

# COLD LUNCHES

## Salads

### Hearty Main Course Salads



#### Quinoa Salad

Quinoa with tomato, cucumber and parsley in an apple cider dressing with slices of grilled chicken breast.

#### 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.

Any of the above ... 14.25 each



## All Side Salads

**Small serves** 3 - 6 individuals.

**Medium serves** 7 - 11 individuals.

**Large serves** 12 – 15 individuals.

## Specialty Salads

### Wild Rice

Wild and long grain rice blend, with chopped nuts, apricots and cranberries with a balsamic orange dressing.

### Orzo

A combination of creamy feta cheese, bell peppers, kalamata olives, capers and orzo marinated in a fresh citrus dressing.

### 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.

### 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...S/M/L ... 7.25 per person

### Baby Greens

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

### Strawberry Spinach (shown)

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



### Caesar

Fresh romaine lettuce, served with crunchy croutons, fresh grated parmesan cheese with Caesar dressing.

Any of the above...S/M/L...5.50 per person

## Our Classic Salads

Tossed market greens

New potato

Marinated veggies

Franco's coleslaw

Mixed Beans

Tricolour pasta

Pasta primavera

Pesto pasta

Greens and citrus

Fresh fruit salad

Any of the above....S/M/L.... 4.50 per person



## Salad Sampler

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

... 5.25 per person

## Cold Plates

Grilled Breast of Chicken - Pesto sauce

... 19.75 each

Poached Atlantic Salmon - Dill sauce

... 23.75 each

Pepper-crusted Beef Tenderloin - Creamed horseradish sauce

... 25.75 each

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, multi-grain breads and **New Artisan** breads. Vegetarian and shellfish sandwiches packaged separately upon request. Garnished with crisp and crunchy crudités.*

*... 7.95 per sandwich*

### Mini Sandwiches

Served on bakery fresh Baguette.

**Our finest everyday fillings** include chopped egg salad and chives, slow roasted beef sirloin, smoked Ontario turkey and provolone, shaved pastrami, flaked tuna salad with celery and scallions, pacific salmon salad, Genoa salami and spicy capicollo, shaved black forest ham and Swiss cheese, grilled Mediterranean vegetables and black olive tapenade.

*...2.95 each*

**Specialty fillings** include smoked salmon and cream cheese with sliced cucumbers and shaved red onion, prosciutto and provolone with roasted peppers, grilled breast of chicken with radicchio and arugula, marinated tender strip steak with sautéed red onion and green peppers, roasted red peppers, sun-dried tomato, guacamole and spinach.

*...3.95 each*

### Light Bite Sandwiches

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 – roast turkey and light cranberry mayo (shown) – 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.



*... 8.95 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.

... 9.75 per sandwich

## Specialty Sandwiches

### 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 ... 10.95 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 20 people ... 7.00 per person*

*6 feet, serves 40 people ... 6.50 per person*



## 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 10 ... 6.75 per person*

## 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.

*... 25.95 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.

*... 18.50 per person*

### Soup n' Sandwich Board Combo (shown)

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

*... 17.95 per person*



### Corporate Conference Combo

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

*... 17.50 per person*



### Everything Combo

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

... 17.95 per person

### Submarine Sandwich Combo

On French baguette with assorted deli fillings.

... 17.95 per person

### Grilled Chicken Breast Sandwich Combo

On fresh baked breads with various scrumptious condiments.

... 19.95 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 ... 7.95 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... 7.50 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.

... 19.95 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.

... 4.50 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

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

Any of the above ... *10.25 per sandwich*

## Cold Tortilla Wraps

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, capicola, provolone and pesto  
Tuna salad and Havarti  
Seafood with lobster and crab  
Roast turkey breast and mozzarella  
Four cheeses and garden salad  
California club

... *8.50 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.

... *9.75 per wrap*

*\*All menus are based on a minimum guest counts\**





## International Platters

Small serves 6 - 10 individuals.  
Medium serves 11 - 15 individuals.  
Large serves 16 - 20 individuals.

### Fresh Fruit

Market fresh sliced seasonal fruit and berries served with a honey yogurt dipping sauce.

*S/M/L ... 5.50 per person*

### Fruit and Cheese (shown)

An assortment of four cheeses served with various water biscuits and crackers. Garnished with an array of sliced seasonal fruit and berries.

*S/M/L ... 6.50 per person*



### Cheese Board

An array of domestic and imported cheeses – such as Brie or Camembert, Havarti, Swiss and mild cheddar garnished with strawberries and grapes, served with assorted crackers.

