



ONLINE ORDERING

SOUP & SALADS

COMBO

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

Arugula, granny smith apples,
pecans, goat cheese, cranberries,
carrots, grilled chicken breast,
lemon olive oil dressing 16

THE GREEK SALAD

Mixed greens, tomato, carrots,
cucumbers, marinated artichokes,
olives, crumbled feta, grilled
chicken breast, balsamic dressing
16.50

HONEY SALAD

Mixed greens, balsamic
vinaigrette, feta, craisins, toasted
almonds, carrot,
cucumber, tomato, house chicken
salad 16

ADD A SMALL SIDE:
FRENCH FRIES
HOMEMADE POTATO
CHIPS OR SIDE SALAD TO
ANY SANDWICH \$4.00

HOUSE SALAD

mixed greens topped with
carrots, cucumbers, tomato,
croutons, balsamic dressing

FRANK'S CAESAR

Romaine, house Caesar dressing,
tomatoes, bacon, asiago, croutons,
grilled chicken 16

Franks Caesar w/ Buffalo
Chicken

HOUSE CAESAR

Romaine, asiago cheese, croutons,
house Caesar dressing

DON'T FORGET
TO TRY OUR
BASKETS OF:
House Potato Chips
Sweet Potato Waffle
French Fries
Salt & Vinegar Chips

SANDWICHES

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 11.25

FRESHIE REUBEN

Grilled NY style pastrami,
sauerkraut, Swiss cheese & house
thousand island on seeded Iggy's
grilled rye bread 13.25

THE SASSY

Grilled chicken, topped with
Vermont Cheddar cheese,
house pickles, our sassy sauce,
lettuce, tomato, red onions
served on a fresh baked roll 12

MARISSA*

Grilled chicken, crisp bacon,
house roasted red pepper,
provolone, garlic mayo, on a
fresh baked roll 12

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 12

PASTRAMI & FIG MELT

Awesome! Grilled New York
style pastrami, brie cheese,
caramelized onions, fig spread,
on rustic grilled Iggy's rye bread
13.25

POWER VEGGIE WRAP

House hummus, cucumber,
carrot, avocado, quiona, roasted
beets, mixed greens, drizzled
with house balsamic dressing 12

THE GODFATHER

Spicy capicola, prosciutto, ham,
salami, provolone, house
roasted peppers, arugula,
tomato, red onion, house Italian
dressing on a fresh baked roll
12.50

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 - 12.50

HAM IT UP PANINI

Maple Honey Ham piled high
topped with caramelized onion,
Applewood smoked
bacon, Vermont cheddar cheese,
honey mustard on Fresh baked
Italian 12

VALLEY CHICKEN WRAP

Grilled chicken, bacon,
Vermont cheddar cheese,
lettuce, tomato, red onion & our
buttermilk ranch dressing 12

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 12

*Also available on a roll

*FRESHIES BURGER &
FRENCH FRIES*

Fresh lean
ground beef 8oz topped with
cheddar, lettuce, tomato & red
onion served on a fresh baked
roll and house French Fries
PINK or NO PINK 15.75

CHICKEN SALAD

All white meat chicken, celery
our secret seasoning, mayo,
lettuce, tomato & red onion
on a fresh baked roll 11.25

TUNA MELT

Solid albacore ALL WHITE meat
tuna salad, touch of mayo, house
seasoning, celery, topped with
tomato & Swiss cheese on Italian
bread 12

STELLAR CAESAR WRAP

Grilled chicken, crisp romaine,
asiago cheese, tomatoes,
crumbled bacon & house
Caesar dressing 12

BELLA WRAP TURKEY

Roasted turkey, brie, sun-dried
cranberries, roasted almonds,
baby spinach & honey mustard
12

FAZE FAVORITE WRAP

Grilled chicken breast, baby greens, kalamata olives,
shredded carrots, chopped tomatoes, feta, roasted red
peppers, drizzled of house balsamic 12

TURKEY BLT

Roasted turkey, Apple wood
bacon, lettuce, tomato, red
onion, Vermont Cheddar &
mayo on a fresh baked roll
11.25

TURKEY MOZZARELLA
PANINI

Roasted Turkey, fresh
mozzarella, basil pesto tomatoes
on Arthur Avenue Italian,
panini style (no nuts) 12

JOHNNY APPLESEED

Roasted turkey, Swiss cheese,
baby spinach, apple slices, honey
mustard, on multi-grain, panini
style 12

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 15.50

THE COBB

Grilled chicken, cheddar cheese,
lettuce, tomato, avocado, Apple
wood bacon, homemade blue
cheese dressing 12

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