

BREAKFAST *Served all day!*

Eggs in a Basket Two slices of 7 grain bread hallowed out and seared with two large eggs inside.	\$6.50
Veggie Omelette Mushrooms, onions, bell peppers and tomatoes slammed into a fluffy egg omelette.	\$9.25
Turkey and Spinach Omelette Roasted turkey breast, tossed with organic spinach and tomatoes wrapped in a fluffy egg white omelette.	\$10.25
Franco's Original Omelette Sausage, bacon, onions, bell peppers, mushrooms, tomatoes and cheese. Served with cheese grits and a bagel.	\$11.99
Eggs & Toast 3 eggs cooked any style with 7-grain toast	\$6.25
Franco's Slam Your choice of 3 eggs (any style), turkey sausage or bacon, toast or 2 pancakes, and a side of cheese grits.	\$12.99
Pancake Platter 3 pancakes served with a side of bacon.	\$5.99

Lunch service begins at 10:00am

TAPPAS

*Add chicken: \$2.25/half breast, \$4.25 whole breast
Add salmon \$7.99 or *shrimp (7) \$7.00*

Hummus Traditional Middle Eastern hummus favorite served with toasted pita wedges and fresh cut green bell peppers, cucumber, rainbow carrots and celery.	\$7.99
Hummus Supreme Traditional hummus jazzed up with tomatoes, black olives, green onions, bell peppers and feta cheese. Served with toasted pita wedges, green bell peppers, cucumber, celery & rainbow carrots.	\$10.99
Mozzarella Sticks An American classic, served with marinara dipping sauce.	\$4.25
Chips & Salsa Fresh Salsa with corn chips.	\$2.50
Quesadillas Chipotle tortilla stuffed with grilled chicken, cheddar & jack cheeses grilled to perfection. Served with a side of sour cream and salsa.	\$6.99
Nachos & Cheese Choice of shredded cheese (mixed or pepperjack) or queso	\$3.75
Macho Nachos Corn chips topped with melted cheese, shredded lettuce, tomatoes and your choice of grilled chicken or ground beef. Sour cream and salsa on the side.	\$11.99
Cheese Burger Sliders (4)	\$7.99
NEW Veggie Plate Fresh broccoli, celery, cucumbers, fresh cut green bell peppers and rainbow carrots served with your choice of either hummus or ranch dressing	\$7.50

SANDWICHES

*All sandwiches served with one side or choose a specialty side below for extra cost
Choose it to be "wrapped" in tomato basil or wheat tortilla for an extra \$1.25*

Roasted Turkey Panini Turkey, organic spinach, tomato, red bell pepper, avocado and NEW roasted poblano mayo between two pitas and grilled. Or "wrap" it up for an additional \$1.25.	\$10.25
Veggie Burger <i>(New & Improved Patty!)</i> 3.4 oz veggie burger dressed with roasted poblano mayo, acadian mix lettuce, tomato red onion and pickles on a whole wheat bun.	\$10.25
Turkey Burger 7 oz lean ground turkey seasoned with savory spices placed on a sourdough wheat bun OR a split-top gourmet bun.	\$11.99
Grilled Chicken Caesar Wrap Grilled chicken breast, rolled in a whole wheat tortilla with tomatoes, fresh romaine, caesar dressing with a touch of parmesan cheese.	\$9.50
Seared Sirloin Burger An 8 oz. lean Angus burger served on a sour dough whole wheat bun with lettuce, tomatoe and pickles. Or "wrap" it up for an additional \$1.25.	\$10.99
Grilled Chicken Sandwich Marinated grilled chicken breast served on a sour dough whole wheat bun with lettuce, tomatoes and pickles. Or "wrap" it up for an additional \$1.25	\$9.50
Buffalo Chicken Sandwich Chicken breast fried or grilled, drenched with spicy buffalo sauce with lettuce, tomatoes and a touch of ranch dressing. Or "wrap" it up for an additional \$1.25.	\$9.50
Chicken Pesto Panini Grilled chicken, pesto sauce, roasted red bell peppers, red onions, tomatoes and mushrooms placed between two pitas or your choice of wrap and grilled. Or "wrap" it up for an \$1.25 extra.	\$10.99
Franco's Club Ham, turkey and bacon seared and topped with melted jack and cheddar cheeses and placed atop seven grain bread with lettuce, tomato, pickle and roasted poblano mayo Or "wrap" it up for an additional \$1.25.	\$10.50
Chicken Feta Parmesan Grilled chicken, spinach, feta dressing and parmesan cheese on pita bread.	\$10.50

Side Salad (House or Caesar)...add \$1.00 Pear, Greek or Club...add \$3+
Quest Chips...add \$1.00 Sautéed Spinach...add \$1.50
Extra Condiments: BBQ, Salsa, Sour Cream...add .25

