the side.....		13.95
WHITEFISH SALAD on a bagel, tomato & onion on the side		11.95
WHITEFISH with cream cheese on a bagel, tomato & onion on the side.....		12.95
SABLE with cream cheese on a bagel, tomato & onion on the side		14.95
STURGEON with cream cheese on a bagel, tomato & onion on the side.....		16.95
BBQ COD with cream cheese on a bagel, tomato & onion on the side.....		13.95
FRANKFURTER on a long onion roll.....		7.95
KNOCKWURST on a long onion roll.....		7.95
TURKEY DOG on a long onion roll.....		7.95
VEGGIE SANDWICH		8.95

Muenster, cheddar & avocado with lettuce, tomato, red onion and sprouts, on a whole wheat bun

COMBINATION SANDWICHES

Our "Triple Decker" on 3 Slices of Rye Bread, with Russian dressing, Lettuce and Tomato. Choice of 2 sides:

Potato Salad, Cole Slaw, Macaroni Salad, Fries, Homemade Chips or Fruit.

(Substitute Onion Rings or Sweet Potato Fries—add 1.95.)

NO. 1 TURKEY, CORNED BEEF, SWISS CHEESE	15.95
NO. 2 TURKEY, BACON	15.95
NO. 3 HOT CORNED BEEF	15.95
NO. 4 HOT PASTRAMI, CORNED BEEF, SWISS CHEESE	15.95
NO. 5 PASTRAMI, ROAST BEEF, TURKEY	15.95
NO. 6 TURKEY, HAM, SWISS CHEESE	15.95
NO. 7 TURKEY, PASTRAMI, SWISS CHEESE	15.95
NO. 8 ROAST BEEF, SWISS CHEESE	15.95
NO. 9 CORNED BEEF, PASTRAMI, TONGUE, SWISS CHEESE	15.95
NO. 10 TURKEY BREAST PASTRAMI, SWISS CHEESE	15.95

DIPS • BBQ • OPEN FACE • SUBS

On a roll, with Potato Salad, Cole Slaw, Macaroni Salad, Homemade Chips, Fries or Fruit.
(Substitute Onion Rings or Sweet Potato Fries—add 1.95.)

FRENCH DIP, BRISKET DIP, PASTRAMI DIP or TURKEY DIP with au jus, choice of roll.....	13.95
WITH MELTED SWISS CHEESE	14.75
BARBEQUED BEEF with BBQ sauce, choice of roll.....	13.95
CORNEBEEF & CHOPPED LIVER OPEN-FACE with lettuce, tomato and onion	13.95
PASTRAMI & CHOPPED LIVER OPEN-FACE with lettuce, tomato and onion.....	13.95
TURKEY SALAD & EGG SALAD OPEN-FACE with lettuce, tomato and onion.....	11.75
CHOPPED LIVER & EGG SALAD OPEN-FACE with lettuce, tomato and onion.....	11.75
BRISKET OF BEEF or ROAST BEEF OPEN-FACE with fries or mashed potatoes, gravy.....	13.95
ROAST TURKEY OPEN-FACE with fries or mashed potatoes, gravy and cranberry sauce	13.95
ITALIAN SUB soprasata, turkey, provolone, shredded lettuce, tomato, pepperoncini,	12.95
<i>Italian dressing on a ciabatta roll</i>	
MEATBALL SUB our homemade meatballs, marinara sauce, melted mozzarella	12.95
<i>topped with parmesan & chopped Italian parsley on a French roll</i>	

GRILLED • CHAR BROILED • FRIED

With Potato Salad, Cole Slaw, Macaroni Salad, Homemade Chips, Fries or Fruit.
(Substitute Onion Rings or Sweet Potato Fries—add 1.95.) On Rye unless otherwise requested.

