



SOUP OF THE DAY
House made daily from scratch
cup or bowl served with Italian
bread

Freshies Bread is delivered daily
from Boston & New York

SOUP & SALADS

COMBO
- CUP OF DAILY SOUP -
with
- ½ SANDWICH -
Turkey/Chicken
Salad/Tuna Salad or Veggies
Served with lettuce, tomato and red
onion on
Rustic White/ 7-Grain/Rye bread
OR
- ½ SALAD -
House Caesar/House Greens
CHOOSE TWO \$9.50

**FRESHIES APPLE & PECAN
ARUGULA**
Baby arugula, apples, pecans,
goat cheese, cranberries,
carrots, grilled chicken
EVO & Lemon, salt & pepper
\$12.75

HOUSE GREENS
Mixed greens, carrots, cucumbers,
tomatoes, croutons & balsamic
vinaigrette
OR
HOUSE CAESAR
\$8.50
ADD GRILLED CHICKEN \$4.95

GREEK DELUXE SALAD
Mixed greens, carrot, cucumber,
tomato, artichokes, feta, olives,
topped with marinated chicken
breast
house balsamic dressing
\$13 or Veggie Burger

FRANK'S CAESAR
Romaine, house Caesar dressing,
tomatoes, bacon, asiago,
croutons,
grilled chicken
\$13

HONEY SALAD
Mixed greens, balsamic
vinaigrette, feta, raisins,
toasted almonds, carrot,
cucumber, tomato, house
chicken salad **\$12.50**

SIDES
House Potato Chips \$5
Sweet Potato Waffle \$6
French Fries \$4.50
Salt & Vinegar Chips \$5

SANDWICHES

TURKEY BLT
Roasted turkey, Applewood
bacon, lettuce, tomato, red
onion, Vermont Cheddar &
mayo on a fresh baked roll
\$9.25

CHICKEN SALAD
All white meat chicken, celery
our secret seasoning, mayo,
lettuce, tomato & red onion on a
fresh baked roll
\$9

QUINN'S TUNA
Albacore tuna, celery, our own
secret seasoning, mayo, lettuce,
tomato & red onion fresh baked
roll
\$9

BELLA TURKEY
Roasted turkey, brie, dried
cranberries, roasted almonds,
red onion, baby spinach & honey
mustard
\$9

FRAZIER BLT CLUB
Honey ham, roasted turkey piled
high w/ bacon. lettuce, tomato,
red onion, provolone, garlic mayo
on lightly toasted multi-grain
\$9.50

CALIFORNIA TUNA
Albacore tuna salad topped with
shredded carrots, cucumbers,
artichokes, baby arugula,
drizzled with house balsamic
dressing, served on rustic multi-
grain **\$9.25 YUM!**

THE GODFATHER
Spicy Capicola, prosciutto, ham,
sopprassata, provolone, roasted
peppers, arugula, tomato, red
onion, house Italian dressing on a
fresh baked roll **\$9.75**

FRESHIE REUBEN
Grilled NY style pastrami,
sauerkraut, swiss cheese & house
thousand island on seeded rye
bread
\$9.50

HAM IT UP PANINI
Maple Honey Ham piled high
topped with caramelized onion,
bacon, cheddar cheese, honey
mustard on Italian **\$9.25**

TUNA MELT
Solid albacore tuna piled high
topped with tomato & swiss
cheese on Italian bread
\$9.25

PASTRAMI & FIG MELT
Awesome! Grilled New York style
pastrami, brie cheese, caramelized
onions, fig spread, on rustic grilled rye
bread **\$9.25**

TURKEY MOZZARELLA PANINI
Roasted Turkey, fresh mozzarella,
basil pesto
tomatoes on focaccia, panini style
\$9

JOHNNY APPLESEED
Roasted turkey, swiss cheese,
baby spinach, apple slices,
honey mustard, on multi-
grain, panini style **\$9**

SASSY CHICKEN
Grilled chicken, topped
with cheddar cheese, lettuce,
tomato, red onion, house
sassy mayo and our almost
famous pickles on a fresh
baked roll
\$9

THE COBB CHICKEN WRAP
Grilled chicken, romaine &
mixed green, hard boiled egg,
avocado, bacon, Vermont cheddar,
tomatoes, house blue cheese
dressing **\$9.25**

POWER VEGGIE WRAP
House hummus, cucumber,
carrot, cucumber, avocado, quiona,
beets, mixed greens, drizzled with
house balsamic dressing
\$9

VALLEY CHICKEN WRAP
Grilled chicken, bacon, cheddar
cheese, lettuce, tomato, red onion
& buttermilk ranch
\$9.25

STELLAR CAESAR WRAP
Grilled chicken, crisp romaine,
asiago cheese, tomatoes,
crumbled bacon & house Caesar
dressing
\$9

VEGGIE BURGER ON ARUGULA
House made bean burger, topped
with provolone served on a bed of
arugula, tomato, cucumber carrot,
drizzled with balsamic
\$9

*Also available on a roll

EXTRAS - ITEMS YOU MAY WANT TO ADD ON SPECIALITY CHEESE - FETA - GOAT - GORGONZOLA - FRENCH BRIE \$2 CHEESES - AMERICAN - CHEDDAR - PROVOLONE - SWISS \$1 VEGGIES - TOMATO - CARROTS - CUCUMBER - OLIVES \$1 HOUSE ROASTED RED PEPPERS - ARTICHOKE HEARTS \$2.50 DRESSINGS \$1 - BACON \$3.75 - AVOCADO M/P
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