



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

ONLINE ORDERING

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

**FRESHIES APPLE & PECAN
ARUGULA**

Baby Arugula, apples, pecans,
goat cheese, cranberries,
carrots, grilled chicken
EVO & Lemon, salt & pepper

HOUSE GREENS
Mixed greens, carrots,
cucumbers, tomatoes, croutons &
balsamic vinaigrette
OR

HOUSE CAESAR

ADD Chicken breast, chicken sal-
ad, Albacore tuna salad, or White
bean burger

GREEK DELUXE SALAD

Mixed greens, carrot, cucumber,
tomato, artichokes, feta, olives,
topped with marinated chicken
breast
house balsamic dressing
or Veggie Burger

FRANK'S CAESAR

Romaine, house Caesar dressing,
tomatoes, bacon, asiago, croutons,
grilled chicken

Franks Caesar w/ Buffalo
Chicken

HONEY SALAD

Mixed greens, balsamic
vinaigrette, feta, craisins,
toasted almonds, carrot,
cucumber, tomato, house
chicken salad

SIDES

House Potato Chips
Sweet Potato Waffle
French Fries
Salt & Vinegar Chips

SANDWICHES

TURKEY BLT

Roasted turkey, Apple wood
bacon, lettuce, tomato, red onion,
Vermont Cheddar & mayo on a
fresh baked roll

CHICKEN SALAD

All white meat chicken, celery
our secret seasoning, mayo,
lettuce, tomato & red onion on a
fresh baked roll
\$9.50

QUINN'S TUNA

Albacore tuna, celery, our own
secret seasoning, mayo, lettuce,
tomato & red onion fresh baked
roll

FRAZIER BLT CLUB

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

CALIFORNIA TUNA

Albacore tuna salad topped with
shredded carrots, cucumbers,
artichokes, baby arugula,
drizzled with house balsamic
dressing, served on rustic multi-
grain **\$9.50 YUM!**

THE GODFATHER

Spicy Capicola, proscuitto, ham,
sopprassata, provolone, roasted
peppers, arugula, tomato, red
onion, house Italian dressing on a
fresh baked roll **\$10.25**

FRESHIE REUBEN

Grilled NY style pastrami,
sauerkraut, Swiss cheese &
house thousand island on
seeded rye bread

HAM IT UP PANINI

Maple Honey Ham piled high
topped with caramelized
onion, bacon, cheddar cheese,
honey mustard on Italian

TUNA MELT

Solid albacore tuna piled high
topped with tomato & Swiss
cheese on Italian bread

PASTRAMI & FIG MELT

Awesome! Grilled New York style
pastrami, brie cheese, caramelized
onions, fig spread, on rustic grilled
Iggy's rye bread

**TURKEY MOZZARELLA
PANINI**

Roasted Turkey, fresh mozza-
rella, basil pesto
tomatoes on focaccia, panini
style

JOHNNY APPLESEED

Roasted turkey, Swiss cheese,
baby spinach, apple slices,
honey mustard, on multi-
grain, panini style **\$9.50**

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

THE COBB CHICKEN WRAP

Grilled chicken, romaine &
mixed green, avocado, bacon,
Vermont cheddar, tomatoes,
house blue cheese dressing

POWER VEGGIE WRAP

House hummus, cucumber,
carrot, avocado, quiona, roasted
beets, mixed greens, drizzled with
house balsamic dressing
\$9.25

VALLEY CHICKEN WRAP

Grilled chicken, bacon, cheddar
cheese, lettuce, tomato, red onion
& our buttermilk ranch
\$9.50

STELLAR CAESAR WRAP

Grilled chicken, crisp romaine,
asiago cheese, tomatoes, crumbled
bacon & house Caesar dressing
\$9.50

BELLA WRAP TURKEY

Roasted turkey, brie, dried
cranberries, roasted almonds,
red onion, baby spinach & honey
mustard

FAZE FAVORITE WRAP

Grilled chicken breast, baby greens,
kalamata olives, shredded carrots,
chopped tomatoes, feta, roasted red
peppers, drizzled of house balsamic

**FRANKS VEGGIE BURGER &
FRENCH FRIES**

House made bean burger, topped
with provolone, lettuce, tomato, red
onion, house balsamic reduction,
served on a fresh baked roll, served
with house French Fries

MARISSA

Grilled chicken, crisp bacon,
house roasted red pepper,
provolone, garlic mayo, on a
fresh baked roll

**VEGGIE BURGER ON
ARUGULA**

House made bean burger, topped
with provolone served on a bed of
arugula, tomato, cucumber carrot,
drizzled with balsamic

*Also available on a roll

**FRESHIES BURGER &
FRENCH FRIES**

Fresh lean hand pressed
ground beef 8oz topped with
cheddar, lettuce, tomato &
red onion served on a fresh
baked roll and house French Fries