

FRANK'S PLACE LENTEN MENU

Appetizers

Hand-Cut, Fresh Calamari
lightly dusted & deep fried
large enough to share!

Classic 10.95
served with marinara sauce

Asian 10.95 🌶️
tossed in a sweet Thai chili sauce

Buffalo 10.95 🌶️
tossed in hot or mild wing sauce,
served with celery & blue cheese

Petrosky's Pierogies

dough dumpling filled with
potatoes & blend of cheeses

| | Deep Fried | Butter & Onions |
|--------------|------------|-----------------|
| 3 Pierogies | 5.50 | 5.95 |
| 6 Pierogies | 8.50 | 8.95 |
| 12 Pierogies | 15.95 | 17.95 |
| 24 Pierogies | 31.95 | 34.95 |

Housemade Soups

Soup of the Day
Cup 3.95 Bowl 4.95
Qt. 8.95 (take out)

Fried Green Beans
served with side of ranch 8.95

Fried Pickles
served with a side of ranch 8.95

Mozzarella & Red Peppers GF
fresh mozzarella & roasted red peppers
drizzled with balsamic vinaigrette 9.95

Mozzarella Sticks
five batter-dipped sticks served with
marinara sauce 6.95

Cheese Quesadilla
with fresh salsa & sour cream 9.95

Margherita Flatbread
fresh mozzarella, fresh tomatoes, fresh
basil 9.95

White Broccoli Flatbread
broccoli, scampi sauce, mozzarella 9.95

Shrimp Pesto Flatbread
grilled shrimp, pesto, mozzarella 11.95

Buffalo Pierogies 🌶️
four fried pierogies layered with wing
sauce & topped with mozzarella served
with a side of blue cheese dressing 9.95

Devil Fries 🌶️
topped with wing sauce & cheddar 6.95

Buffalo Shrimp 🌶️
hand breaded shrimp topped with wing
sauce & mozzarella served with blue
cheese & celery 9.95

Crab Stuffed Mushrooms
large mushroom caps filled with
crabmeat stuffing 9.95

Steamed Clams GF
Rhode Island Littlenecks served with
drawn butter 11.95

Mussels & Clams GF
New Zealand mussels on the half shell &
Rhode Island Littleneck clams
sautéed in a white wine, butter &
garlic sauce 13.95

Clams Casino
sautéed with red pepper, olive oil,
white wine & bacon served
in the clam shell 13.95

Coconut Shrimp
butterflied, hand-breaded with coconut
breading & lightly fried served with a
sweet Thai chili sauce 9.95

Thai Shrimp
butterflied, hand-breaded & lightly fried
with a sweet Thai chili sauce 9.95

Shrimp Cocktail GF
five peeled & deveined shrimp served
with cocktail sauce 10.95

Check Our Daily Specials Menu for Additional Lenten Items!

Sandwiches, Hoagies & Wraps

Substitute Onion Rings, Sweet Potato Fries
or Seasoned Curly fries for \$.79

Substitute Pretzel Roll for \$.79

No sides less \$.99

Hot

served with fries & cole slaw

Eggplant Panini
topped with mozzarella cheese & marinara
sauce on grilled tuscan bread 10.95

Eggplant Parmesan Hoagie
topped with mozzarella cheese & marinara
sauce on grilled tuscan bread 8.95

Tuna Melt
solid white albacore tuna salad on grilled
rye bread & swiss cheese 8.95

Cold

served with chips

Tuna Salad Wrap
solid white albacore tuna salad, lettuce &
tomato 9.95

Tuna Salad Hoagie
solid white albacore tuna salad, lettuce &
tomato onion & hot peppers 8.95

Tuna Salad Sandwich
solid white albacore tuna salad, lettuce &
tomato 6.95

Pizza

Anchovies, Shrimp, Mushrooms, Green Peppers,
Onions, Broccoli, Black Olives, Tomato,
Hot Peppers, Sweet Peppers, Jalapeño Peppers



| | 9-inch round | 12-cut square |
|----------------|--------------|---------------|
| Plain Cheese | 6.95 | 11.95 |
| One Topping | 7.95 | 13.95 |
| Two Toppings | 8.95 | 15.95 |
| Three Toppings | 9.95 | 16.95 |

Shrimp & Garlic - Red or White 10.95 18.95

White Pizza with Broccoli 7.95 13.95

Veggie Supreme
mushrooms, green peppers, garlic, onion,
black olives & hot peppers 9.95 16.95

Kid's Menu 10 years and under please

Fish & Chips
batter-dipped cod with fries 7.95

Spaghetti & Marinara 4.95

**White Cheddar
Mac & Cheese** 5.95

Cheese Pizza 5.95

Three Pierogies
deep-fried or butter & onions 5.50

Grilled Cheese & Fries 3.95

FRANK'S PLACE LENTEN MENU

Salads

* Add to your salad for \$7.95 choice of:
Grilled 10 oz. Tuna Steak, Grilled 8 oz. Salmon Fillet
or Grilled Shrimp

Garden Salad

mixed greens, vegetables & croutons 3.95

Frank's House Salad*

mixed greens, vegetables, cheddar & egg
10.95

Caesar Salad*

romaine lettuce tossed in homemade
caesar dressing with croutons & topped
with grated Asiago cheese 10.95