BACON & FRIED EGG	9.50
GRILLED PASTRAMI with tomato and provolone on a kaiser roll	13.95
GRILLED BACON, TOMATO & AMERICAN CHEESE	9.50
PATTY MELT 1/3 lb. kosher ground beef, Swiss cheese, onion and tomato	11.95
GRILLED TUNA MELT with your choice of cheese.....	11.50
THE FAMOUS REUBEN choice of meat, Swiss cheese and sauerkraut	14.25
THE FAMOUS TOFU REUBEN Swiss cheese and sauerkraut	12.50
GRILLED HAM & CHEESE	12.75
FRANKS or KNOCKWURST with beans and cole slaw.....	12.25
GRILLED CHICKEN CAESAR WRAP sundried tomato, jack cheese and caesar salad.....	12.25
ROMANIAN SKIRT STEAK with fries & cole slaw (grilled onions on request).....	16.50
GRILLED VEGGIE SANDWICH FRESHLY grilled vegetables, eggplant, mozzarella or goat cheese ..	10.95
<i>topped with mixed baby greens (roll, pita or wrap)</i>	
GRILLED CHICKEN BREAST boneless breast served with lettuce and tomato, whole wheat bun.....	10.95
WITH CHEESE	11.75
GRILLED CHICKEN DELUXE boneless breast, melted Swiss, avocado, sundried tomato	12.95
<i>fresh watercress, served on grilled sourdough bread (try it with sweet hot mustard)</i>	
GRILLED GOURMET SAUSAGE SANDWICH (ask for today's sausage selections)	11.25
<i>with peppers and onions on a long onion roll or French roll</i>	
PHILLY CHEESE STEAK SANDWICH thinly sliced steak and melted Swiss cheese	11.95
<i>grilled green bell peppers, onions on a French roll</i>	
FRIED CHICKEN choice of 1/2 chicken or tenders	10.95
FISH & CHIPS	9.95
CHICKEN FAJITAS with Spanish rice, black beans, sour cream and corn or flour tortillas	13.95
STEAK FAJITAS with Spanish rice, black beans, sour cream and corn or flour tortillas	16.95

BURGERS

(Substitute Grilled Chicken Breast—add \$2.00.) With Potato Salad, Cole Slaw, Macaroni Salad, Homemade Chips, Fries or Fruit.
(Substitute Onion Rings or Sweet Potato Fries—add 1.75.) On white or whole wheat bun.

HAMBURGER 1/3 lb. kosher ground beef, lettuce and tomato, with Russian dressing.....	9.55
WITH CHEESE	9.95
DELUXE HAMBURGER 1/2 lb. kosher ground beef, lettuce and tomato with Russian dressing	10.50
WITH CHEESE	10.95
BACON BURGER 1/3 lb. kosher ground beef, bacon, lettuce and tomato with Russian dressing	10.95
WITH CHEESE	11.50
TURKEY BURGER freshly ground turkey, lettuce & tomato, whole wheat bun (request teriyaki sauce)...	10.50
WITH CHEESE	10.95
VEGGIE BURGER multi-grain patty, with lettuce and tomato, on a whole wheat bun	8.95
WITH CHEESE	9.50
FRENCH BURGER kosher ground beef, grilled mushrooms & onions, melted Swiss cheese	12.95
<i>on a french roll with Russian dressing</i>	
CHILI CHEESE BURGER with lettuce & tomato and onion.....	11.50
ITALIAN BURGER with lettuce & tomato, mozzarella, basil, side of marinara	12.50
GUACAMOLE BURGER homemade guacamole, with lettuce & tomato.....	11.95
TILLAMOOK CHEDDAR BURGER with lettuce, tomato and Ortega chilies.....	11.50
PASTRAMI SWISS BURGER topped with pastrami & Swiss cheese, lettuce & tomato	12.95
PATTY MELT with lettuce & tomato	11.95
CHICKEN BURGER with lettuce, tomato and topped with havarti & dill cheese	11.50

BUILD A QUESADILLA

With Black Beans and Spanish Rice, Sour Cream & Salsa (Guacamolé—add 1.95, Pepperoncini add 95¢.)
Choice of Tortilla: Flour, Spinach or Sundried Tomato, Jalapeño added upon request.

CHEESE with tomato, avocado & browned onions.....	8.25
ADD CHICKEN, TURKEY, TOFU or BRISKET	3.50
ADD STEAK or CATCH OF THE DAY	4.50
SIDE OF SPANISH RICE or BLACK BEANS	1.95
SIDE OF GUACAMOLE with tortilla chips and salsa.....	7.95

SKY HIGHS

Topped with Cole Slaw & Russian Dressing. Potato Salad, Cole Slaw, Macaroni Salad, Homemade Chips, Fries or Fruit.
(Substitute Onion Rings or Sweet Potato Fries—add 1.95.)

