

COLD LUNCHES

Salads

Hearty Main Course Salads



Grilled Chicken Caesar (shown)

Crisp romaine lettuce and herbed croutons tossed in our creamy Caesar dressing and topped with slices of grilled chicken breast.

California Chèvre

Medley of crisp organic leaves and roasted red pepper strips topped with crumbled Canadian chèvre and crisp pancetta bacon enhanced with a raspberry vinaigrette.

Mediterranean Pasta

Tricolour fusilli pasta, crumbled feta and shredded mozzarella with marinated vegetables in a tangy citrus and fresh mint vinaigrette.

Szechwan Beef

Thin slices of strip steak spiked with chilies and ginger stir fried with scallions, green beans, carrots, water chestnuts, and mushrooms served with noodles.

San Diego Taco Salad (shown)

A large crisp-fried tortilla shell filled with mixed greens, diced tomatoes, green onions, shredded Monterey Jack and cheddar cheeses, pinto beans, sliced black olives and topped with marinated and seasoned chicken breast. Guacamole, pico de gallo and sour cream on the side.

Wild Mushrooms

Roasted shiitake, oyster and portobello mushrooms with shallots, leeks and green onions accented by aged balsamic and scattered over organic greens drizzled with extra virgin olive oil and chopped fresh herbs.

Salads served chilled, with savoury pita breads and individually packaged.

... 12.50 each

Specialty Salads

Baby Organic Greens

A melange of baby arugula, radicchio, organic leaves and frisée tossed with citrus sections and an apple cider vinaigrette.

Greek Village

Crisp romaine hearts, tomato wedges, sliced cucumber, red onion rings, crumbled feta cheese and kalamata olives with a lemon oregano vinaigrette.



Caprese

Slices of marinated bocconcini cheese, Roma tomatoes and shredded basilico drizzled with extra virgin olive oil and aged balsamic vinegar.

Strawberry Spinach (shown)

Tender young spinach leaves, sliced fresh strawberries, shaved red onion and button mushrooms dressed in a light raspberry vinaigrette.



Southern Rio

Thin-sliced marinated chicken breast, iceberg and romaine lettuce with fresh cilantro tossed in a zesty honey lime vinaigrette.

Calabrese

Juicy ripe tomatoes with oregano, roasted peppers and eggplant, black olives and hot pepper rings, complete with a dressing of extra virgin olive oil, crushed garlic and red wine vinegar.

Any of the above... 6.50 per person

Our Classic Salads

Tossed market greens
New potato
Marinated veggies
Franco's coleslaw
Herbed basmati rice

Tricolour pasta
Pasta primavera
Pesto pasta
Spinach and egg
Greens and citrus
Fresh fruit salad

Any of the above... 3.75 per person

Classic Caesar

... 4.25 per person

Salad Sampler

Tricolour rotini pasta, homemade potato salad and Franco's favourite coleslaw.

... 4.25 per person

Cold Plates

Grilled Breast of Chicken - Pesto sauce	... 17.50 ea
Poached Atlantic Salmon - Dill sauce	... 19.95 ea
Pepper-crusted Beef Tenderloin - Creamed horseradish sauce	... 20.95 ea

Complete with a Franco Freshy classic salad, freshly baked roll with whipped butter and your choice of gourmet cookie or fresh, seasonal fruit salad. Served in attractive disposable individual containers, ready to enjoy.



Sandwiches

The Sandwich Board (shown)

We use only the finest, freshest fillings such as:

- Slow roasted beef sirloin
- Smoked Ontario turkey and provolone
- Shaved deli or pastrami
- Flaked tuna salad with celery and scallions
- Pacific salmon salad
- Chopped egg salad and chives
- Genoa salami and spicy capicollo
- Shaved Black Forest ham and Swiss cheese
- Chicken salad with crisp red peppers
- Grilled Mediterranean vegetables and black olive tapenade
- Cold water shrimp or seafood salad in tarragon mayonnaise



Served on bakery fresh whole wheat and plain kaisers, crusty baguettes, pumpernickel, onion buns, double dark rye, sourdough, steak buns and multi-grain breads. Vegetarian and shellfish sandwiches packaged separately upon request. Garnished with crisp and crunchy crudités.