Festive Salad* **GF**

baby greens, walnuts, dried cranberries,
gorgonzola cheese, cucumbers, grape
tomatoes & egg 10.95

Greek Salad* **GF**

mixed greens, vegetables, kamalata olives,
pepperoncini, red onion & feta cheese
served with Greek vinaigrette 10.95

Asian Salad*

baby greens, veggies, topped
with chow mein noodles,
mandarin oranges & cheddar
served with mandarin orange
sesame dressing 10.95

Apple Nut Salad* **GF**

baby greens, granny smith
apples,
mandarin oranges, vegetables,
sliced almonds, gorgonzola
cheese & egg served with apple
cider vinaigrette 10.95

Harvest Salad* **GF**

baby greens, diced apples, dried
cherries, goat cheese, candied
pecans, grape tomatoes, sweet
red onion & cucumber 10.95

Italian Favorites

Served with a garden salad. *Gluten-free & whole wheat pasta available.*

Seafood Fra Diablo

sautéed shrimp, scallops, & clams over
linguine in a spicy red sauce 25.95

Linguine with Clam Sauce

five littleneck clams & choice of white
or red clam sauce on a bed of linguine
17.95

Pasta Sacchetti & Shrimp

pasta ribbons filled with ricotta cheese
wrapped into a little pasta sack topped
with our pink sauce & shrimp 17.95

Eggplant Parmigiana

lightly breaded eggplant smothered in
marinara sauce & mozzarella served with
a side of pasta 14.95

Fettucine Alfredo

creamy alfredo sauce served over
fettucine 14.95 Add shrimp 18.95

Stuffed Rigatoni

stuffed with four cheeses topped with
vodka sauce with cheeseballs 15.95
Add shrimp 17.95

Wild Mushroom Ravioli

filled with portabella & shiitake
mushrooms served with cheeseballs
topped with pink alfredo sauce 14.95

Create Your Own Pasta Dinner!

Pasta Dinner 13.95

Gnocchi Dinner 14.95

Ravioli Dinner 14.95

Pastas:

Rigatoni, Linguine, Spaghetti,
Angel Hair, Fettuccine, Gnocchi,
Cheese Ravioli

Sauces:

Marinara, Pink Alfredo, Vodka

Premium Sauces: add 1.95

Alfredo, Basil Pesto Cream

Plus:

Cheeseballs

Gluten-Free

Penne Pasta **GF**

gluten-free pasta tossed in choice
of marinara or meat marinara sauce
9.95

9-inch Round Pizza **GF**

gluten-free crust, sauce & blend of
pizza cheeses (toppings additional)
10.95

Cheese Ravioli **GF**

gluten-free cheese filled raviolis
topped with marinara sauce 14.95

Baskets

Served with fries & cole slaw

Fish & Chips Basket

three pieces of beer battered cod
served with tartar sauce 14.95

Coconut Shrimp Basket

butterflied, hand-breaded with coconut
breading & lightly fried served with a
sweet Thai chili sauce 13.95

Thai Shrimp Basket

butterflied, hand-breaded & lightly fried
with a sweet Thai chili sauce 13.95

Jumbo Shrimp Basket

butterflied, hand-breaded & lightly fried
13.95

Seafood

Served with a garden salad.

Brazilian Lobster Tail **GF**

9 oz. tail, baked, broiled & served with
drawn butter, potato & vegetable 31.95

Alaskan King Crab Legs

one pound of extra large crab legs served
with potato & vegetable 36.95

Sea Port Salmon

Alaskan salmon fillet, sautéed shrimp &
jumbo sea scallops in a lemon butter sauce
on a bed of spinach & rice 26.95

Lobster Trio

1/4 lb. lobster tail, sea scallops, & shrimp
sautéed in butter & garlic scampi sauce
served over linguine 27.95
*Gluten-free & whole wheat pasta
available.*

Salmon & Garlic Spinach* **GF**

salmon fillet, seasoned & grilled, on a bed
of sautéed spinach, olive oil &
garlic served with a baked potato 19.95

Tuna Steak* **GF**

10 oz. grilled ahi tuna steak with montreal
spice, with a side of soy sauce and wasabi
served with potato & vegetable 19.95

Scampi Dinner

choice of shrimp, sea scallops or any
combination sautéed in butter & garlic
sauce served over angel hair pasta
Shrimp 18.95
Sea Scallop 20.95
Combo 22.95

Alaskan Salmon Fillet* **GF**

Blackened or Montreal Style
baked with butter, a dusting of brown
sugar & blackened or grilled with montreal
seasoning served with side of horseradish
sauce, potato & vegetable 18.95

Captain's Catch **GF**

shrimp, sea scallops & haddock over rice
topped with scampi sauce 22.95

Fish & Chips

three pieces of beer battered, fried cod
served with tartar sauce, fries & cole slaw
14.95

Stuffed Haddock

Atlantic haddock topped with crab meat
stuffing baked with lemon butter 18.95

Haddock a la Ritz

haddock fillet encrusted with ritz cracker,
baked in lemon butter served with potato
& vegetable 17.95

New England Haddock Fillet

hand breaded & fried or baked in lemon
butter served with potato & vegetable
16.95

Lobster & Shrimp Stir-fry

1/4 lb. lobster tail, large shrimp &
vegetables sautéed with a light soy
teriyaki sauce served over white or brown
rice 23.95