CORNED BEEF, PASTRAMI, ROAST BEEF, BRISKET	14.95
TURKEY, TURKEY PASTRAMI	14.95
SUZEE'S SKY HIGH turkey, dijon, red onion and Jarsberg	14.95

PANINI

Grilled on a Ciabatta Roll, served with Potato Salad, Cole Slaw, Macaroni Salad, Homemade Chips, Fries or Fruit.
(Substitute Onion Rings or Sweet Potato Fries—add 1.95.)

CHICKEN sundried tomato, avocado, pesto and mozzarella.....	10.95
GRILLED VEGGIE pesto and mozzarella	10.25
TUNA avocado, arugula, tomato, provolone and balsamic vinaigrette	10.95
SOPRASATA SALAMI basil, chopped pepperoncini, provolone and balsamic vinaigrette	10.95
CAPRESE tomato, pesto and mozzarella.....	10.25
SMOKED SALMON cream cheese, dill, red onion and tomato	11.95
ROAST BEEF brie, browned onion and dijonaise	10.95

PITA POCKETS & WRAPS

With Potato Salad, Cole Slaw, Macaroni Salad, Homemade Chips, Fries or Fruit.
(Substitute Onion Rings or Sweet Potato Fries—add 1.95.)

Make any wrap a "low-carb" meal, substitute tortilla with lettuce.
Side of homemade salsa on request.

CHICKEN PITA breast filet, grilled vegetables, tomato, feta, mixed baby greens & balsamic vinaigrette ..	10.95
STEAK PITA marinated skirt steak, grilled vegetables, feta, tomatoes and mixed baby greens	11.95
TUNA (or LOW-FAT TUNA) pita or wrap, lettuce, cucumber, tomato and red onion	10.95
TURKEY WRAP red onion, lettuce, tomato, avocado, sprouts, side of home made salsa on request	10.95
CHICKEN WRAP roasted chicken chunks, jack cheese, lettuce, tomato, pepperoncini, cucumber, avocado	10.95
CHINESE CHICKEN SALAD WRAP tossed with homemade sesame dressing	10.95

APPETIZERS

Served with Bread, Roll or Bagel, on a Bed of Lettuce with Tomato & Onion

IMPORTED SARDINES	9.95
GREEK SALAD	9.95
CAN OF SALMON	9.95
CAN OF TUNA	9.95
MATJES HERRING	9.95
CHOPPED HERRING	9.95
CREAMED HERRING	9.95
NOVA LOX & CREAM CHEESE	15.95
BBQ CODFISH & CREAM CHEESE	14.95
WHITEFISH & CREAM CHEESE	13.95
SABLE & CREAM CHEESE	15.95
STURGEON & CREAM CHEESE	17.95
BBQ BAKED SALMON	15.95
KIPPERED SALMON	15.95
EGG SALAD	7.95
LOX SPREAD	6.50
GEFILTE FISH	6.95
STUFFED CABBAGE	8.50
CHOPPED LIVER	11.50
STUFFED KISHKA WITH GRAVY (no tomato or onion)	7.50
TUNA SALAD (or LOW-FAT TUNA)	11.75
CHICKEN or TURKEY SALAD	11.75
WHITEFISH SALAD	11.75

DAIRY DISHES

MATZO BREI (<i>scrambled or pancake</i>) with applesauce or sour cream	9.95
A LITTLE LESS	8.95
CHEESE, APPLE or BLUEBERRY BLINTZES (3) <i>sour cream and strawberry preserves</i>	10.50
1 BLINTZ	3.95
POTATO PANCAKES (4) <i>applesauce and sour cream</i>	8.95
1 POTATO PANCAKE	3.25

SALADS

With Crackers, Bread & Butter or Bagel Chips (Roll or Bagel—add 75¢) Extra Side of Bagel Chips & Ranch \$2.95
 Choice of Dressing: House (Balsamic Vinaigrette), Honey Mustard, Bleu Cheese, 1000 Island,
 Low Fat Ranch, BBQ Ranch, Caesar, Italian, Homemade Salsa or Oil & Vinegar. Peppercini .95¢

