



Please notify us if anyone in your party has food allergies. | All cold sandwiches come with Lettuce & Tomatoes

Sandwiches

Bella Italia

Fresh Mozzarella, Tomatoes, Roasted Red Peppers, Basil, Oil & Vinegar
Water Roll \$6.00 10" Grinder \$7.00 1/2 Vienna \$9.00

Carnivore

Seasoned Fillet Roast Beef, Melted Cheddar & Bacon with Horseradish or Russian Dressing
Water Roll \$7.50 10" Grinder \$8.50 1/2 Vienna \$9.95

Chicken Parmesan

Fresh Chicken Breast with Tomato Sauce & Mozzarella
Water Roll \$7.50 10" Grinder \$8.50 1/2 Vienna \$9.95

Chicken Salad

Fresh Chicken with Celery & Mayonnaise
Water Roll \$6.50 10" Grinder \$7.50 1/2 Vienna \$9.50

Classic Italian

Mortadella, Genoa Salami, Sweet Copa, Deluxe Ham & Provolone Cheese
Water Roll \$6.50 10" Grinder \$7.50 1/2 Vienna \$9.50

Court House Special

Deluxe Ham, Swiss Cheese & Honey Mustard
Water Roll \$6.00 10" Grinder \$7.00 1/2 Vienna \$9.00

Dante (King)

Turkey Breast, Prosciutto, Roasted Red Peppers, Asiago Cheese & Choice of Dressing
10" Grinder \$8.95

Downtown

Deluxe Roast Beef, Fresh Mozzarella, Roasted Peppers & Mustard or Oil & Vinegar
Water Roll \$7.00 10" Grinder \$8.00 1/2 Vienna \$9.95

Father Richard's Eggplant Parm

Thin Sliced Eggplant with Tomato Sauce & Mozzarella
Water Roll \$6.50 10" Grinder \$7.50 1/2 Vienna \$9.50

Hot Cut

Hot Capicola, Genoa Salami & Provolone Cheese with Hot Peppers
Water Roll \$7.50 10" Grinder \$8.50 1/2 Vienna \$9.95

Howie's "The Bomb"

Roast Beef, Hot Capicola, Prosciutto, Asiago, Arugula Lettuce, Oil & Vinegar
Water Roll \$7.50 10" Grinder \$8.50 1/2 Vienna \$9.95

Italian Panino

Prosciutto & Cured Capicola with Asiago Cheese & Roasted Peppers
Water Roll \$7.50 10" Grinder \$8.50 1/2 Vienna \$9.95

Italy's Own

Hot or Sweet Sausage with Tomato Sauce & Mozzarella
Water Roll \$6.50 10" Grinder \$7.50 1/2 Vienna \$9.50

Joe's Favorite

Fresh Cooked Veal with Roasted Red Peppers and Asiago Cheese with oil or Mozzarella and Tomato Sauce
Water Roll \$7.50 10" Grinder \$8.50 1/2 Vienna \$9.95

Springfield, MA
90 William Street
Phone 413-732-5428
Fax 413-734-4365

East Longmeadow, MA
159 Shaker Road
Phone 413-525-9400
Fax 413-525-8040

Kickin' Chicken

Fried Chicken Breast with Bacon, Cheddar or Swiss Cheese, Lettuce, Tomato, Bayou Sauce
10" Grinder \$8.95

Nick's Spicy Pollo

Grilled Chicken, Cheddar Cheese, Hot Sauce / Ranch, Lettuce, Tomato and Banana Peppers
10" Grinder \$8.95

Paul's Tuna

A Fresh Tuna Salad with Celery, Lettuce & Tomatoes
Water Roll \$6.50 10" Grinder \$7.50 1/2 Vienna \$9.50

Roast Beef

Roast Beef with Lettuce, Tomatoes & choice of cheese
Water Roll \$6.75 10" Grinder \$7.75 1/2 Vienna \$9.75

Smokey & The Bandit

Baked Ham, Smoked Turkey Breast & Muenster Cheese with choice of Lettuce, Tomatoes & Dressing
Water Roll \$6.50 10" Grinder \$7.50 1/2 Vienna \$9.50

South End Special

Homemade Meatballs with Tomato Sauce & Mozzarella
Water Roll \$7.50 10" Grinder \$8.50 1/2 Vienna \$9.95

Springfield College Chief

Fried Chicken Breast with Bacon, American Cheese, Lettuce, Tomato, BBQ Sauce and Honey Mustard
10" Grinder \$8.95

Sully

Marilyn's homemade Corned Beef, Dill Havarti, Spicy Mustard or Russian & Sauerkraut
10" Grinder \$8.95

Talya's Dirty Italian

Pepper Ham, Mortadella, Hot Capicola, Hot Sopressatta, Hot Mix, Asiago Cheese & Choice of Dressing
10" Grinder \$8.95

Tanglewood

Cracked Pepper Mill Turkey & Dill Havarti with Lettuce, Tomatoes & Mustard or Russian Dressing
Water Roll \$7.50 10" Grinder \$8.50 1/2 Vienna \$9.95

Tangredi's Torpedo

Sopressata, Imported Ham, Provolone Cheese, Italian Sharp Cheddar & Popola Dressing
Water Roll \$6.50 10" Grinder \$7.50 1/2 Vienna \$9.50

Turkey

Fresh Turkey with Lettuce, Tomatoes & choice of cheese
Water Roll \$6.50 10" Grinder \$7.50 1/2 Vienna \$9.50

Ultimate Vegetarian

Artichokes, Roasted Peppers, Mushrooms, Black Olives & Melted Provolone
Water Roll \$6.00 10" Grinder \$7.00 1/2 Vienna \$9.00

Salads

Antipasto Salad - Tossed Salad with Salami, Ham, Provolone Cheese & Olives **\$8.99**

Grilled Chicken Salad - Tossed Salad topped with Fresh Grilled Chicken Breast **\$8.99**

Tuna or Chicken Salad Plate Tossed Salad topped with Tuna or Chicken Salad **\$8.99**

Register at www.frigofoods.com to get daily email specials.