



# Weekly Specials!



Available  Week Ending 7/14/18

1449 Yamato Rd, Boca Raton  
Lifetime Fitness/Hampton Inn Plaza

**(561) 998-GOOD (4663)**

**Fast Free Delivery! \$10 Minimum**

[www.frescofoodworks.com](http://www.frescofoodworks.com)

Large Orders? Save time Fax them in! 995-8339

Hand Crafted Perfection!

## Breakfast Specials!

Available 7am-10:30am

**#A Backwoods Bayou Breakfast Panini** \$6.29  
Cajun Roast Beef, Eggs, & melted Pepper Jack on grilled Panini

**#B Breakfast Grilled Cheese** \$5.49  
Eggs, 2 layers American & Vermont Cheddar on Grilled Multigrain Bread

**#C Buffalo Chicken Breakfast Pita** \$6.79  
Breaded Buffalo Chicken, Eggs, melted Pepper Jack & Bacon on fresh Pita

**#D The Sunrise Grilled Sandwich** \$6.29  
Turkey, Eggs, Fresh Mozzarella & Guacamole on grilled multi grain

**Natalie's Fresh Orange Juice** -- **Martinelli Apple**

**Tropicana Cranberry** -- **Monster Energy**

## Lunch Specials!

**#1 Backwoods Bayou Panini** \$8.49

Fresh Traditional Ciabatta  
Our own Cajun infused Mayo  
Boar's Head Roast Beef  
Boar's Head Pepper Jack  
Grilled Onions

**#2 San Antonio Turkey Baguette** \$8.89

Fresh Traditional Baked on Premise Sub Baguette  
Our own Chipotle Ranch  
Boar's Head Sausalito Turkey  
Boar's Head Pepper Jack  
Shredded Romaine  
Sliced Tomato  
Banana Peppers & Onion  
Drizzle of Italian Dressing

**#3 The Grilled Monte Cristo** \$8.59

Fresh Multigrain Sandwich Bread  
Honey Mustard  
Boar's Head Black Forest Ham  
Boar's Head Oven Gold Turkey  
Imported Swiss  
Vermont Cheddar

**#4 Buffalo Chicken & Bacon Wrap** \$8.69

Fresh Traditional Wrap  
Our Famous Garlic Ranch  
Mixed Greens  
Sliced Tomato *grilled to Perfection*  
Red Onions  
Boar's Head Pepper Jack  
Breaded Buffalo Chicken  
Applewood Smoked Bacon

**#5 Tuscan Grilled Chicken Salad** \$8.79

Fresh Mixed Greens  
Grape Tomatoes  
Cucumbers  
Red Onions *served with side of Balsamic Vinaigrette*  
Grilled on Premise Chicken Breast  
Roasted Red Peppers  
Shredded Parmesan

100% Idaho Russet

## Stuffed Baked Potatoes

**Bacon & Cheese Spud** - Applewood Smoked Bacon & Cheddar \$5.99

**Chili Cheese Spud** - Beef & Black Bean Chili smothered with Cheddar \$6.99

**The Plain Jane Spud** - served with a side of Sour Cream & Butter \$3.99

**Club Cheese Spud** - Diced Turkey, Ham & Bacon, Loaded with melted Cheddar \$6.99

## ALL Natural Smoothies!

**Tropical Passion** - Passion Fruit, Pineapple, Coconut, & Banana

**Trade Winds** - Mango, Pineapple and Coconut

**Banana Berry Blast** - Banana, Strawberry, Mixed Berries

**Straw-nana** - Strawberry, Banana

**Maui Breeze** - Pineapple, Coconut, Banana

**Key West Sunset** - Mango, Banana, Passion Fruit

**Verry Berry** - Strawberry, Raspberry, Mixed Berries

Add Shot Protein .99

Add Spinach .99

Add Peanut Butter .99

Add Kale .99



Our Website is now Mobile!  
Scan the QR Code with Your  
Smart Phone to Go to our  
Website!