	small	large
FACTOR'S SUPER HOUSE	13.95	16.95
<i>fresh turkey breast, chopped tomato, muenster cheese, avocado and grated egg</i>		
DEBBIE'S CHOPPED	13.95	16.95
<i>finely chopped turkey, salami, Swiss cheese, red onion, avocado, tomato, cucumber, mixed greens</i>		
DEBBIE'S CHOPPED #2	13.95	16.95
<i>finely chopped lettuce, tomato, cucumber, scallion, charbroiled chicken breast, grated Asiago cheese</i>		
ITALIAN CHOPPED <i>turkey, Italian salami and mozzarella</i>	13.95	16.95
<i>finely chopped lettuce, tomato, garbanzo beans, add chopped peppercini on request</i>		
BBQ CHICKEN CHOPPED <i>with bbq ranch dressing on the side</i>	13.95	16.95
<i>finely chopped lettuce, tomato, jicama, grilled corn, scallion, jack cheese, tortilla strips</i>		
CHINESE CHICKEN SALAD (or SUBSTITUTE TUNA SALAD)	13.95	16.95
<i>mixed greens and cabbage, thin rice noodles, almonds, mandarin oranges, with homemade sesame dressing</i>		
GRILLED CHICKEN SALAD	13.95	16.95
<i>skinless, boneless, grilled breast on a bed of romaine, sliced tomato, cucumber and red onion</i>		
COBB SALAD (<i>try it with turkey bacon</i>)	13.95	16.95
<i>diced turkey, avocado, tomato, bacon, hard boiled egg and bleu cheese dressing on mixed greens</i>		
SUPER CHEF SALAD	13.95	16.95
<i>julienne ham, turkey, salami, cheese, tomato, relishes</i>		
GRILLED VEGETABLE SALAD	13.95	16.95
<i>mixed baby greens with grilled vegetables and crumbled feta cheese, served with pita bread</i>		
VEGGIE CHOPPED <i>topped with grated Asiago cheese on request</i>	13.95	16.95
<i>finely chopped lettuce, tomato, cucumber, scallion, mushrooms, garbanzo beans and carrots</i>		
GORGONZOLA SALAD	12.95	15.95
<i>mixed baby greens, gorgonzola cheese, pears and candied walnuts</i>		
GREEK SALAD	12.95	15.95
<i>finely chopped lettuce, tomato, cucumber, feta cheese, kalamata olives, beets, grated egg and red onion</i>		
FACTOR'S GARDEN SALAD <i>with fresh sour cream or low-fat cottage cheese ...</i>	12.95	15.95
<i>diced cucumbers, celery, radishes, green peppers, carrots, scallions and tomatoes</i>		
MEDITERRANEAN SALAD <i>lightly tossed in our house balsamic vinaigrette</i>	13.95	16.95
<i>mixed baby greens, goat cheese, sundried tomato, roasted peppers and shaved red onions</i>		
ARUGULA SALAD <i>with feta cheese, romaine lettuce, cucumber & red onion</i>	12.95	15.95
OPTIONS FOR SALADS ABOVE:		
add to salad: Grilled Chicken or Turkey \$2.95, Skirt Steak \$3.95, Grilled Salmon \$5.95		
make it a Mini Salad \$10.25, with Cup of Soup \$13.25 (Kreplach or Matzo Ball—add \$1.25)		
TOSTADA SALAD <i>on a crispy tortilla with ground beef or ground chicken, shredded lettuce,</i>	13.50	
<i>rice, black beans, tomatoes, cheddar cheese, scallions, guacamole, sour cream, pico de gallo</i>		
WITH GRILLED SKIRT STEAK	add 3.95	
WITH GRILLED CHICKEN BREAST	add 2.95	
CAESAR SALAD <i>The Original!</i>	10.25	
WITH GRILLED CHICKEN BREAST	add 2.95	
SIDE DINNER SALAD	4.95	
SIDE CAESAR SALAD	6.95	
SIDE CAPRESE SALAD <i>fresh buffalo mozzarella, tomato, basil leaves, drizzled with pesto</i>	7.95	
FRESH FRUIT PLATE (<i>in season</i>) <i>with sherbert, low-fat cottage cheese or whipped cream</i>	9.50	
TURKEY or CHICKEN SALAD <i>Plate cole slaw, potato salad, tomato, hard boiled egg and relishes</i>	12.75	
TUNA SALAD PLATE <i>cole slaw, potato salad, tomato, hard boiled egg and relishes</i>	12.75	
TRIO SALAD PLATE (<i>choose 3</i>) <i>on a bed of lettuce with tomato and onion</i>	13.50	
<i>tuna, turkey salad, chicken salad, chopped liver or egg salad</i>		
STUFFED TOMATO <i>filled with tuna, chicken or turkey salad, with potato salad or cole slaw</i>	11.95	
STUFFED AVOCADO <i>filled with tuna, chicken or turkey salad (seasonal), with potato salad or cole slaw</i>	12.50	
1/2 PAPAYA <i>stuffed with tuna, chicken or turkey salad (seasonal)</i>	12.95	