... 6.95 per sandwich

Light Bite Sandwich Board

We use low fat condiments and dressings, include veggies where appropriate and high fiber whole wheat, multi-grain and sourdough breads.



Our freshest possible select fillings include: grilled Atlantic salmon – grilled eggplant, zucchini and sweet peppers (shown) – roast turkey and light cranberry mayo – roasted sweet peppers and grilled onion – deli ham, spinach and swiss – zesty tuna salad – smoked salmon club – turkey club – shaved roast beef and creamed horseradish – sliced chicken breast with light lemon mayo.

... 8.25 per sandwich

Low Carb Sandwiches

Our select fillings include: roasted sesame chicken breast - lemon pepper chicken - deli ham and swiss - mustard rubbed salmon - sliced roast pork loin - franco's cheese steak - grilled eggplant, zucchini and sweet peppers - grilled tuna steak - marinated tender strip steak - roasted beef sirloin. Served on bakery fresh low carb bread.

...8.50 per sandwich



Specialty Sandwiches (shown)

Grilled Breast of Chicken

With radicchio and arugula on focaccia with sun-dried tomato mayonnaise.

Cajun Chicken Breast

With grilled vegetables and creole mustard sauce on crusty multi-grain bread.

California Club

Thin-sliced chicken breast piled high with crisped bacon on pumpernickel.

Grilled Tuna Steak

With tomatoes, Bermuda onion and romaine on an onion bun.

Marinated Eggplant and Prosciutto

With bocconcini cheese, oregano and olive oil on a herbed baguette.

Prosciutto and Provolone

With roasted peppers on Calabrese bread.

New Orleans Muffaletta

Layered provolone, mozzarella, Genoa salami and smoked ham with olive salad on crusty Italian loaf.

Marinated Tender Strip Steak

With sautéed red onion and green peppers on sourdough bread.

Lobster and Crab

With fresh ripe tomatoes on a crusty kaiser.

Smoked Salmon and Cream Cheese

With sliced cucumbers and shaved red onion on a soft sesame bagel.

Grilled Salmon Teriyaki

With roasted onions and teriyaki sauce on focaccia.

Tandoori Chicken Strips

With red pepper spears and yogurt in a ciabatta wrap.

Falafel Pita Pocket

With hummus and tahini sauce.

Artichoke Hearts and Avocado

With sun-dried tomatoes, cucumber ribbons and basilico on sourdough loaf.

Roasted Vegetables and Chèvre

With zucchini, red onion, eggplant and sweet peppers on a baguette.

Any of the above ... 9.95 per sandwich

Big Daddy (shown)

Our renowned oversized subs with roast beef, smoked Ontario turkey breast, Black Forest ham, Genoa and Hungarian salami, mozzarella cheese, shredded lettuce, tomatoes and Bermuda onion on crusty French stick.

3 feet, serves 18 – 20 people ... 124.95 each

6 feet, serves 35 – 40 people ... 224.95 each



The Big Ring

A large crusty Calabrese bread ring stuffed with Genoa salami, capicollo, prosciutto, provolone, grilled vegetables, red onion, arugula, and green leaf lettuce.

Our veggie ring is filled with grilled peppers, eggplant, zucchini, red onion, arugula, shredded lettuce and Roma tomatoes. With or without provolone cheese.

Serves 8-10 ... 62.25 each

Sandwich Combo's

Sandwich Combos, where appropriate, will include market fresh tossed salad and our creamy Caesar salad with choice of chef's daily pastry assortment or seasonal sliced fresh fruit. Complemented by a variety of chilled soft drinks and juices.

Chairman of the Board

Our specialty sandwiches and cold wraps with your choice of two Franco Freshy classic salads, seasonal sliced fresh fruit with cheeses, mini pastries, assorted chilled premium juices and soft drinks and hot, freshly brewed coffee with herbal and specialty teas. Served on attractive platters for an elegant presentation.

... 22.50 per person

Soup'n Sandwich Combo (shown)

Freshly prepared soup of the day with our celebrity sandwich board selection.

