



Weekly Specials!



Available Week Ending 3/23/19

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

(561) 998-GOOD (4663)

Fast Free Delivery! \$10 Minimum

www.frescofoodworks.com

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

Hand Crafted Perfection!

Breakfast Specials!

Available 7am-10:30am

#A Pulled Pork & Egg Panini \$6.99

Slow cooked pulled Pork, Scrambled Eggs, & Cheddar on grilled Panini

#B Turkey Club Breakfast Pita \$6.49

Scrambled eggs, Turkey, Swiss & Bacon w/ touch of ranch on warm Pita

#C Chipotle Sausage & Spinach Melt \$6.39

Chipotle, Eggs, Sausage, Provolone, Sautéed Spinach, on Grilled Multi grain

#D The Loaded Breakfast Wrap \$6.49

Scrambled Eggs, Sausage, Ham, Bacon, Potatoes, American on Wrap

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

Tropicana Cranberry — **Monster Energy**

Lunch Specials!

#1 Our Famous Pulled Pork BBQ \$8.99

Fresh Traditional Ciabatta -**toasted**

Our Famous Slow Cooked Pulled Pork BBQ

Topped with Homemade Slaw

-one word.....incredible!!!

#2 Turkey Bacon Supreme Baguette \$8.49

Traditional Baked on Premise Sub Baguette

Our Thousand Island Dressing

Boar's Head Oven Gold Turkey

Boar's Head Vermont Cheddar **served cold**

Applewood smoked Bacon

Shredded Lettuce & Sliced Tomato

#3 Black Forest, Muenster & Dijon Sandwich \$8.49

Fresh Multi Grain Sandwich Bread

Grey Poupon Dijon Mustard

Boar's Head Black Forest Ham **served cold**

Boar's Head Muenster

Lettuce & Tomato

#4 Crispy Cajun Shrimp Caesar Wrap \$8.89

Fresh Traditional Wrap

Our creamy Parmesan Caesar

Fresh Crispy Romaine

Shredded Parmesan

Crispy Cajun Shrimp

Drizzle Cajun Mayo

#5 Sunflower Seed Grilled Chicken Salad \$8.99

Fresh Mixed Greens (as always Delivered Fresh Daily!)

Grape Tomatoes

Cucumbers

served with side of Poppy Vinaigrette Dressing

Grilled on Premise All Natural Chicken Breast

Crunchy Parmesan Croutons

Sundries Cranberries

Sunflower Seeds (of course shelled)

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

Pulled Pork & Cheddar Spud -Tender Pulled Pork BBQ and 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!
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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

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