



MEDITERRANEAN
frescos
KITCHEN * BAR

ANTIPASTI



MOZZARELLA & PARMESAN GARLIC LOAF

toasted Italian bread with house garlic butter, mozzarella, parmesan cheese 8.99

GREEK FRIES

french fries topped with tzatziki, red onions, tomatoes, feta cheese, roasted gyro meat 13.99

ROASTED WALNUT BRIE

brie, fig glaze, walnuts, pita 13.99

CHICKEN SOUVLAKI STICKS

skewers of marinated chicken grilled to perfection 10.99

KAFTA KABOBS

skewers of seasoned ground lamb & herbs grilled to perfection 11.99

ARANCINI

risotto balls, mozzarella, caramelized onions, tomato sauce, pesto 11.99

BUFFALO CAULIFLOWER

fried cauliflower tossed in hot sauce, blue cheese & garlic mayo 12.99

CHICKEN ASIAGO QUESADILLAS

flour tortilla, grilled chicken, roasted tomatoes, asiago artichoke aioli, caramelized onions, mozzarella cheese 15.99

FALAFEL chick pea, onion, garlic & fresh herbs 9.99

COCONUT SHRIMP

shrimp covered in a coconut batter, sweet chili sauce 14.99

CRAB DUMPLINGS

fried dumplings stuffed with crab meat, cream cheese 15.99

CALAMARI FRITTO

lightly floured calamari, sweet peppers, red onion fried until golden 15.99

FISH TACOS

breaded spicy cod, tomato, lettuce, caramelized onions, spicy mayo, flour tortillas 15.99

STEAK TACOS

shaved steak, mushrooms, onions, asiago artichoke aioli, flour tortillas 15.99

CAULIFLOWER TACOS

spicy buffalo cauliflower, crumbled blue cheese, lettuce, garlic mayo, flour tortillas 15.99

MIXED HOT MEZE PLATTER FOR 2

coconut shrimp, crab dumplings, grilled chicken souvlaki, grilled kafta kabobs, grilled pita, tzatziki 29.99

SALADS

Add chicken to your salad for 4.0 or Add 6oz grilled salmon filet for 9.0



CAESAR SALAD

romaine lettuce, croutons, bacon, romano cheese & caesar dressing 13.99

ROASTED BEET & SPINACH

oven roasted beets on top of fresh baby spinach topped with red onions, walnuts, blue cheese, olive oil & balsamic vinegar 15.99

FRESCO'S SIGNATURE SALAD

romaine & iceberg lettuce mixed with tomatoes, cucumber, red onions, beets, chick peas, kalamata olives, bacon, croutons, pickled peppers, feta, mozzarella & house vinaigrette 17.99

WARM GOAT'S CHEESE SALAD

sesame crusted goat's cheese, fresh greens, red onions, olives & balsamic vinaigrette 15.99

ROASTED CHICKEN GREEK SALAD

iceberg & romaine lettuce, tomatoes, cucumber, olives, red onions, feta, house vinaigrette & chicken 16.99

ROASTED CHICKEN & MANGO

fresh greens topped with chicken & mango, brie cheese, red onions & sweet chili vinaigrette 17.99

SANDWICHES



CHICKEN PARMIGIANA SANDWICH

breaded chicken breast baked with tomato sauce & mozzarella cheese 15.99

BACON & BRIE BURGER

100% ground chuck beef burger, bacon, brie cheese, roasted peppers, spicy mayo, lettuce, tomato 17.99

FRESCO CLUB

grilled chicken breast, bacon, mozzarella, tomatoes, caramelized onions, lettuce & spicy sambol mayo 16.99

STEAK & CHEESE CIABATTA

shaved sirloin steak, sauteed mushrooms, onions & peppers, mozzarella, lettuce, tomato & garlic mayo 16.99

SPICY CHICKEN SANDWICH

breaded chicken breast, frank's hot sauce, caramelized onions, mozzarella, spicy mayo, lettuce & tomato 16.99

All sandwiches & burgers are served with your choice of salad or french fries



CHICKEN SOUVLAKI PITA

grilled marinated chicken kabob, tomato, onion, tzatziki, fries, pita 17.99

GYRO PITA

sliced gyro, tomato, onion, tzatziki, fries, pita 17.99

KAFTA PITA

grilled lamb kabob, tomato, onion, tzatziki, fries, pita 17.99

FALAFEL PITA

falafel, tomato, onion, tzatziki, fries, pita 16.99

All of the above are served with a Greek garnish and fries.

