

FRIEDMANS

-lunch-



breakfast, lunch and dinner
7 days a week

good morning

Bagel

with cream cheese 2.25 with butter & jam 2.

Toasted bagel with smoked salmon, tomato and cream cheese 8.

•Egg and Cheese on choice of bread 2.50

with bacon, sausage or ham 3.50

Egg Wraps

with feta and spinach 5. with turkey and swiss 5.75

with mushrooms, peppers and onions 5. with sausage, onions, cheddar, avocado and salsa 6.00

•The Breakfast Sandwich 6.

scrambled eggs, bacon, avocado & Monterey jack cheese on toasted sourdough bread

•Steel Cut Oatmeal 3.50

brown sugar and golden raisins

•Seasonal Fruit Bowl 3.75

Yogurt and Housemade Granola 4.75

egg dishes

•Two Eggs 5.50

add bacon, sausage or ham 6.75

•The Friedmans Omelet 8.

pastrami, caramelized onions and house ground mustard

•The Market Scramble 9.75

mushrooms, onions, peppers, and scallions

all eggs are served with toast and home fries

egg whites add 1.

soups

cup 2.25 bowl 4.50

Matzoh ball

•Two Bean Turkey Chili

Hearty Chicken Noodle

•Vegetarian Lentil

salads

•Caesar Salad 8.75

with garlic croutons

add chicken 2.50

•Garden Tuna Salad or Tarragon Chicken Salad 9.25

served on a bed of mixed greens with lemon Dijon vinaigrette

•Tuna Nicoise Salad 11.25

Seared tuna, green beans, tomatoes, kalamata olives and baby potato with lemon dijon vinaigrette

•Adobo Chicken Salad 10.75

grilled chicken, smoked bacon, crisp tortillas, black beans,
pepperjack chees with honey chipotle dressing

•Chopped Greek Salad 11.25

romaine, feta cheese, kalamata olives, red onions, capers, artichokes hearts with oregano vinaigrette

•Cobb Salad 11.75

mixed greens, turkey, tomatoes, asparagus, bleu cheese, hard boiled egg,
bacon, avocado and lemon Dijon vinaigrette

•dotted items can be prepared gluten free

sandwiches

•Friedmans Burger 13

100% ground brisket beef burger served with herbed french fries and Gus pickles
add caramelized onions, bacon or cheese add 1.

•Southwestern Turkey Burger 9.

served with herbed french fries and Gus pickles

•Tuna Salad or Tarragon Chicken Salad 8.25

lettuce and tomato seven grain bread

•Kosher Hot Pastrami 10.25

with mustard on rye bread

•Roast Turkey and Pastrami 11.25

coleslaw, house made potato chips and russian dressing on rye bread

•Roast Beef with Melted Provolone 9.75

caramelized onions and horseradish mayo on toasted onion roll

•Roast Turkey 9.50

lettuce, tomato and cranberry aioli on baguette

•Grilled Pastrami Rueben 11.25

sauerkraut, swiss cheese & russian dressing on rye bread

•Balsamic Grilled Chicken 9.75

cucumber, onion, lettuce, tomato and balsamic aioli

•Garden Vegetable Sandwich 8.25

hummus, sprouts, shredded carrots, tomato, cucumber and avocado on grilled sourdough bread

•B.L.A.T. 8.75

applewood smoked bacon, lettuce tomato and avocado on sourdough bread with herbed aioli

•Roast Turkey with Melted Brie 9.25

sliced green apple and honey mustard on baguette

all sandwiches served with pickles and coleslaw upon request
add house made potato chips 1.75



entrees (choice of 1 side)

•Turkey Meatloaf 12.75

with caramelized onions and sage gravy

Fried Chicken 13.75

•Boneless Half Chicken 14.75

•Roasted Turkey Breast 14.75

with apricots and rosemary glaze

Spicy Mac-n-Jack 11.

with pepperjack cheese and frizzled onions
add grilled chicken 2.

market sides

•Homemade Potato Chips 2.75
(Plain or Dirty)

•Herbed French Fries 4.25

•Sweet Potato Fries 3.75
with bleu cheese aioli

Mac and Cheese 3.50

•Oven Roasted Carrots 3.50
with pink peppercorns, rosemary
and thyme

•Curry Roasted Cauliflower 4.
with pine nuts and parsley

•Brussels Sprouts 4.25

Potato Kinish 4.

•Roasted Beets 4.50
with citrus zest, balsamic
vinegar and shallots

•Warm German Potato Salad 3.50
with vinegar, mustard, and bacon

•Classic Cole Slaw 3.50

•Potato Pancake 3.50

beverages

Fresh Squeezed OJ • Dr. Brown Sodas • Fiji Water • Nantucket Nectars

• Mint Iced tea • Coffee • Assorted Hot Teas

*dotted items can be prepared gluten free