... 15.50 per person

Corporate Conference Combo

An assortment of our most popular sandwiches on a variety of breads.

... 15.50 per person

Everything Combo (shown)

Sandwich board assortment, mini pitas, triangle sandwiches and cold tortilla wraps.

... 16.50 per person

Submarine Sandwich Combo

On French baguette with assorted deli fillings.

... 16.95 per person

Light Bite Sandwich Board Combo

An assortment from our light bite sandwich board, market fresh tossed salad and marinated veggies with choice of Italian biscotti or seasonal sliced fresh fruit. Complemented by a variety of chilled juices and spring water.

... 15.95 per person

Grilled Chicken Breast Sandwiches Combo

On fresh baked breads with various scrumptious condiments.

... 18.50 per person



Sandwich Platters, Etc...

Mini Pitas

Filled with cold water shrimp, seafood salad, tuna, salmon, egg salad, chicken salad or medley of marinated grilled vegetables.



2 pieces per person ... 6.95 per person

Triangle Party Sandwiches

A varied selection of seafood salad, tuna salad, salmon salad, egg salad, chicken salad, ham, roast beef and roast turkey sandwiches on white and whole wheat bread.

4 triangles per sandwich... 6.50 per sandwich

Tea Sandwiches

Assorted crustless tea sandwiches filled with smoked ham and Swiss, egg salad and cucumber, white tuna salad, salmon salad with dill, chicken salad, shrimp salad, roast beef, smoked turkey and served with crisp and crunchy crudités.

... 17.95 per dozen

Scandinavian Open Faced Sandwiches

A tempting array of roast beef, smoked ham, breast of chicken (shown), shrimp, seafood, smoked salmon (shown), salami and prosciutto on assorted rye and baguette, all tastefully garnished.

... 3.95 each

Panini

Italian-style sandwiches served on Calabrese or focaccia bread.

Fiorentina

Italian salami, sun-dried tomatoes, sautéed peppers and red onion, mozzarella and oregano.

Bolognese

Genoa salami, sautéed mushrooms, artichoke hearts, shaved Parmigiano, chopped herbs and olive oil.

Milanese

Grilled breast of chicken, fresh tomato slices, grilled zucchini, provolone cheese, drizzled with olive oil and chopped herbs.

Veneziana

Roast turkey breast, fresh tomato slices, feta cheese, grilled eggplant, oregano and olive oil.

Barese

Flaked solid tuna, radicchio, romaine leaves, shaved red onion, fresh basilico and black olive tapenade.

Romana

A breaded and sautéed chicken cutlet, mozzarella cheese, sautéed sweet peppers and onion in a homemade tomato sauce.

Veronese

Grilled peppers, eggplant and zucchini with red onion, mushrooms and a rugula sautéed in extra virgin olive oil.

Genovese

Bocconcini cheese, fresh tomato slices, arugula, oregano and drizzled olive oil.

Napoletana

Capicollo, Italian salami, provolone cheese, fresh tomato slices, romaine lettuce with olive oil, oregano and balsamic vinegar.

Any of the above ... 8.75 per sandwich



Cold Tortilla Wraps (shown)

Our selection of tasteful fillings include:

Grilled chicken Caesar
Greek chicken salad
Roasted red pepper and sliced red onion
Grilled eggplant and Asiago cheese
Portobello mushroom, sun-dried tomatoes and shaved Parmigiano
Genoa salami, capicollo, provolone and pesto
Tuna salad and Havarti
Seafood with lobster and crab
Roast turkey breast and mozzarella
Four cheeses and garden salad
California club

...7.50 per wrap

Low Carb Wraps

Our select fillings include: Roasted Sesame Chicken Breast - Lemon Pepper Chicken - Deli Ham and Swiss - Mustard Rubbed Salmon - Sliced Roast Pork Loin - Franco's Cheese Steak - Grilled Eggplant, Zucchini and Sweet Peppers - Grilled Tuna Steak - Marinated Tender Strip Steak - Roasted Beef Sirloin.

Served on bakery fresh whole wheat tortilla wraps.



...8.50 per wrap

