

FRANCOS ITALIAN CONTINENTAL CAFÉ & BAKERY



LUNCH MENU



STARTERS

- Bruschetta**- Fresh tomato, red onion, black olives, and basil pesto on toasted Italian bread 8.95
- Crispy Crab Cakes**- Served with a side of fresh tomato salad with red peppers, red onions, olives, and basil 11.95
- Stuffed Mushrooms**- Baked mushrooms stuffed with crab meat and topped with mozzarella 11.95
- Fried Calamari**- Breaded and fried until golden served with our house tomato sauce 12.95
- Mozzarella in Carrozza**- Bread slices are pressed around mozzarella cheese, egg battered, and deep fried 8.95
- Fried Zucchini**- Fresh zucchini deep fried 8.95
- Mussels a La Poulette**- Fresh mussels sautéed in olive oil, and white wine cream sauce 12.95
- Steamed Clams in Garlic and Herb**- Little neck clams are sautéed in the chef's garlic white wine sauce 12.50
- Eggplant Francos**- Roasted eggplant, mozzarella, and roasted peppers, dressed with a white balsamic vinaigrette 10.95
- Zuppa di Mussels**- Black mussels served in a fresh tomato garlic basil sauce 12.95
- Fried Mozzarella** - Fried mozzarella sticks served with a side of marinara sauce 9.95

SALADS

- House Salad**- Mixed lettuce, mixed greens, carrots, cucumber, tomato, and red onions Small 4.95 Large 7.95
- Caesar Salad**- Romaine lettuce tossed in Chef Franco's Caesar dressing with parmesan cheese and croutons Small 6 Large 9 **Chicken 12 Shrimp 16 Salmon 17**
- Antipasto Italiano**- Mixed green salad with cold cuts, fresh mozzarella, and provolone 14.95
- Fresh Mozzarella Caprese Salad**- Sliced tomatoes, fresh mozzarella, roasted red peppers, capers, kalamata olives and basil drizzled with balsamic and olive oil 12.95

SOUPS

- Cup 4.95 Bowl 7.95
- Pasta Fagioli**- Traditional pasta and bean soup
- Minestrone**- Vegetable soup
- Straccitella**- Spinach, pasta, and egg-drop soup
- Tortellini in Brodo**- Cheese tortellini in chicken broth
- Soup of the Day**- Ask your server for today's soup add \$1

PASTA

- Fettuccine Alfredo**- Tossed with cream, parmesan cheese and butter 9.95 Add Chicken \$2 Add Shrimp \$4
- Fettuccine Quattro Formaggio**- Fettuccine tossed in a cream sauce with a four cheese blend 11.95
- Beef Ravioli Marinara**- Ravioli stuffed with ground beef served in our marinara sauce 11.95
- Cheese Ravioli al Burro**- Ravioli stuffed with cheese served in a butter sauce 10.95
- Gnocchi Pesto Sauce**- Potato dumplings served in a olive oil, basil, and parmesan cheese sauce 11.95
- Gnocchi alla Sorrentina**- Potato dumplings served in a blend of pesto and tomato sauce with mozzarella and parmesan 11.95
- Rigatoni Broccoli Garlic and Oil**- Served in a garlic and oil sauce with broccoli 10.95
- Rigatoni Vodka**- Prosciutto, garlic, red onions, vodka, and parmesan cheese in a tomato-cream sauce 10.95
- Linguini Primavera**- Fresh tomato basil sauce with broccoli, zucchini, carrots, green beans and spinach 10.95
- Penne alla Siciliana**- Garlic, bacon, and oven roasted eggplant in a fresh tomato basil sauce 11.95
- Penne Amatriciana**- Served with garlic, bacon, sausage, and parmesan cheese in a fresh tomato sauce 11.95
- Spaghetti Garlic and Oil**- Served in a garlic and olive oil sauce 10.95
- Spaghetti alla Puttanesca**- Served with garlic, olives, capers, red peppers, and anchovies in a fresh tomato basil sauce 11.95
- Spaghetti and Meatballs or Meat sauce**- Served in our house tomato sauce with a choice of meatballs or meat sauce 11.95
- Spaghetti Bolognese**- Served in a tomato and cream sauce with mushrooms, beef, and parmesan cheese 11.95
- Spaghetti House Tomato or Marinara** - Served with our bare house tomato sauce or add garlic and basil 10.95
- Capellini Pomodoro**- Served with garlic and olive oil in fresh tomato basil sauce 10.95
- Pasta Shells Gorgonzola**- Served with mushrooms, green peas, and parmesan cheese in a cream sauce 11.95
- Sausage and Peppers Arrabbiata** - Italian sausage and roasted peppers in a spicy marinara sauce 11.95

BAKED DISHES

All baked dishes are prepared in our house tomato sauce

- Parmigiana**- Breaded and baked with mozzarella and parmesan cheese **Chicken 11.95 Eggplant 10.95**
Veal 12.95 Shrimp 14.95
- Eggplant Rollatini**- Rolled eggplant stuffed with ricotta and baked with mozzarella and parmesan with 12.50
- Meat Lasagna**- Layered pasta with ground beef, ricotta, and mozzarella 11.95
- Stuffed Shells**- Large pasta shells stuffed with ricotta baked with mozzarella and parmesan cheese 10.95
- Beef Cannelloni**- Crepes stuffed with spinach and beef baked with mozzarella and parmesan cheese 12.95
- Stuffed Manicotti**- Crepes stuffed with ricotta and baked with mozzarella and parmesan cheese 10.95
- Pasta Sampler**- Stuffed shells, meat lasagna, beef cannelloni, and stuffed manicotti baked together 11.95



