

Sandwich Platter \$35 SERVES 5-10

ASSORTED SANDWICHES INCLUDE

HOMEMADE PEPPERED TURKEY, ANGUS ROAST BEEF, HOMEMADE CHICKEN SALAD, HOMEMADE AVOCADO CHICKEN SALAD, HOMEMADE ALBACORE TUNA SALAD, MAPLE HAM

SERVED ON

RYE, WHEAT, WHITE, PUMPERNICKEL, CROISSANT, FRENCH HOAGIE, CRANBERRY WALNUT, & TOMATO BASIL WRAP

Topped with Lettuce & Tomato

Served with a side of Coconut Bread or Chips

Vegetarian Choices Available

*GLUTEN FREE BREAD AVAILABLE UPON REQUEST FOR \$10 UPCHARGE

Frida's Signature LaTorta Sandwich \$30

(SERVES 5-10 PEOPLE)

Chicken or Tuna Salad, European style layered sandwich, beautifully garnished with cheddar cheese, cucumber, tomato & alfalfa sprouts

Lunch in a Box \$9.19

Your choice of one of our delicious lunch items packed in a box and labeled for convenience. Each box is served with coconut bread and a freshly baked cookie.

- **Sandwich Lunch Box**

Your choice of one of our delicious homemade sandwiches

- **Salad Lunch Box (\$1 extra)**

Your choice of House or Caesar salad

Choose a Specialty Salad for \$2 extra

- **Half Sandwich & Half Salad (\$1 extra)**

Your choice of half of one of our sandwiches served with a side House or Caesar salad.

Substitute a specialty salad or Panini for \$2 extra

Frida's Signature Platter \$40 Serves 5-10

Your Choice of the following Frida's Sandwiches:

- *Croissant Chicken Salad Sandwich*
- *Cranberry Ham or Turkey Sandwich*
- *Turkey Avocado on Gluten Free Bread*

fresh avocado, peppered turkey, spicy mustard, lettuce, tomatoes & onions. Grilled to Perfection!

Frida's Delicious Paninis \$40 SERVES 5-10 PEOPLE

Fiesta avocado Panini, Cuban Panini, Turkey&L Smoked Gouda Panini, Portabella Panini, Steak & Cheese Panini, Steak, Cheese & Portabella Panini, Hot Veggie Panini, Chicken Quesadilla Panini, Reuben

Fresh.Healthy.Innovative.

Salads \$35 Serves 5-10

BEET SALAD

Fresh beets, mixed greens, cherry tomatoes, carrots, & Fresh Mozzarella served with Blue Cheese Dressing

NEW Three Berries Chicken Salad

Strawspberry Poached Chicken Breast on a bed of Mixed Greens, Cherry Tomatoes & Sliced Red Onions, Topped with Fresh Mixed Berries & Toasted Pecans. Served with Strawspberry Dressing.

GREEK SALAD

Homemade potato salad, Feta cheese, peppers, cherry tomatoes, and red onions on a bed of romaine lettuce, served with Greek dressing

ASIAN TIME SALAD

Roasted herb chicken breast, toasted almonds, Mandarin oranges, cherry tomatoes, and red onions on a bed of Romaine lettuce served with Asian Sesame dressing

SUMMER TIME SALAD

Roasted herb chicken breast, toasted pecans, Asiago cheese on a bed of fresh Romaine lettuce with red onion, and cherry tomatoes served with Strawspberry Dressing

WINTER SALAD

Mixed greens, cherry tomatoes, red onions, toasted pecans, dried cherries & Cheva cheese served with Strawspberry Dressing

SPINACH SALAD

Spinach, cherry tomatoes, red onions, toasted pecans, crumbled Feta cheese, topped with Chicken Salad, Avocado Chicken Salad and served with our delicious homemade yogurt

House or Caesar Salad

\$25 Serves 5-10

Small Meat & Cheese Tray \$35 (serves 7-12)

Variety of meats & cheeses including turkey, ham, roast beef, Cheddar, Provolone, Swiss&L smoked Gouda

Large Meat & Cheese Tray \$70 (serves 12-17)

Fresh Veggie Tray \$30 (serves 8-12)

A mixture of fresh cut vegetables

Fresh Cheese Tray \$30 (serves 8-12)

Swiss, Cheddar, Provolone, Smoked Gouda

Soup of the Day \$3.99/PERSON

The Soup Bucket \$59.99 (serves 15)

Bacon Parisian Panini Tray \$30

Serves 5-10

Potato-egg Parisian patty, bacon, chipotle sauce &L Cheddar

Spinach Parisian Panini Tray \$30

Serves 5-10

Potato-egg Parisian patty, fresh spinach, sliced tomato, chipotle sauce &L Provolone Cheese

Signature Breakfast Sandwich Tray \$30

Serves 5-10

Breakfast Fantasy Wrap: Fresh eggs, chopped onions, tomatoes, and Provolone cheese in a Tomato Basil Wrap.

Egg, Avocado, Onions, Tomato, Provolone Cheese &L Chipotle Sauce on 8 Grain Bread&L Pressed

Egg, Portabella, Cheva Cheese, Fresh Basil &L Chipotle Sauce on 8 Grain Bread&L Pressed

Egg, Fresh Mozzarella, Spinach, Tomato &L Chipotle Sauce on 8 Grain Bread &L Pressed

Breakfast Panini Tray \$22. 99

Serves 5

Sandwich choices include sausage, maple ham, bacon, egg &L cheese

Morning Continental \$34.99

Serves 5

Includes fresh baked bagel, scone, croissant, European Danish, coffee and orange juice.

Served with butter &L jelly

Pastry Tray \$15.00

Your Choice of 5 of the following Items:

- *Donut*
- *Cinnamon Roll*
- *Apple Fritter*
- *Cherry or Apple Strudel*
- *Cherry or Apple Turnover*
- *Cranberry or Blueberry Scone*
- *European Danish*
- *Bagel*
- *Croissant*

Small Fruit Tray \$20 (serves 6-10)

Pineapple, Kiwi, Blueberry, Strawberry, OR fruit in season

Large Fruit Tray \$40 (serves 12-16)

Whole Quiche \$32

Cut in 8 or 10 SLICES

Vegetable Quiche

Spinach, mushrooms, tomato & Asiago cheese

Ham & Swiss Quiche

Sliced Bagels \$10.99/dz or \$5.99 1/2 dz

Cream Cheese available in plain, chives or strawberry