PASTA

Served with salad. **GF** Substitute with gluten free pasta for 2.0

PASTA di CASA your choice of spaghetti or penne (tortellini, gnocchi for an additional 2.0)

HOME-MADE TOMATO SAUCE 16.99 or GARLIC/PESTO & OLIVE OIL 16.99

ADD CHICKEN or HOME-MADE MEATBALLS FOR ONLY 4.0

SPAGHETTI & MEATBALLS

spaghetti in our home-made tomato sauce & our home-made meatballs 19.99

SAUSAGE & RAPINI RAVIOLI

sausage and rapini stuffed ravioli, roasted garlic, hot peppers, caramelized onions, baby spinach, light tomato-pesto sauce 26.99

SPAGHETTI & SHRIMP a'OLIO

spaghetti tossed with shrimp, roasted red peppers, spinach, roasted garlic & olive oil, topped with goat's cheese 22.99

PENNE ROSATO

penne, Italian sausage, tomatoes, onions, chopped garlic, creamy rose sauce 22.99

TORTELLINI BELLA

cheese tortellini, mushrooms, spinach, sun-dried tomatoes tossed in a rose cream sauce 20.99

CHICKEN & SAUSAGE PENNE

grilled chicken, sausage, penne, spinach, onions, goat's cheese tossed in a tomato pesto sauce 23.99

SPICY CHICKEN+BACON CARBONARA

roasted chicken, bacon, tomatoes, red onions, banana peppers, garlic, egg, cream, parmesan tossed with spaghetti 22.99

GNOCCHI SALSIACCIA

gnocchi tossed with Italian sausage, mushrooms, garlic, roasted tomatoes, chillies, goat's cheese cream 23.99

BAKED GNOCCHI a'FORNO

gnocchi baked in the oven with meatballs, tomato sauce, mozzarella, sauteed mushrooms 23.99

MAINS



CHICKEN PARMESAN

breaded chicken breast baked with tomato sauce, mozzarella cheese, served with pasta 22.99

CHILI GLAZED SALMON

grilled salmon glazed with a sweet chili sauce & fresh lime served on rice with tomato, onion, feta, baby spinach 27.99

GARLIC SHRIMP FETA

sauteed shrimp, roasted garlic cloves, baby spinach, baked with crumbled feta cheese, served on top of tomato-pesto spaghetti 23.99

GRILL PLATTERS

CHICKEN SOUVLAKI PLATTER

skewers of marinated chicken grilled to perfection, grilled pita, tzatziki, greek garnish, fries 28.99

KAFTA KABOB PLATTER

skewers of seasoned ground lamb & herbs grilled to perfection, grilled pita, tzatziki, greek garnish, fries 28.99

MIXED GRILL PLATTER

skewers of marinated chicken, kafta, grilled sausage, grilled pita, tzatziki, greek garnish, fries 28.99

PIZZA



PEPPERONI PIZZA

tomato sauce, mozzarella cheese & pepperoni 15.99

ITALIAN SAUSAGE PIZZA

tomato sauce, mozzarella, Italian sausage, caramelized onions, roasted red peppers 18.99

ASIAGO CHICKEN PIZZA

asiago artichoke base, mozzarella, chicken, baby spinach & citrus zest 18.99

CAPRICCIOSA PIZZA

tomato sauce, mozzarella cheese, roasted bacon, mushrooms & red onions 18.99

PIZZA VEGETARIANO

tomato sauce, mozzarella, artichoke hearts, roasted red peppers, black olives, crumbled feta 17.99

FUNGHI PIZZA

garlic-olive oil base, mozzarella cheese, crumbled blue cheese, mushrooms & spinach 17.99

VEGAN PIZZA

garlic-olive oil base, roasted tomatoes, artichokes, caramelized onions, spinach, balsamic fig drizzle 15.99

GF Substitute with gluten free pizza dough for 3.0

