

DON'T FORGET TO CHECK OUT
OUR DAILY SPECIALS



FRESH BREWED ICED TEA,
LEMONADE, OLD FASHION BOYLANS
SODA, LAVAZZA HOT & ICED
COFFEE, LATTE, ORGANIC CHAI &
TEAS

WWW.FRESHIESCT.COM

Freshies Bread is delivered daily from
Boston & New York

ONLINE ORDERING

SOUP & SALADS

COMBO: 1/2 & 1/2

Half cold sandwich w/ a
side salad Caesar or House
greens Turkey, tuna, ham,
chicken salad

**DON'T FORGET TO MAKE
YOUR SANDWICH A
COMBO: House Potato Chips
French Fries
Salt & Vinegar Chips
ADD \$4
SWEET WAFFLE FRIES \$4.75**

FRESHIES APPLE & PECAN ARUGULA

Arugula, granny smith apples,
pecans, goat cheese, cranberries,
carrots, grilled chicken breast,
lemon olive oil dressing

HOUSE CAESAR

Romaine, asiago cheese, croutons,
house Caesar dressing

HOUSE GREEN SALAD

mixed greens, topped with carrots,
cucumber, tomato, crouton, house
balsamic dressing

THE GREEK SALAD

Mixed greens, tomato, carrots,
cucumbers, marinated artichokes,
olives, crumbled feta, grilled
chicken breast, balsamic dressing

FRANK'S CAESAR

Romaine, house Caesar dressing,
tomatoes, bacon, asiago, croutons,
grilled chicken
OR TRY IT WITH
Buffalo grilled Chicken

HONEY SALAD

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

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SANDWICH A COMBO:
House Potato Chips
French Fries
Salt & Vinegar Chips
ADD \$4
SWEET WAFFLE FRIES
\$4.75**

SANDWICHES

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QUINN'S TUNA

Albacore solid white tuna
salad, touch of mayo, hint of
celery, served on a fresh baked
roll, with lettuce, tomato and
red onions 13.50

CALIFORNIA TUNA

Albacore solid white tuna
salad topped with marinated
artichokes, shredded carrots,
grape tomatoes, house
balsamic dressing on Iggy's
amazing multi-grain bread
13.65

FRAZIER BLT CLUB

Honey ham, roasted turkey
piled high Apple wood bacon,
lettuce, tomato, red onion,
provolone, garlic mayo on
lightly toasted multi-grain
triple decker - 13.85

CHICKEN SALAD

All white meat chicken, celery
our secret seasoning, mayo,
lettuce, tomato & red onion on
a fresh baked roll 13.50

TURKEY BLT

Roasted turkey, Apple wood
bacon, lettuce, tomato, red
onion, Vermont Cheddar &
mayo on a fresh baked roll
13.59

THE GODFATHER

Italian meats, Capicola, ham,
salami, peppered salami spicy
provolone, house roasted red
peppers, arugula, tomato, red
onions, provolone, Italian
dressing, on a fresh baked roll
13.75

PANINI'S

FRESHIE REUBEN

Grilled NY style pastrami,
sauerkraut, Swiss cheese & house
thousand island on seeded Iggy's
grilled rye bread 14.

PASTRAMI & FIG MELT

Awesome! Grilled New York style
pastrami, brie cheese, caramelized
onions, fig spread, on rustic grilled
Iggy's rye bread 14

HAM IT UP PANINI

Maple Honey Ham piled high topped
with caramelized onion, crisp
bacon, Vermont cheddar cheese,
honey mustard on Italian bread 13.50

JOHNNY APPLESEED

Roasted turkey, Swiss cheese, baby
spinach, crisp apples, honey
mustard, served panini style on Iggy's
multi-grain bread 13.50

TUNA MELT

Solid albacore ALL WHITE meat tuna
salad, touch of mayo, house
seasoning, celery, topped with
tomato & Swiss cheese on Italian
bread 13.60

AMERICAN CHICKEN SALAD MELT

All white meat chicken salad, piled
high on fresh Italian bread, with
tomato, American cheese, baby
spinach, and panini 13.50

TURKEY MOZZARELLA PANINI

Roasted Turkey, fresh mozzarella,
basil pesto tomatoes on Arthur
Avenue Italian, panini style (no
nuts) 13.75

WRAPS

POWER VEGGIE WRAP

House hummus, cucumber,
carrot, avocado, quiona,
roasted beets, mixed greens,
drizzled with house balsamic
dressing 13.50

VALLEY CHICKEN WRAP

Grilled chicken, bacon,
Vermont cheddar cheese,
lettuce, tomato, red onion &
our buttermilk ranch dressing
13.50

STELLAR CAESAR WRAP

Grilled chicken, crisp romaine,
asiago cheese, tomatoes,
crumbled bacon & house
Caesar dressing 13.50

BELLA WRAP TURKEY

Roasted turkey, brie, sun-dried
cranberries, roasted almonds,
baby spinach & honey mustard
13.60

FAZE FAVORITE WRAP

Grilled chicken breast, baby
greens, kalamata olives,
shredded carrots, chopped
tomatoes, feta, roasted red
peppers, drizzled of house
balsamic 13.75

Sides: \$2.00
Balsamic
Ranch
Caesar
Sassy
Thousand Island
House Pickles

& MORE

MARISSA*

Grilled chicken, crisp bacon,
house roasted red pepper,
provolone, garlic mayo, on a
fresh baked roll 13.75

THE SASSY

Grilled chicken, topped with
Vermont Cheddar cheese,
house pickles, our sassy sauce,
lettuce, tomato, red onions
served on a fresh baked roll
13.25

VEGGIE BURGER ON ARUGULA

House made bean white bean
burger, topped with provolone
served on a bed of arugula,
tomato, cucumber carrot,
drizzled with balsamic 13.25

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
16.50

All of our meats are naturally GLUTEN FREE! WE
USE ALL NATURAL ANTIBIOTIC FREE
BOARS HEAD MEATS AND CHEESE

Consuming raw or undercooked meat, poultry, seafood and eggs may increase your risk of food borne illness