## Fresh Soups!



**Boar's Head**

# Fresco Foodworks will Professionally Cater your Corporate Meeting or Event!

[www.frescofoodworks.com](http://www.frescofoodworks.com)

N.Y. Bagel & Cream Cheese Platter **\$24.99**  
Assortment of Fresh Warm Bagels served with sides  
of Plain, Chive & Onion, Whipped Butter & Assorted Jellies *serves 12*

Deluxe Continental Platter **\$36.99**  
Assortment of Bagels, fresh Baked Danish,  
Croissant, Turnovers, & Muffins *serves 8-10*

Sweet Tooth Platter **\$24.99** **\$36.99**  
Assortment of fresh baked *serves 8-10* *serves 16-20*  
Danish, Brownies, Blondies,  
Cookies & Muffins

Gourmet Muffin Platter **\$15.99** **\$34.99**  
Assortment of fresh warm Muffins *serves 7-8* *serves 15-17*

Homemade Danish Platter **\$32.99** **\$53.99**  
Assortment of freshly Baked Warm Danishes *serves 8-10* *serves 16-20*

Breakfast Wrap Platter **\$46.99**  
Assortment of Breakfast Wraps filled with fresh scrambled eggs, assorted  
Cheeses, Boar's Head Ham, Applewood Bacon, & Sausage

Croissant Sandwich Platter **\$44.99**  
All Butter Croissants filled with fresh *serves 8-10*  
Scrambled Eggs, and an assortment of  
Applewood Bacon, Ham, Sausage & Cheese

Bagel Sandwich Platter **\$42.99**  
Fresh Toasted Bagels with fresh *serves 8-10*  
Scrambled Eggs, and an assortment of  
Cheese, Sausage, Ham & Applewood Bacon

Multi-Grain Sandwich Platter **\$45.99**  
Fresh Multi-Grain Sandwich Bread, Eggs *serves 8-10*  
American, and an assortment of Cheese,  
Ham, Sausage & Applewood Bacon

Breakfast Combo Platter **\$49.99**  
A combination of fresh Breakfast Wraps, *serves 8-10*  
Croissants, Panini's, & Bagel Sandwiches

Fresh Tropical Fruit Salad Platter **\$39.99** **\$69.99**  
Assortment of Hand cut Pineapple, Melons, *serves 8-12* *serves 18-22*  
Grapes, Oranges, etc

Scrambled Egg Platter *serves 15-20* *serves 30-40*  
**\$39.99** **\$69.99**

Breakfast Sausage Platter **\$29.99** **\$59.99**

Applewood Bacon Platter **\$28.95** **\$57.95**

Breakfast Potato Platter **\$29.99** **\$59.99**



## Salad Platters

	<u>Bowl</u> <i>serves 8-10</i>	<u>Full Tray</u> <i>serves 16-20</i>
• Mediterranean Chicken Salad	\$39.99	\$75.99
• Mandarin Chicken Salad		
• Santa Fe Ranch Salad		
• Chef Salad		
• Antipasto Salad		
• Caprese Salad		
• Tuna/Chicken Salad/Chicken Fresco		
• Caesar Classico		
• Baby Spinach & Gorgonzola		
• Garden Salad	\$33.99	\$65.99
• The "Cobb" Salad	\$44.99	\$79.99

## Sandwich Platters

Sub Baguette Platter **\$56.99**  
Assortment of overstuffed cut Sub Baguettes *Serves 8-10*  
on our Famous cooked on premise  
Sub Baguettes Traditional & Wheat

Gourmet Wrap Platter **\$56.99**  
Assortment of our tasty Wraps on Spinach, *Serves 8-10*  
Whole Wheat & Traditional Wraps

Sandwich Platter **\$57.99**  
Assortment of overstuffed Sandwiches *Serves 8-10*  
on mixed Artisan Breads

Hot Gourmet Panini Platter **\$59.99**  
Assortment of Panini on Traditional *Serves 8-10*  
& Multi-Grain Ciabatta

Croissant Sandwich Platter **\$57.99**  
Assortment of Buttery Croissant *Serves 8-10*  
Sandwiches

Combination Platter **\$60.99**  
Assortment of overstuffed Sandwiches, *Serves 8-10*  
Wraps, & Sub Baguettes on one Delicious Platter

## Breakfast & Lunch Catering Available

Please allow 24 hour notice for us to professionally prepare your order  
Call after 3:00 for details

**561-998-4663**

## Soups

Our Delicious Homemade Soups delivered in an insulated Container

**\$28.99**  
1/2 Gallon Serves 6-10

**\$54.99**  
1 Full Gallon Serves 12-20