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Established in 2003

francos italian restaurant



VEAL



CHICKEN

- Veal Marsala-** Served with mushrooms in a Marsala wine sauce 15.95
Veal Piccata- Served in a lemon-butter white wine sauce with capers 15.95
Veal Rollatini Gorgonzola- Stuffed with prosciutto, spinach, and mozzarella in a mushroom-gorgonzola cream sauce 16.95
Veal Saltimbocca- Sautéed in a wine sauce with prosciutto, spinach, mozzarella 16.95
Veal Sorrentina- Sautéed and topped with eggplant, prosciutto, and mozzarella in sherry garlic marinara sauce 16.95
Veal Milanese- Breaded, pan fried, and served with mashed potatoes and a side of marinara sauce 15.95
Veal Chasseur- Sautéed in mushrooms, and shallots, in a tomato white wine sauce 15.95

- Chicken Marsala-** Served with mushrooms in a Marsala wine sauce 11.95
Chicken Piccata- Served in a lemon-butter white wine sauce with capers 11.95
Chicken Rollatini Gorgonzola- Stuffed with prosciutto, spinach, and mozzarella in a mushroom-gorgonzola cream sauce 13.95
Chicken Caccitore- Chicken breast with fresh tomatoes, mushrooms, peppers, olives, and capers 11.95
Chicken Saltimbocca- Chicken breast sautéed in a sherry wine sauce and topped with prosciutto, spinach, and mozzarella 13.95
Chicken Francaise- Chicken breast sautéed in a lemon butter wine sauce and served over capellini 11.95
Chicken Sorrentina- Sautéed and topped with eggplant, prosciutto, and mozzarella in a marinara sauce 12.95
Chicken Milanese- Breaded and pan fried chicken breast garnished with fresh tomatoes, red onions, roasted red peppers, black olives and basil 10.95
Chicken Chasseur- Sautéed mushrooms, and shallots, in a tomato white wine sauce 11.95
Chicken Scarpariello- Sautéed with green peppers, sausage, and potatoes in a garlic wine sauce 12.95
Chicken Arrabiata- Sautéed with a spicy fresh tomato basil sauce and served over penne pasta 11.95

SUBS

- On Italian bread served with french fries**
Chicken Parm-Breaded and baked with mozzarella 12.95
Meatball Parm-Baked with mozzarella 12.95
Sausage and Peppers-Baked with mozzarella 12.95
Italian Combo- Cold cuts, lettuce, onion, tomato 14.95

SEAFOOD

- Flounder Oreganata-** Sautéed in garlic and oil and baked with bread crumbs and parmesan cheese 11.95
Salmon Tomato Basil- Fresh tomato, garlic, basil sauce served over capellini 11.95
Salmon Piccata- Lemon-butter white wine sauce with capers served over capellini 12.95
Tilapia Francaise- Sautéed in a lemon-butter sauce with shrimp served over capellini 11.95
Shrimp and Scallops Tomato Basil- Sautéed in a tomato garlic-basil sauce and served over fettuccine 17.95
Linguini Pescatore- Mussels, clams, shrimp, sea scallops, and calamari in a fresh tomato basil sauce 17.95
Seafood Alfredo- Sea scallops and shrimp served over fettuccine in our home-made Alfredo sauce 17.95
Linguini White Clams- Clams sautéed in a garlic, olive oil, and white wine sauce 13.95
Shrimp Scampi- Sautéed in a lemon garlic-butter white wine sauce 16.95
Calamari Marinara- Fresh calamari sautéed in a tomato basil sauce and served over linguini 14.95
Crispy Crab Cakes- Served with a fresh tomato salad with red onions, roasted red peppers, olives, and basil 11.95
Fish Milanese- Pan-sautéed breaded fish served with veggies in a spicy pesto sauce 11.95

PIZZA

	10"	14"	18"
Works- Spinach, peppers, onions, mushrooms, olives, pepperoni, sausage, garlic, and meatballs	14.95	19.95	24.95
Vegetarian- Spinach, peppers, mushrooms, olives, onions and garlic	14.95	19.95	24.95
Meat Lovers- Pepperoni, sausage, meatball, bacon, and ground beef	14.95	19.95	24.95
Margherita- Garlic, mozzarella, sliced fresh tomato, basil, parmesan	14.95	19.95	24.95
Cheese- Homemade pizza sauce and mozzarella cheese	11.95	15.95	19.95

Additional Toppings:

	10"	14"	18"
	1.50	2.50	3.00

Pepperoni • Sausage • Mushrooms • Onions • Artichoke Hearts Anchovies • Bacon • Ham • Green Peppers • Jalapenos
 Broccoli Black Olives • Garlic • Spinach • Pineapple • Sundried Tomatoes Fresh Mozzarella • Ricotta • Tomatoes

SIDES

- Sautéed Vegetables** 4.95
Sautéed Broccoli 4.95
Sautéed Spinach 4.95
Side Pasta 4.95
Risotto 4.95
Meatballs or Sausage 4.95
Mashed Potatoes 3.95
French Fries 3.95

CALZONE

- Cheese-** Ricotta and mozzarella cheese 13
Spinach- Ricotta and mozzarella with sautéed spinach 14
Vegetarian- Spinach, peppers, mushrooms, onion, olives 14
Meat- Pepperoni, sausage, meatball, and ground beef 15

No substitutions

For gluten free add \$3

Gratuity included on parties of 8 or more (18%)

Only two credit cards per party. After \$2 per card

BEVERAGES

- Arnold Palmer** 3
Milk 2.50
Coffee/Hot Tea 2.75
Shirley Temple 3
Chocolate Milk 3.25
Cappuccino 4.50
Iced Tea 2.75
Juice 3
S. Pellegrino 4.75
Espresso 4 Double 5