DIET PLATES

Served with Hard Boiled Egg, Tomato and Cottage Cheese or Cole Slaw,
Crackers or Bread & Butter (Roll or Bagel—add 75¢)

SLICED TURKEY OR RARE ROAST BEEF <i>Swiss Cheese</i>	12.95
COLD ROAST CHICKEN	11.95
GRILLED CHICKEN BREAST	11.95
HAMBURGER PATTY	10.25
TURKEY or CHICKEN BURGER PATTY	9.95
INDIVIDUAL CAN OF SALMON or TUNA	9.95
MIXED STEAMED VEGGIE PLATE	8.95 . w /cheese 9.75

LOW CARB CHOICES

CRISPY ROASTED HALF CHICKEN or BONELESS CHICKEN BREAST	14.95
<i>served with an arugula and romaine salad, topped with chopped red onion, cucumber and feta cheese</i>	
SUBSTITUTE SKIRT STEAK <i>with grilled onions (includes salad as above)</i>	16.95
GRILLED ORANGE ROUGHY <i>with spinach and green salad</i>	14.95
SAUTEED ORANGE ROUGHY <i>in fresh lemon, orange and garlic, with spinach and green salad</i>	14.95
GRILLED TERIYAKI SALMON FILLET <i>with sauteed broccoli and green salad</i>	18.95
TURKEY, CHICKEN or HAMBURGER PATTY	13.95
<i>on a bed of shredded lettuce with grilled onions and mushrooms, served with choice of vegetable</i>	
GRILLED GOURMET SAUSAGES <i>(ask for today's sausage selections)</i>	13.95
<i>with grilled peppers and onions, served with a green salad and choice of vegetable</i>	

DINNERS & HOT PLATES

A la Carte Includes: Soup or Salad, Choice of Potato, Fresh Vegetable and Bread

Dinners Include: Appetizer; Soup or Salad, Choice of Potato, Fresh Vegetable, Bread & Dessert

Appetizers: Herring (Chopped, Pickled or Creamed), Chopped Liver, Egg Salad, Greek Salad or Kasha Varnishka

Soups: Soup du Jour, Chicken Rice, Noodle, Matzo Ball, Kreplach, Mushroom Barley or Sweet & Sour Cabbage

MAY WE SUGGEST A GLASS OF WINE WITH YOUR DINNER.

	ala carte	dinner
ROAST HALF CHICKEN <i>with stuffing</i>	15.95	18.95
BBQ HALF CHICKEN	15.95	18.95
ROAST QUARTER CHICKEN <i>with stuffing</i>	14.95	17.95
BBQ QUARTER CHICKEN	14.95	17.95
BRISKET OF BEEF <i>with potato pancake</i>	15.95	18.95
BAKED or BOILED SHORT RIBS	15.95	18.95
SWEET & SOUR SHORT RIBS	15.95	18.95
SWEET & SOUR MEATBALLS	15.95	18.95
MEAT LOAF or TURKEY LOAF	15.95	18.95
PEPPER STEAK STEW	15.95	18.95
SIRLOIN TIPS	15.95	18.95
GOULASH	15.95	18.95
LIVER & ONIONS <i>(grilled onions on request)</i>	15.95	18.95
CORNED BEEF & CABBAGE	15.95	18.95
STUFFED CABBAGE	15.95	18.95
BOILED BEEF IN THE POT <i>(served with salad only)</i>	14.95	17.95
CHICKEN IN THE POT <i>(served with salad only)</i>	14.95	17.95
ROAST TURKEY <i>with stuffing</i>	15.95	18.95
FRANKFURTER or KNOCKWURST <i>with beans and cole slaw</i>	13.95	16.95
MARINATED ROMANIAN SKIRT STEAK <i>(grilled onions on request)</i>	17.95	20.95
CATCH OF THE DAY <i>(ask your server)</i>		market price
TURKEY OR HAMBURGER <i>kosher ground beef (grilled onions on request)</i>	14.95	17.95
NEW YORK STEAK <i>(grilled onions on request)</i>	17.95	20.95

