

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 16.85

### HOUSE CAESAR

Romaine, asiago cheese, croutons,  
house Caesar dressing 12

### HOUSE GREEN SALAD

mixed greens, topped with carrots,  
cucumber, tomato, crouton, house  
balsamic dressing 12

### THE GREEK SALAD

Mixed greens, tomato, carrots,  
cucumbers, marinated artichokes,  
olives, crumbled feta, grilled chicken  
1 breast, balsamic dressing 16.95

### FRANK'S CAESAR

Romaine, house Caesar dressing,  
tomatoes, bacon, asiago, croutons,  
grilled chicken  
OR TRY IT WITH  
Buffalo grilled Chicken 16.85

### HONEY SALAD

Mixed greens, balsamic  
vinaigrette, feta, cranberries,  
toasted almonds, carrot,  
cucumber, tomato, house chicken  
salad 16.85

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MAKE YOUR  
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 13.60

#### 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  
13.75

#### FRAZIER BLT CLUB

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

#### CHICKEN SALAD

All white meat chicken, celery  
our secret seasoning, mayo,  
lettuce, tomato & red onion on  
a fresh baked roll 13.60

#### TURKEY BLT

Roasted turkey, Apple wood  
bacon, lettuce, tomato, red  
onion, Vermont Cheddar &  
mayo on a fresh baked roll  
13.75

#### 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 13.65

#### JOHNNY APPLESEED

Roasted turkey, Swiss cheese,  
baby spinach, crisp apples,  
honey mustard, served panini  
style on Iggy's multi-grain  
bread 13.65

#### TUNA MELT

Solid albacore ALL WHITE meat  
tuna salad, touch of mayo,  
house seasoning, celery,  
topped with tomato & Swiss  
cheese on Italian bread 13.65

#### AMERICAN CHICKEN SALAD MELT

All white meat chicken salad,  
piled high on fresh Italian  
bread, with tomato, American  
cheese, baby spinach, and  
panini 13.65

#### ~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 13.60

#### VALLEY CHICKEN WRAP

Grilled chicken, bacon,  
Vermont cheddar cheese,  
lettuce, tomato, red onion &  
our buttermilk ranch dressing  
13.60

#### STELLAR CAESAR WRAP

Grilled chicken, crisp romaine,  
asiago cheese, tomatoes,  
crumbled bacon & house  
Caesar dressing 13.60

#### ~BELLA WRAP TURKEY

Roasted turkey, brie, sun-dried  
cranberries, roasted almonds,  
baby spinach & honey mustard  
13.65

#### 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  
13.65

#### 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 13.65

#### 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  
16.75

#### FRESHIES BURGER & FRIES

Our fresh ground beef,  
topped with Vermont  
Cheddar, lettuce, tomato,  
red onions, on a fresh  
baked roll served with  
house French Fries 16.75

#### Kids Combo

All white meat Chicken Tenders & fries  
Kids' Grilled Cheese & Fries

**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