

## 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*

### 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*