DELI PLATTERS

Served with Cole Slaw, Potato Salad, Bread, Roll or Bagel

CORNED BEEF, PASTRAMI or TONGUE	16.95
SLICED RARE ROAST BEEF	16.95
SLICED ROAST TURKEY	16.95
TURKEY TRIO <i>roasted, smoked and turkey pastrami</i>	16.95

FISH PLATTERS

Served with Potato Salad, Cole Slaw, Tomato and Onion, 2 Bagels & Cream Cheese

NORTH ATLANTIC SALMON NOVA LOX.....	23.95
EASTERN WHITEFISH.....	19.25
IMPORTED SARDINES (no cream cheese).....	13.25
BBQ COD FISH.....	21.95
WHITEFISH with NOVA LOX.....	20.95
BBQ COD with NOVA LOX.....	22.95
BAKED SALMON.....	23.95
SABLE.....	23.95
STURGEON.....	26.95
SMOKED FISH BRUNCH LOX, COD & WHITEFISH (substitute sable or sturgeon add \$4.00)....	27.95

CHILDREN'S SECTION

For 12 and under only. Not available for Take-Out.

CALEB & ETHAN'S PANCAKE SANDWICH one egg and choice of bacon or sausage.....	5.50
ALLY'S FRENCH TOAST with 2 slices of bacon or sausage.....	4.95
EMMA, CHLOE, SAM & MAYA'S SILVER DOLLAR PANCAKES.....	3.95
JOEY'S BOWL OF CEREAL.....	2.50
JANE, MACK & SUNNY'S BAGEL & CREAM CHEESE.....	1.75
CHARLEY'S EGGS & TURKEY BACON with a bagel & cream cheese.....	4.95
JESSICA'S GRILLED CHEESE on whole wheat, with thin or sweet potato fries.....	4.95
SPENCER'S CHEESE QUESADILLA with salsa and sour cream, with thin or sweet potato fries.....	5.95
SAMANTHA & HENRY'S CHICKEN TAQUITOS.....	4.50
DAVIS' PEANUT BUTTER or CREAM CHEESE & JELLY SANDWICH.....	3.75
SEBASTIAN & STEVIE'S DELI PLATE 2 slices meat, 2 slices cheese, with thin or sweet potato fries or fruit.....	4.75
AMY, JENNIFER & LINDSAY'S HOT DOG with thin or sweet potato fries.....	4.59
AARON & SHAYNA'S TURKEY DOG with thin or sweet potato fries.....	4.50
EVAN'S SPAGHETTI & MEAT SAUCE.....	5.50
KYLE, CAMERON & ZACHERY'S MAC & BEEF.....	5.50
SCOUT & FINN'S BURGER & FRIES with kosher ground beef (add cheese, 50¢).....	5.50
BEN, SAM & WILL'S TURKEY BURGER with thin or sweet potato fries.....	5.50
JAMES, JAY & RYAN'S CORN DOG with thin or sweet potato fries.....	3.95
ZEKE'S CHOICE OF A SANDWICH with thin or sweet potato fries.....	6.95
LAUREN'S CHOICE OF A SALAD.....	6.95
MANDY'S MATZO BALL SOUP with noodles.....	3.95
LIZA'S BUTTERED NOODLES with parmesan.....	3.95
MAGGIE'S MACARONI & CHEESE.....	4.50
JAKE'S CHICKEN TENDERS with thin or sweet potato fries.....	5.95
BRANDON'S CHICKEN WRAP lettuce & melted jack cheese in a tortilla, with thin or sweet potato fries.....	6.95
MILES & MIKEY'S LATKES 1 potato latke served with applesauce and ice cream.....	2.25
GILLIAN'S SIDE OF THIN FRIES.....	1.95
SIMON'S SODA FROM THE FOUNTAIN.....	1.00
MAX & LILY'S ICE CREAM SUNDAE.....	2.50
ALEX & SAMI'S MILK SHAKE or SMOOTHIE.....	3.50
AVA'S CHOCOLATE MILK or HOT CHOCOLATE.....	1.50

SIDE ORDERS

POTATO SALAD or COLE SLAW.....	2.95
CUCUMBER SALAD.....	2.95
MACARONI SALAD.....	2.95
MACARONI & CHEESE.....	5.95
BAKED BEANS.....	2.95
KASHA VARNISHKA.....	3.95
SIDE OF DELI MEAT (2 oz.).....	3.95
1/2 BBQ CHICKEN.....	7.50
1/2 ROAST CHICKEN.....	7.50
CHICKEN BREAST (5.5 oz.).....	5.95
SKIRT STEAK (8.5 oz.).....	10.95

SIDE ORDERS (cont.)

