

# Frank's Place LENTEN MENU

## Appetizers

**Batter Dipped Veggie Combo**  
mushrooms, cauliflower, zucchini, onion rings served with horsey & marinara sauce 8.95

**Crab Stuffed Mushrooms** 8.95

**Mozzarella Sticks**  
served with marinara sauce 6.50

**Mini Potato Pancakes**  
served with sour cream 6.95

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

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

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

**Steamed Clams** *GF*  
Rhode Island Littlenecks served with drawn butter 10.95

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

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

**Buffalo Shrimp**  
hand breaded shrimp tossed with wing sauce & mozzarella served with blue cheese & celery 9.95

**Hand-Cut, Fresh Calamari**  
lightly dusted & deep fried  
large plate – great for sharing! 10.95ea

**Classic** side of marinara sauce

**Asian** tossed in sweet Thai chili sauce

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

**Buffalo Pierogies**  
four fried pierogies layered with wing sauce & topped with mozzarella served with blue cheese dressing 8.95

**Devil Fries**  
topped with wing sauce & cheddar cheese 5.95

**Cheese Quesadilla**  
with fresh salsa & sour cream 9.95

**Flatbreads** stone-fired, thin pizza  
large enough to share!

**Margherita**  
fresh mozzarella, fresh tomatoes, fresh basil 9.95

**Easy Cheesy**  
3 cheese blend, marinara sauce 9.95

**Tuscan**  
sun-dried tomato pesto red sauce, mozzarella 9.95

**White Broccoli**  
broccoli, scampi sauce, mozzarella 10.95

**Mediterranean**  
artichokes, spinach, sun-dried tomatoes, olive oil, romano 10.95

**Shrimp Pesto**  
grilled shrimp, pesto, mozzarella 11.95

**Pierogies** deep fried or 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

## In The Basket

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 12.95

**Thai Shrimp Basket**  
butterflied, hand-breaded & lightly fried with a sweet Thai chili sauce 12.95

**Jumbo Shrimp Basket**  
butterflied, hand-breaded & lightly fried 12.95

**Gluten Free**  
served with house salad

**Penne Pasta** *GF*  
GF pasta tossed in your choice of marinara or meat marinara sauce 9.95

**9-inch Round Pizza** *GF*  
GF crust, sauce & blend of pizza cheeses (toppings additional) 9.95

**Cheese Ravioli** *GF*  
GF cheese filled raviolis topped with marinara sauce 14.95

## Kids Menu

10 years and under

**Fish & Chips**  
batter-dipped cod with fries 7.95

**Personal Cheese Pizza** 5.95

**Spaghetti & Marinara** 4.95

**3 Pierogies**  
deep-fried or butter & onions 5.50

**Grilled Cheese & Fries** 3.95

**White Cheddar Mac & Cheese** 5.95

## Sandwiches & Hoagies

Sub Pretzel Roll for \$.79 No sides less \$.99

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

**Hot** served with fries & cole slaw

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

**Eggplant Panini**  
eggplant layered with mozzarella cheese & marinara sauce on grilled tuscan bread 9.95

**Eggplant Parmigiana Hoagie**  
lightly breaded eggplant smothered in marinara sauce & mozzarella cheese 9.95

**Cold** served with chips

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

**Tuna Salad Sandwich**  
solid white albacore tuna salad with lettuce, tomato on choice of white, wheat, rye or sourdough 6.95

**No Charge Toppings:** American, Cheddar, Swiss, Provolone, Lettuce, Tomato, Mayo, Raw Onion, Fried Onion, Mushrooms, Green Peppers, Hot Cherry Peppers, Sweet Peppers, Roasted Red Peppers, Special Sauce, Mustard, Horsey Sauce, Dijon Mustard, Jalapenos

**Premium Toppings** \$.99 each: Gorgonzola, Fresh Mozzarella **GF = Gluten Free**

## Pizza

	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, onion, green peppers, garlic, black olives & hot peppers	9.95	16.95