*S/M/L ... 7.75 per person*

### Seasonal Crudités

Crisp, garden-fresh vegetables, accompanied by Franco Freshy's specialty dip.

*S/M/L .... 4.50 per person*

### Relish Tray

Sweet mixed pickles, baby dills, green and black olives, homemade giardiniera, celery & carrot sticks and pickled mushrooms.

*S/M/L ... 4.75 per person*

### Grilled Vegetables (shown)

An array of red, yellow, and green peppers, zucchini, sun-dried tomatoes, red onion, chopped cilantro, and eggplant. Grilled and marinated in a balsamic dressing with extra virgin olive oil.

*S/M/L... 5.95 per person*

*Add crusty bread for 2.95 per person*



### Deli Platter

A selection of shaved deli meats - roast beef, corned beef, Hungarian salami, Italian salami, smoked Ontario turkey breast and Black Forest ham. Served with sliced pickles, tomatoes, Dijon mustard and a variety of breads.

*S/M/L ... 7.75 per person*

*With grilled sliced chicken breast... S/M/L ... 11.25 per person*

*With lobster and crab salad... S/M/L ... 11.25 per person*



### Protein Deli Platter (shown)

Soft on Carbs, High on Protein!

Select sliced deli meats – roast beef, corned beef, Hungarian salami, Italian salami, smoked Ontario turkey breast and Black Forest ham with hard boiled eggs, celery sticks, olives, assorted sliced cheeses, pickles and Dijon mustard.

*S/M/L ... 10.50 per person*

*With grilled sliced chicken breast...*

*S/M/L... 13.50 per person*



### Franco's Entertainment Platter

An assortment of mini wraps, cocktail pitas, triangle party sandwiches and tea sandwiches. Perfect for your cocktail hour.

*... 25.95 per dozen*

### Antipasto Platter

Featuring Genoa salami, prosciutto and melon, capicollo, provolone, homemade giardiniera, Italian olives, fresh herbed tomato slices and bocconcini, grilled zucchini, eggplant, marinated mushrooms and roasted peppers with sun-dried tomatoes. Served with Calabrese and focaccia bread.

*S/M/L ... 12.50 per person*

### Bruschetta

Diced tomatoes, green onions, fresh basilico, chopped garlic, grated Parmigiano and extra virgin olive oil. Delivered ready to serve onto toasted baguette.

*S/M/L ... 5.25 per person*

### Smoked Salmon (shown)

Presliced and served with cream cheese, chopped egg, red onion, capers, lemon wedges and assorted rye bread.

*S/M/L ... 12.50 per person*



### Seafood Extravaganza

Poached jumbo shrimp, cracked crab claws and split baby lobsters with seafood sauce and lemon wedges.

*S/M/L ... 23.95 per person*

### Pepper Crusted Roast Beef

Shaved slow roasted beef with assorted mustards, creamed horseradish and mini kaisers.

*S/M/L ... 12.95 per person*

### Roasted BBQ Chicken or Roast Herbed Chicken

Served cold with continental potato salad, coleslaw and assorted dinner rolls.

*S/M/L ... 14.95 per person*

### Big Dipper

Roasted red pepper hummus, cranberry salsa and cream cheese, roasted eggplant, sun-dried tomato and guacamole dips with crunchy nachos, mini pitas and baguette.

*S/M/L ... 7.75 per person*

### Middle Eastern Platter

Flatbread, pita triangles and spicy olives with exquisite baba ghanoush, hummus and tzatziki dipping sauces.

*S/M/L ... 6.50 per person*



### Tex-Mex Platter

Homemade cornbread, tortilla chips and nachos with salsa ranchero (hot and medium) guacamole dip, pico de gallo, sour cream, and jalapeño peppers on the side.

*S/M/L ... 6.50 per person*

### Jumbo Tiger Shrimp

Select Tiger shrimp served with a tangy cocktail sauce and lemon wedges.

*60 shrimp ...  
100 shrimp ... 2.95 per piece*

### Toku-jo Sushi (shown)

An Assortment of upscale sushi such a hamachi, unagi, sake and naguro.

*60 pieces ... 2.75 per piece*



### Sushi (shown)

An assortment of maki (rolled) and nigiri sushi which may include salmon, tuna, shrimp, California and vegetarian rolls served with gari (pickled ginger), wasabi (Japanese horseradish) and soy sauce. Vegetarian sushi also available.



*30 pieces ...  
40 pieces ...  
60 pieces ... 2.35 per piece*

*\*All menus are based on a minimum guest counts\**

