

SMOOTHIES

16 oz - \$4.25
24 oz - \$5.25

The Supercharger - Supercharge pack, Raspberry, Strawberry & Builder protein.

Full Gainer - Raspberry, Pineapple, Strawberry & Gainer protein.

Power Blast - Strawberry, Banana & Builder protein.

HWY 22 Lite - Blueberry, Raspberry, Strawberry & Burner protein.

Peanut Power Pack - Peanut butter, Chocolate powder & Burner protein

The Caffeinator - Chocolate powder, Mocha powder, Chocolate syrup & Burner protein.

Berry Appealing - Strawberry, Banana & Burner protein.

Add-ins \$1.00 each

Energy Pack	Vita Pack	Pure Creatine
Wellness Pacck	Fat Loss Pack	Glutamine

BREAKFAST - served from 7am - 11am

Omelet - Build your own.(eggs, onions, cheese, red/green bell pepper, chicken, turkey) **\$2.99**

Egg-white omelet - Build your own. **\$3.99**

Build your own breakfast sandwich.

Whole Wheat Wrap	\$1.25	Bell Peppers	\$.25
Eggs	\$1.00	7-grain Bread	\$1.25
Onions	\$.25	Egg Whites	\$1.50
Whole Wheat Bun	\$1.25	Cheese	\$.50
Chicken	\$3.00		

Grillades and Grits - A New Orleans classic. Slow-roasted veal, served on top a bed of cheese grits. Served with a low fat biscuit. **\$8.99**

Yogurt parfait - Vanilla yogurt layered with fresh fruit and topped with sweet whole grain granola. **\$3.50**

4" Quiche - Turkey & bacon or chicken & broccoli. **\$4.99**

Bagels **\$1.99**
Turkey Bacon **\$1.50**
7-Grain Bread **\$1.50**
Yogurt **\$1.75**
Bowl of Cheese Grits **\$1.50**
Fresh Fruit Cup **\$2.99**
Low Fat Biscuit **\$1.50**
Mayoless Deviled Eggs **\$.30**
Hard Boiled Eggs **\$.30 each**
Freshly Squeezed Orange Juice **\$1.25**

APPETIZERS

Hummus - Homemade low-fat classic, served with toasted wheat pita wedges. **\$5.99**

Chips and Salsa - Gourmet chips served with fresh salsa. **\$2.99**

Bleu chips - Gourmet chips topped with a bleu cheese blend and fire roasted to perfection. **\$5.99**

Quesadillas - Chipotle tortilla stuffed with chicken, Cheddar and Monterey Jack cheese, topped with green onions. Served with sour cream and salsa. **\$6.99**

Macho Nachos - An American favorite. Gourmet chips topped with melted cheese, shredded lettuce, sour cream, and tomatoes. **\$3.99**
Add Chicken **\$6.99**

Baked Chicken Wings - Spicy, BBQ & Franco's Fire.
Six **\$4.99** Twelve **\$8.99**

Fried Green Tomatoes - Six **\$3.50** Twelve **\$6.00**

SANDWICHES

Rotisserie Turkey Panini - Rotisserie turkey breast, spinach, red bells, avocado, and a light n spicy cream cheese mayo slammed between two wheat pitas and grilled. **\$7.99**

Grilled Portabella Sandwich - A whole marinated Portabella mushroom grilled and served on a whole wheat bun with lettuce, tomato, avocado. Served with a cucumber coulee. **\$8.99**

Grilled Chicken Caesar Wrap - Grilled chicken breast, rolled in a whole wheat pita, with diced tomatoes, romaine lettuce and Caesar dressing and a touch of cheese. **\$6.99**

Monster Burger - An 6oz lean Angus burger grilled to your liking, served on a whole wheat bun, with lettuce and tomato. **\$5.99**
Add-ons: \$.50 each

Cheddar	BBQ	Bleu Cheese
Mushrooms	Onions	Monterey Jack

Grilled Chicken Sandwich - Marinated chicken breast, grilled and served on a whole wheat bun with lettuce and tomato **\$7.25**

Buffalo Chicken Sandwich - Chicken breast fried or grilled, drenched with our spicy buffalo sauce, then topped with lettuce, tomato and ranch dressing. Wrapped up in our sun-dried jalapeno wrap. **\$7.25**

All sandwiches are served with one side.
+ \$.50 for 7-grain bread.

