

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 16.75

### 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  
17

### FRANK'S CAESAR

Romaine, house Caesar dressing,  
tomatoes, bacon, asiago, croutons,  
grilled chicken 16.75  
OR TRY IT WITH  
Buffalo grilled Chicken

### HONEY SALAD

Mixed greens, balsamic  
vinaigrette, feta, cranberries,  
toasted almonds, carrot,  
cucumber, tomato, house chicken  
salad 16.75

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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

#### 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  
13.25

#### 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 - 13.75

#### CHICKEN SALAD

All white meat chicken, celery  
our secret seasoning, mayo,  
lettuce, tomato & red onion on  
a fresh baked roll 13

#### TURKEY BLT

Roasted turkey, Apple wood  
bacon, lettuce, tomato, red  
onion, Vermont Cheddar &  
mayo on a fresh baked roll  
13.25

#### 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 13.95

#### PASTRAMI & FIG MELT

Awesome! Grilled New York style  
pastrami, brie cheese, caramelized  
onions, fig spread, on rustic grilled  
Iggy's rye bread 13.95

#### HAM IT UP PANINI

Maple Honey Ham piled high topped  
with caramelized onion, crisp  
bacon, Vermont cheddar cheese,  
honey mustard on Italian bread 13.25

#### JOHNNY APPLESEED

Roasted turkey, Swiss cheese, baby  
spinach, crisp apples, honey  
mustard, served panini style on  
Iggy's multi-grain bread 13.25

#### TUNA MELT

Solid albacore ALL WHITE meat tuna  
salad, touch of mayo, house  
seasoning, celery, topped with  
tomato & Swiss cheese on Italian  
bread 13.25

#### AMERICAN CHICKEN SALAD MELT

All white meat chicken salad, piled  
high on fresh Italian bread, with  
tomato, American cheese, baby  
spinach, and panini 13.25

#### TURKEY MOZZARELLA PANINI

Roasted Turkey, fresh mozzarella,  
basil pesto tomatoes on Arthur  
Avenue Italian, panini style (no  
nuts) 13.25

### WRAPS

#### POWER VEGGIE WRAP

House hummus, cucumber,  
carrot, avocado, quiona,  
roasted beets, mixed greens,  
drizzled with house balsamic  
dressing 13.25

#### VALLEY CHICKEN WRAP

Grilled chicken, bacon,  
Vermont cheddar cheese,  
lettuce, tomato, red onion &  
our buttermilk ranch dressing  
13.25

#### STELLAR CAESAR WRAP

Grilled chicken, crisp romaine,  
asiago cheese, tomatoes,  
crumbled bacon & house  
Caesar dressing 13.25

#### BELLA WRAP TURKEY

Roasted turkey, brie, sun-dried  
cranberries, roasted almonds,  
baby spinach & honey mustard  
13.25

#### FAZE FAVORITE WRAP

Grilled chicken breast, baby  
greens, kalamata olives,  
shredded carrots, chopped  
tomatoes, feta, roasted red  
peppers, drizzled of house  
balsamic 13.50

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 15

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