## Italian Favorites

### Seafood Fra Diabolo

sautéed shrimp, scallops, & clams over linguine in a spicy red sauce 23.95

### Linguine with Clam Sauce

five littleneck clams and your choice of white or red clam sauce on a bed of linguine 16.95

### Pasta Sacchetti & Shrimp

pasta ribbons filled with ricotta cheese wrapped into a pasta sack topped with pink sauce and shrimp 16.95

### Eggplant Parmigiana

lightly breaded eggplant topped with marinara sauce & mozzarella cheese served with a side of pasta 14.95

### Fettucine Alfredo

pasta only 14.95 with shrimp 16.95

### Wild Mushroom Ravioli

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

### Stuffed Rigatoni

stuffed with 4 cheeses topped with pink sauce and cheeseballs 15.95

### Pasta Dinner

choice of spaghetti, angel hair, rigatoni or linguine with homemade cheeseballs topped with marinara 11.95

### Ravioli Dinner

homemade cheese ravioli with homemade cheeseballs topped with marinara 14.95

### Gnocchi

homemade potato dumplings with homemade cheeseballs topped with marinara 14.95

## Salads

*For additional \$5.95, add choice of: Grilled Shrimp, Tuna or Salmon*

### Garden Salad 3.95

mixed greens, vegetables & croutons

### Festive Salad GF 10.95

baby greens, dried cranberries, walnuts, gorgonzola, cucumbers, tomatoes & egg

### Caesar Salad 10.95

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

### Frank's House Salad 9.95

mixed greens, vegetables, cheddar & egg

### Greek Salad GF 10.95

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

### Apple Nut Salad GF 9.95

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

### Asian Salad 10.95

baby greens, veggies, chow mein noodles, mandarin oranges & cheese with mandarin orange sesame dressing

### Harvest Salad 10.95

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

House Italian GF, Caesar, French Peppercorn Parmesan, Honey Dijon, House Balsamic Vinaigrette GF, 1000 Island Buttermilk Ranch GF, Blue Cheese (extra 50¢) White Zinfandel Vinaigrette fat-free, Creamy Garlic, Honey Poppyseed Mandarin Orange Sesame, Asian Thai Peanut, Apple Cider Vinaigrette

All entrées are served with a garden salad. Gluten free & whole wheat pasta available.

## Seafood

### Brazilian Lobster Tail GF

9 oz. tail, baked, broiled & served with drawn butter, potato & vegetable 29.95

### Alaskan King Crab Legs

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

### Lobster Trio

1/4 lb. lobster tail, sea scallops, & shrimp sautéed in butter & garlic scampi sauce served over linguine 27.95

### Sea Port Salmon

Alaskan salmon fillet, sautéed shrimp & jumbo sea scallops in a lemon butter sauce on a bed of spinach & rice 25.95

### Captain's Catch GF

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

GF = Gluten Free

## Sides

Garlic Mashed Potatoes

Baked Potato

Baked Sweet Potato

Regular Fries

Seasoned Curly Fries

Sweet Potato Fries

White or Brown Rice

Vegetable of the Day

Pasta & Sauce

### Tuna Steak\* GF

10 oz. grilled ahi tuna steak montreal style, with a side of soy sauce & wasabi served with potato & vegetable 18.95

### Salmon & Garlic Spinach\* GF

salmon fillet, seasoned & grilled, on a bed of sautéed spinach, olive oil & garlic served with a baked potato 18.95

### 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

### Haddock a la Ritz

encrusted with ritz cracker, baked in lemon butter served with potato & vegetable 16.95

### Stuffed Haddock

crab meat stuffing baked with lemon butter 17.95

### New England Haddock Fillet

hand breaded & fried or baked in lemon butter served with potato & vegetable 15.95

### Scampi

choice of shrimp, sea scallops or combination sautéed in butter & garlic sauce served over angel hair pasta Shrimp 17.95 Sea Scallop 20.95 Combo 21.95

### 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

\*Consuming raw or undercooked seafood, shellfish, or eggs may increase your risk of foodborne illness.