

## Appetizers

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|---|----------------|
| <b>House Made Smoked Salmon</b> Dill tartar <b>G</b>  | <b>\$20.95</b> |
| <b>Salmon Caviar Torte</b> Potato, crème fraiche, smoked salmon, caviar, chives                       | <b>\$14.95</b> |
| <b>Crab Cake</b> Stone mustard, cream   | <b>\$18.95</b> |
| <b>Tempura Shrimp</b> Cucumber jicama relish  | <b>\$20.95</b> |
| <b>Rock Shrimp Tempura</b> Spicy aioli  | <b>\$21.95</b> |
| <b>Thai Shrimp</b> Thai curry, papaya salsa <b>G</b>  | <b>\$21.95</b> |
| <b>Tri-Meatballs</b> Chef's recipe meatballs, marinara  | <b>\$17.95</b> |
| <b>Asian Sampler</b> Spring roll, tempura shrimp, orange chicken & spicy beef, cucumber jicama relish | <b>\$25.95</b> |

## Salads \$23.95

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| <b>Mediterranean Chopped</b> Smoked salmon or chicken arugula, couscous, tomato, corn, pepitas, gorgonzola, currant, pesto ranch, <b>add avocado \$2.95</b> |
| <b>Waldorf Chicken</b> Spinach, romaine lettuce, apple, raisin, bacon, egg, mango, almonds, walnuts, vinaigrette <b>G</b>                                   |
| <b>Asian Chicken</b> Cabbage, mango, cucumber, green onion, cilantro, carrots, cashews, almonds, noodles, sesame seeds, vinaigrette                         |
| <b>Southwest Barbecue Chicken</b> Jicama, black beans, tomato, cilantro, yellow corn, jalapeno cheese, tortilla strips, vinaigrette                         |
| <b>Poke</b> Ahi, sesame seeds, cabbage, daikon sprouts, avocado, snow peas, crispy wonton, vinaigrette  |
| <b>Frank</b> Chicken, dates, goat cheese, avocado, tomato, almonds, corn bread croutons, vinaigrette  |
| <b>Thai Chicken</b> Cabbage, carrots, cucumber, cashews, green onion, cilantro, zucchini, crispy wonton, peanut vinaigrette                                 |

**Dinner Salad | Caesar | Wedge**  
**\$10.95**

## Thin Crust Gourmet Pizza **\$19.95**

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| <b>Italian Sausage</b> Italian sausage, basil, mozzarella, parmesan                     |
| <b>Southwest</b> Barbecue chicken, caramelized onions, basil, mozzarella, cheddar       |
| <b>Vegetarian</b> Zucchini, squash, basil, mushrooms, cheddar, parmesan                 |
| <b>Italiano</b> Tomato, garlic, basil, mozzarella                                       |
| <b>Thai</b> Chicken, cilantro, green onion, carrots, zucchini, mozzarella, peanut sauce |

## Healthy

**Spinach Pomodoro** Tomato, basil, garlic, olive oil, spinach **G**  
Choice of: **Chicken \$33.95 | Salmon \$34.95 | Filet Mignon \$36.95**

## Pasta & Seafood

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| <b>Beef Lasagna</b> Italian sausage, mozzarella, ricotta, parmesan, parsley, marinara                      | <b>\$32.95</b> |
| <b>Rigatoni with Italian Sausage</b> Bell pepper, onion, alfredo gorgonzola, marinara                      | <b>\$32.95</b> |
| <b>Frank's Pasta</b> Artichoke, sun dried tomato, kalamata olives, spinach, basil, feta parmesan, linguini | <b>\$31.95</b> |
| <b>Pasta Pomodoro</b> Chicken, tomato, basil, garlic, olive oil, capellini                                 | <b>\$33.95</b> |
| <b>Smoked Salmon Alfredo</b> Gorgonzola, alfredo, linguini   | <b>\$33.95</b> |
| <b>Shrimp Linguini</b> Garlic, pesto, parmesan, linguini   | <b>\$36.95</b> |
| <b>Scallops with Spinach</b> Stone mustard cream <b>G</b>  | <b>\$39.95</b> |
| <b>Chilean Sea Bass</b> Spinach, stone mustard cream <b>G</b>  | <b>\$46.95</b> |
| <b>Salmon Picatta</b> Lemon, capers, mushrooms <b>G</b>  | <b>\$39.95</b> |

## Steaks & Poultry

Choice of: Baked potato | mashed potato | rice pilaf | capellini marinara

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| <b>Filet Mignon</b> Shiitake mushrooms <b>G</b>                                  | <b>\$46.95</b> |
| <b>Meatloaf</b> Chef's special recipe, shiitake mushrooms                        | <b>\$31.95</b> |
| <b>Veal Scaloppini</b> Grass fed veal, lemon, herbs, mushrooms <b>G</b>          | <b>\$36.95</b> |
| <b>Frank's Steak</b> New York strip, Frank's Sicilian marinade <b>G</b>          | <b>\$46.95</b> |
| <b>Rack of Lamb</b> Garlic, shallots, mint demi-glace <b>G</b>                   | <b>\$49.95</b> |
| <b>Beef Szechuan</b> Filet mignon, carrots, zucchini, green onion, rice <b>G</b> | <b>\$31.95</b> |
| <b>Chicken Marsala</b> Marsala, mushrooms  | <b>\$33.95</b> |
| <b>Sunny Chicken</b> Kalamata olives, artichoke hearts, sun dried tomato, basil  | <b>\$33.95</b> |
| <b>Orange Chicken</b> Orange sauce, rice   | <b>\$33.95</b> |

Sides: Seasonal vegetables | baked potato | mashed potato | rice pilaf | capellini marinara  
**\$10.95**