BAKED POTATO	3.95
FRENCH FRIES or HOT POTATO CHIPS	3.50
SWEET POTATO FRIES	3.95
ONION RINGS	4.95
COTTAGE CHEESE (low-fat).....	2.25
SOUR CREAM (regular or nonfat).....	1.50
APPLE SAUCE.....	1.95
FRESH HOMEMADE SALSA.....	1.95
MEAT or POTATO KNISH	5.75
KASHA or SPINACH POTATO KNISH.....	5.75
LOX (2 slices), BBQ COD (1 piece) or SABLE (2 slices).....	7.95
WHITEFISH	6.95
STURGEON	9.95
CHOPPED LIVER, CHICKEN SALAD, TUNA SALAD or WHITEFISH SALAD	4.95
EGG SALAD.....	3.95

DESSERTS

NEW YORK CHEESECAKE (see photo on left)	slice 6.95	whole 35.00
TRIPLE CHOCOLATE CHEESECAKE (see photo on left).....	slice 6.95	whole 39.95
BANANA CARAMEL CHEESECAKE XANGO (see photo on left)			6.95
HOMEMADE BROWNIE			2.95
LEMON BAR or PECAN BAR			3.95
APPLE STRUDEL		lb	9.95
ROCKSLIDE BROWNIE (see photo on left)			3.95
DANISH PASTRY or HOMEMADE MUFFIN			3.50
PUDDINGS: RICE, BREAD, CHOCOLATE or TAPIOCA.....	1/2 pt 2.95	pt 5.50
JELLO WITH WHIPPED CREAM.....	1/2 pt 2.95	pt 5.50
HOMEMADE FRUIT PIES: APPLE, CHERRY OR PEACH.....	slice 4.95	whole 12.95
PECAN PIE	slice 6.25	whole 14.95
KEY LIME PIE (see photo on left).....	slice 6.25	whole 14.95
LEMON MERINGUE or BANANA CREAM PIE	slice 6.25	whole 14.95
NAPOLEON			6.25
MELON (in season) honeydew, cantaloupe or watermelon			3.95
FRESH FRUIT		lb	8.95
BAKED APPLES "Sugar Free".....			3.95

FACTOR'S FAMOUS BROWNIE SUNDAE.....6.95

*warm brownie topped with scoop of ice cream, whipped cream,
and chocolate syrup. Shaved almonds on request.*

FACTOR'S FAMOUS HOT WAFFLE SUNDAE.....8.95

*topped with scoop of ice cream, whipped cream,
and strawberries. Maple or chocolate syrup on request.*

SPECIALTY CAKES	slice 6.95	whole 39.95
BUNDT CAKE	slice 3.95	whole 24.95
CHOCOLATE BLACKOUT CAKE (see photo on left)	slice 6.95	whole 39.95
MOLTEN CHOCOLATE CAKE (see photo on left).....			6.95
FOUR HIGH CARROT CAKE (see photo on left)	slice 6.95	whole 39.95
FLAN	slice 3.95	whole 24.95
HOMEMADE RUGALACH.....		lb	11.95
MANDEL BREAD.....		1/2 lb bag	7.95
KICHEL		1/2 lb bag	7.95
HALVAH		lb	7.95
ICE CREAM or SHERBET	1/2 pt 2.95	PT 5.95
CHOCOLATE CHIP CIGAR or JUMBO HOMEMADE COOKIE.....			2.95
ICE CREAM SODA.....			3.95
ICE CREAM SUNDAE			4.95
OLD FASHION N.Y. EGG CREAM or CHOCOLATE PHOSPHATE.....			3.95
MILK SHAKE			4.95
MALT or OREO COOKIE MILK SHAKE.....			4.95
FRUIT SMOOTHIE choice of 2 fruits: banana, strawberry, raspberry, mango, blueberry, pineapple.....			4.95
WITH PROTEIN POWDER.....		add	.50
WITH ICE CREAM or YOGURT		add	1.00