BUILD YOUR OWN BREAKFAST SANDWICH

Whole Wheat Wrap	\$2.00	Spinach <small>red or green</small>	\$1.50
Whole Wheat Bun	\$2.00	Onions, Bell Peppers	.50
7-Grain Bread	\$2.00	Cheese	.50
Wheat Bagel	\$2.00	Tomatoes	.50
Eggs (scrambled)	\$1.25	Mushrooms	.75
Egg Whites	\$1.50	Bacon or Ham	\$2.00
Turkey	\$3.00	Turkey Sausage	\$2.00

SIDES

Grits	\$2.99	Hard Boiled Eggs	.99
Cheese Grits	\$3.25	Fruit Cup	\$1.50
Yogurt Parfait	\$2.50	Orange Juice	\$2.15 / \$2.99

SALADS

*Add chicken: \$2.25/half breast, \$4.25 whole breast
Add salmon \$7.99 or *shrimp (7) \$7.00
Add Strawberries/Blueberries \$1.50*

Franco's Caesar Salad Romaine tossed with roma tomatoes, parmesan cheese, garlic croutons & caesar dressing.	small \$4.50 / large \$8.25
Original California Salad Romaine topped with matchstick carrots, tomatoes, avocados, grilled chicken with a touch of cheese. Served with your choice of dressing.	\$10.99
House Salad NEW acadian mix lettuce, red onion, cucumber, green bell peppers, rainbow carrots, pecans, and NEW hot bacon vinaigrette.	small \$5.00 / large \$8.25
Pear Salad Organic spring mix tossed with walnuts, feta crumbles, apples and pears, topped with a sugar-free cranberry vinaigrette.	small \$5.00 / large \$8.99
Greek Salad Organic baby spinach, red onions, tomatoes, black olives, diced red bell peppers and feta cheese served with feta vinaigrette.	small \$5.00 / large \$9.25
Franco's Club Salad Romaine topped with chopped roasted turkey, ham, bacon, tomatoes and topped with jack and cheddar cheese served with your choice of dressing.	small \$5.75 / large \$10.99
Franco's Cobb Salad Fresh Romaine topped with chopped ham, bacon, turkey, avocado & diced eggs Served with your choice of dressing on the side.	large \$10.99
Sandwich/Salad Combo Choose a half sandwich (Chicken Pesto, Franco's Club, Turkey Panini) Choose a half salad (Caesar, House, Pear, Greek or Club)	\$10.50

Dressings: *NEW Hot Bacon, Sugar Free Cranberry Vinaigrette, Feta Vinaigrette, Ranch, Honey Mustard, Fat Free Italian, Lou Lou's Dressing, Oil & Vinegar, Pepper Jelly Vinaigrette or Caesar*

ENTREES

Grilled and Glazed Salmon A 6 oz. salmon filet grilled to perfection and glazed with a sweet basil vinaigrette. Served with two sides.	\$11.99 / \$15.99
Smothered Chicken Breast Grilled 8 oz. chicken breast topped with sauteed spinach, red onions, red bell peppers and mushrooms garnished with avocado. Served with one side.	\$11.99
"Build Your Own" Veggie Stir Fry	
Chicken Stir Fry	\$4.45
*Shrimp Stir Fry	\$6.45
<small>\$1.50 each: Broccoli, Green Beans, Brown Rice, Spinach \$1.00 Teriyaki Sauce, Kikkoman Orange \$.75 Mushrooms \$.50 each: Onions, Tomatoes, Jalepenos, Red Peppers, Green Peppers</small>	
Colossal Rotisserie Chicken Breast Half breast (6 - 8 oz.) or whole breast (12-16 oz) seasoned rotisserie chicken breast	half \$5.75 / whole \$10.99
Grilled Chicken Bucket Five (5) 8-oz. grilled chicken breasts	\$14.99
Family Meal: Add 2 "family-sized" sides House or Caesar Salad, Fries, Green Beans, Broccoli	\$19.99
Chicken Tenders Basket Comes with five (5) fried or grilled chicken tenders and a side of your choice	\$9.50

SIDES

Green Beans	\$2.00	Onion Rings	\$2.25
Steamed Broccoli	\$2.00	French Fries	\$2.00
Sauteed Spinach	\$3.00	Seasoned Fries	\$2.25
Brown Rice	\$2.00	Fries with Cheese	\$3.00
Fruit Cup	\$1.50	<small>shredded (mixed or Pepperjack) or queso</small>	
Fresh Fruit	\$1.25	Fries with Cheese/Bacon	\$5.00
Potato Chips	\$1.75	Sweet Potato Fries	\$2.00