SIDES

Baby green beans
Mashed sweet potatoes
Rosemary potatoes
French fries

Buttered broccoli
Sweet potato fries
Cheese tortellini
Brown rice

All of our fried items are fried in 0% trans fat oil.

SALADS & SOUP

Franco's Caesar Salad - Shredded romaine tossed with our traditional Caesar dressing. Topped with Parmesan cheese, homemade garlic croutons, and fresh tomatoes. Side **\$2.99** Large **\$4.99**

Original California Salad - Shredded romaine lettuce, topped with carrot sticks, diced tomatoes and avocados. Topped with Monterey Jack and cheddar cheese and mounds of grilled chicken breast. Served with your choice of dressing. **\$9.99**

House Salad - Spring mix lettuce, bacon bits, roasted pecans, diced tomatoes, carrots sticks and homemade garlic croutons, served with your choice of dressing. Side **\$3.99** Large **\$5.99**

Fried Green Tomato Salad - Spring mix lettuce tossed with bacon bits, diced tomatoes, roasted pecans and a roasted shallot vinaigrette. Topped with fried green tomatoes and bleu cheese crumbles. **\$9.99**

Waldorf Chicken Salad - Chicken tossed with fat-free sour cream, pecans, grapes, celery, red onion and dill. Placed upon shredded lettuce and served with toasted pita and tomato wedges. **\$7.99**

Add rotisserie chicken for \$3.00, or add grilled shrimp for \$4.00 to any salad.

Salad Dressings: Ranch, Bleu Cheese, Caesar, Lulu's House Dressing, Sweet Basil Vinaigrette, Roasted Shallot Vinaigrette

ENTRÉES

Rotisserie Chicken - A half chicken seasoned and fire-roasted to perfection Served with two sides. Original **\$9.99** BBQ **\$10.99**

Rotisserie Turkey Breast - Turkey breast slow roasted and layered with a rosemary shallot demi-glace. Served with two sides. **\$10.99**

Smothered Chicken Breast - Marinated grilled chicken breast layered with BBQ sauce and topped with onions, mushrooms, bell peppers, bacon and cheese. Served with two sides **\$9.99**

Grilled and Glazed Salmon - A generous portion of salmon grilled to perfection and glazed with a sweet basil vinaigrette. Served with two sides. **\$11.99**

Pasta Pontchartrain - Shrimp sautéed in herbs and spices and tossed in a spicy cream sauce and whole wheat penne pasta. Topped with parmesan cheese. **\$9.99**

Shrimp Pesto Pasta - Shrimp sautéed in olive oil and then tossed with our homemade pesto sauce and whole wheat penne pasta. Topped with parmesan cheese. **\$9.99**

Catch of the Day - Chef's selection grilled or fried. **\$11.99**

KIDS

All kids entrees are served with one side.
Peanut butter n banana panini. \$3
Grilled cheese panini. \$3
Grilled turkey sandwich. \$4
Kid rotisserie chicken. \$4
Fried chicken tenders. \$5
Grilled chicken tenders. \$5

DESSERTS

Franco's Fruit Freezy Cups - Frozen cups of fresh Minute-
maid juice. Strawberry Lemonade. \$2.99
Brownie De-Lite - Enjoy this delicious low-cal, sugar-free
brownie without the guilt. \$3.99
Fresh fruit cups - Fresh fruit, prepared daily, ready-to-go!
\$2.99
Yogurt parfait - Vanilla yogurt layered with fresh fruit and
topped with sweet whole grain granola. \$3.50

WE PROUDLY BREW STARBUCKS:

	Small	Grande	Venti
Regular Coffee	\$1.99	2.50	3.25
Decaf Coffee	\$1.99	2.50	3.25

If you would like a blended coffee or frozen coffee, please visit
our coffee counter, where we proudly brew Starbucks coffee.

BEVERAGES

Coke	Powerade	Iced Tea
Diet Coke	Energy Drinks	Regular Tea
Sprite	Water	Sweet Tea
Barq's	Bottled Water	Green Tea
Barq's Red Cream Soda		

CATERING

Whole Rotisserie Chicken - \$10.00
Whole Rotisserie Chicken with 2 pint sides - \$15.99
Turkey Panini Party Tray - feeds 6-8 - \$30.00

Wings

25	\$22.95
50	\$46.95
100	\$75.00

Please call the Grille for your catering needs
985.792.0277



www.myfrancos.com

All of our fried items are fried in 0% trans fat oil.

FRANCO'S Grille