



❧ FRIDAY'S SPECIALS, SEPTEMBER 22! ❧

❧ 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 ❧

Applewood Smoked Ham With Maraschino Cherries & Pineapples in a Sweet & Sour Glaze ... \$13.99  
Breaded Chicken Cutlet with Spinach, Bacon & Cheddar Cheese, Topped with a Cream Sauce ... \$13.99  
Fried Flounder Filet Served with Fresh Lemon & Tartar Sauce ... \$14.99

Above Entrées Served with Your Choice of 2 Sides: Mashed Potatoes, Yellow Rice, Mac & Cheese, Vegetable Medley

Chicken Pot Pie - \$9.99

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

❧ HOMEMADE HOT SOUP ❧

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

Vegetarian Lentil, Spring Vegetable, Tortellini Vegetable, Tomato Orzo, Chicken Noodle, Chicken & Rice. Cup \$6.99, Pt. \$8.49, Qt. \$15.99...Seafood Bisque

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

**Baked Salmon ... \$13.99**

Baked Salmon Filet with Grilled Asparagus over Basmati Rice with a Spicy Red Pepper Coulis

❧ GOURMET PANINI ~ HOT & PRESSED TO ORDER! ❧

**Ultimate Turkey Panini ... \$12.49**

Smoked Turkey, Artichoke Hearts, Sundried Tomatoes, Provolone and Sweet Chipotle 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 ❧

**Salsalito Turkey 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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