KIDS MENU

Grilled Cheese Panini	\$3.99	Fried Chicken Tenders	\$5.99
Kids Turkey Panini	\$4.99	Grilled Chicken Tenders	\$5.99
Cheesburger Sliders (2)	\$5.25		

All kids entrees served with one side

DRINKS

Fountain Drinks	\$1.75 / \$2.00
Coke, Diet Coke, Lemonade, Sprite, Barq's Root Beer, Dr. Pepper, Unsweet Tea	
Bottled Soft Drinks	\$2.75
Smart Water	\$2.30 / \$2.75 / \$3.50
Dasani	\$2.05 / \$3.15
Evamor	\$3.00 / \$4.00
Coconut Water	\$2.75
Monster Energy	\$3.75
Core Power Elite	\$5.00
Muscle Milk Pro	\$6.00
Speed Staxx N.O.	\$5.00
Speed Shot	\$2.65
Powerade	\$2.05
Large Powerade	\$2.75
ON Amino Energy	\$3.75
Honest Ade Organic Tea	\$2.65
Gold Peak Tea	\$2.65
Minute Maid / Sparkling	\$2.15
Orange Juice	\$2.15 / \$2.99
BANG Energy Drink	\$3.75

We card! 21 & over

Canned Beer	\$3.50
Bud Lime, Bud Light, Michelob Ultra, Redbridge Michelob Ultra Lime Cactus, Corona, Corona Light	
Wine	\$4.00
Chardonnay, Pinot Grigio, Merlot, Cabernet Sauvignon, Moscato	

BARS/SNACKS

Perfect Bar	\$3.25
Oh Yeah / Power Crunch Bar	\$3.00
Fit Crunch	\$3.50
Kind Bar	\$2.50
Grab the Gold Bar	\$2.60
ON Cake Bites	\$2.75
Shot Blocks	\$2.75
Sargentos Cheese/Nut Snack	\$2.75
Miss Vickie's Kettle Chips	\$1.75
Ostrim Meat Stick	\$2.75
Veronica's Health Crunch	\$7.50
Complete Protein Cookie	\$2.75
Quest Bar	\$3.50
Cookies	\$2.25
Starbucks Chips	\$1.75
Quest Chips	\$2.50

COFFEE

ESPRESSO DRINKS	Tall	Grande	Venti
Caffe Latte	3.20	3.60	3.85
Cappuccino	3.05	3.50	3.80
Caramel Macchiato	3.65	4.00	4.40
Caffe Mocha	3.60	3.95	4.35
White Choc Mocha	3.75	4.00	4.45

COLD BEVERAGES

Iced Caffe Latte	3.15	3.55	3.90
Iced Caramel Macchiato	3.50	4.00	4.40
Iced Tazo Chai	3.15	3.70	4.20
Tazo Iced Tea	2.50	2.75	3.25
Iced Caffe Mocha	3.55	3.90	4.35
Iced White Choc Mocha	3.65	4.00	4.45
Iced Coffee	2.50	2.75	3.25
Milk (16 oz.)		1.75	
Chocolate Milk (16 oz.)		2.75	

COFFEE ALTERNATIVES

Vianne's Hot Tea	2.55	3.05	3.60
Tazo Chai	3.35	3.70	4.20
Hot Chocolate	2.90	3.35	3.50

EXTRAS

Add flavored syrup	0.75
Add flavored sauce	0.90

BLENDED BEVERAGES

Latte Creamice	4.90	5.55
Caramel Latte Creamice	5.80	6.45
Mocha / White Chocolate Mocha	5.80	6.45
Caramel Mocha Creamice	5.80	6.45

ESPRESSO SHOTS

Espresso	Solo \$1.80	Dopio \$2.15
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COFFEE OF THE DAY

		Tall	Grande	Venti
Senior	Short (8 oz.)	.91	1.65	1.85 2.05
Regular	Short (8 oz.)	1.15	1.90	2.20 2.35

Pike Place, Pike Place DeCaf, Verona, French Roast (bold), Veranda (blond)

POT 'O COFFEE (3 liters) \$20.00

add condiments for \$3.25 more

MILK: Skim, Whole, Half-n-Half
Soy or Almond .65 for substitution

MISCELLANEOUS

Biscotti	\$1.75	Cafe Cakes	\$2.50
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PROTEIN POWDERS

Whey	\$1.50/scoop	vanilla, chocolate, strawberry
Quest	\$1.50/scoop	cookies & cream, peanut butter, banana cream
Iso - 100	\$1.50/scoop	birthday cake
USN Blue Lab	\$1.50/scoop	chocolate hazelnut
Lean 1	\$1.50/scoop	vanilla, strawberry, cookies & cream, birthday cake, chocolate, choc peanut butter

POOLSIDE GRILLE

open late Spring 2019 and all summer
enjoy hamburgers, hot dogs & chicken on the GRILL