



# Weekly Specials!

Available  Week Ending 8/11/18



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 Chicken & Belgium Waffles** \$6.99  
Belgium Waffles, Breaded Chicken, Powder sugar & Side Syrup

**#B Belgium Waffle Platter** \$7.99  
Scrambled Eggs, Bacon and Belgium Waffle with side of Syrup & Butter

**#C Turkey, Bacon & Provolone Wrap** \$6.39  
Eggs, Turkey, Applewood Bacon & Provolone on Grilled Wrap

**#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 The Famous Pot Roast Sandwich** \$8.99

Fresh Traditional Ciabatta bread - *toasted*  
Slow Cooked, Tender & Juicy, Beef Pot Roast  
Homemade Roasted Garlic Mashed Potatoes  
Melted Provolone **-its Life Changing!**

**#2 Patriot Sub Baguette** \$8.89

Traditional Baked on Premise Sub Baguette  
Deli Mustard & Mayo  
Boar's Head Turkey  
Boar's Head Roast Beef  
Vermont Cheddar  
Imported Swiss  
*Topped with Lettuce, Tomatoes, & Onions*

**#3 The Sunset Grilled Sandwich** \$8.69

Fresh Multi Grain Sandwich Bread  
Our Pesto infused Mayo  
Boar's Head Oven Gold Turkey  
Fresh Mozzarella  
Sliced Tomatoes  
Fresh Avocado/Guacamole **grilled to perfection!**

**#4 Thai Peanut Chicken Wrap** \$8.39

Fresh Traditional Wrap  
Thai Peanut Dressing  
Fresh Mixed Greens  
Sliced Tomatoes  
Fresh Grilled on premise Chicken Breast  
Dried Cranberries  
Crispy Asian Noodles

**#5 Blackened Chicken Caesar Salad** \$9.29

Fresh crisp Romaine (*like always, delivered FRESH daily!*)  
Blackened Grilled Chicken Breast  
Shredded Parmesan  
Homestyle Garlic Parmesan Croutons  
*served with side of our creamy Parmesan Caesar Dressing*

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

**Pot Roast, Gravy & Cheese Spud** - just like the name implies \$7.49

## 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



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## 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 Danish, Brownies, Blondies, Cookies & Muffins *serves 8-10* *serves 16-20*

## 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 Scrambled Eggs, and an assortment of Applewood Bacon, Ham, Sausage & Cheese *serves 8-10*

## Bagel Sandwich Platter \$42.99

Fresh Toasted Bagels with fresh Scrambled Eggs, and an assortment of Cheese, Sausage, Ham & Applewood Bacon *serves 8-10*

## Multi-Grain Sandwich Platter \$45.99

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

## Breakfast Combo Platter \$49.99

A combination of fresh Breakfast Wraps, Croissants, Panini's, & Bagel Sandwiches *serves 8-10*

## Fresh Tropical Fruit Salad Platter \$39.99 \$69.99

Assortment of Hand cut Pineapple, Melons, Grapes, Oranges, etc *serves 8-12* *serves 18-22*

## Scrambled Egg Platter \$39.99 \$69.99

*serves 15-20* *serves 30-40*

## 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> <small>serves 8-10</small>	<u>Full Tray</u> <small>serves 16-20</small>
• 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 on our Famous cooked on premise Sub Baguettes Traditional & Wheat *Serves 8-10*

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

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

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

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

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

## **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