



❧ ST. PATTY'S DAY SPECIALS, MARCH 17, 2023! ❧

❧ BREAKFAST - SERVED ALL DAY! ❧

Frank's Mess ~ 2 Eggs, Bacon, Sausage, Ham and Cheese on a Roll ... \$8.49

❧ HOT ENTRÉE SPECIALS ~ ALWAYS MADE FROM SCRATCH ❧

Corned Beef & Cabbage Special! ... \$20.95

Lean Corned Beef & Cabbage with Boiled Potatoes, Glazed Baby Carrots & an Irish Soda Dinner Roll

Classic Irish Shepherd's Pie ... \$9.99

Seasoned Ground Beef, Peas & Carrots Topped with Mashed Potatoes

Chicken Pot Pie - \$9.99

Fish Cakes w/ Tartar Sauce ... \$1.99 each

Quiche - Broccoli Cheddar / Jalapeno Cheddar / Quiche Lorraine / Spinach, Mushroom & Swiss - \$5.49

❧ HOMEMADE HOT SOUP ❧

Cup \$5.49 / Pint \$6.49 / Quart \$11.99

Split Pea, Vegetarian Lentil, Broccoli Cheddar, Spring Vegetable, Tortellini Vegetable, Tomato Orzo, Chicken Noodle, Chicken & Rice. Cup \$6.49, Pt. \$7.49, Qt. \$12.99...Seafood Bisque

SEAQUA FIT MEAL PREPS ~ GRAB N' GO OR HAVE IT HOT ~ BUY ANY 5 MEAL PREPS GET 1 FREE!

Grilled Shrimp with Steamed Broccoli & Carrots over Basmati Rice, Chipotle Aioli on the Side ... \$13.99

❧ GOURMET WRAP ❧

Asian Style Wrap ... \$10.99

Teriyaki Chicken, Shredded Carrots, Cucumbers, Mixed Greens & Sesame Thai Peanut Sauce

❧ GOURMET SALAD ❧

Shrimp Salad ... \$18.99 /lb.

Jumbo Whole Poached Shrimp, Celery, Fresh Lemon Juice & a Mayo Based Dressing

❧ SOUP & SLIDER COMBO ❧

BBQ Roast Beef with Shaved Onions & Swiss Cheese on an Onion Rosemary Slider or Balsamic Glazed Chicken, Marinated Tomatoes & Provolone on a Garlic Rosemary Slider or Breaded Buffalo Chicken, Muenster, Buffalo Sauce, Ranch & Pickles on a Semolina Slider or Layered Fried Eggplant with Fresh Mozzarella & Marinara Sauce on a Focaccia Cube or Oven Gold Turkey with Mozzarella & Bacon on a Garlic Toasted Semolina Slider with a Cup of Soup - \$9.99 / Pint of Soup - \$10.99

❧ RECESSION BUSTER ❧

Corned Beef on White, Rye or Whole Wheat Bread with a ¼ lb. of Potato Salad, Macaroni Salad or Cole Slaw & 12 oz. Soda, Iced Tea or Lemonade ... \$10.49

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