



www.frigofoods.com

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 \$7.50 10" Grinder \$8.99 1/2 Vienna \$10.99

### Carnivore

Seasoned Fillet Roast Beef, Melted Cheddar & Bacon with Horseradish or Russian Dressing

Water Roll \$8.50 10" Grinder \$9.99 1/2 Vienna \$10.99

### Chicken Parmesan

Fresh Chicken Breast with Tomato Sauce & Mozzarella

Water Roll \$8.99 10" Grinder \$9.99 1/2 Vienna \$10.99

### Chicken Salad

Fresh Chicken with Celery & Mayonnaise

Water Roll \$7.50 10" Grinder \$8.99 1/2 Vienna \$10.99

### Classic Italian

Mortadella, Genoa Salami, Sweet Copa, Deluxe Ham & Provolone Cheese

Water Roll \$7.50 10" Grinder \$8.99 1/2 Vienna \$10.99

### Court House Special

Deluxe Ham, Swiss Cheese & Honey Mustard

Water Roll \$7.50 10" Grinder \$8.99 1/2 Vienna \$10.99

### Dante (King)

Turkey Breast, Prosciutto, Roasted Red Peppers, Asiago Cheese & Choice of Dressing

10" Grinder \$9.99

### Downtown

Deluxe Roast Beef, Fresh Mozzarella, Roasted Peppers & Mustard or Oil & Vinegar

Water Roll \$8.50 10" Grinder \$10.99 1/2 Vienna \$11.99

### Father Richard's Eggplant Parm

Thin Sliced Eggplant with Tomato Sauce & Mozzarella

Water Roll \$7.50 10" Grinder \$8.99 1/2 Vienna \$10.99

### Hot Cut

Hot Capicola, Genoa Salami & Provolone Cheese with Hot Peppers

Water Roll \$8.50 10" Grinder \$9.99 1/2 Vienna \$10.99

### Howie's "The Bomb"

Roast Beef, Hot Capicola, Prosciutto, Asiago, Arugula Lettuce, Oil & Vinegar

Water Roll \$8.50 10" Grinder \$9.99 1/2 Vienna \$10.99

### Italian Panino

Prosciutto & Cured Capicola with Asiago Cheese & Roasted Peppers

Water Roll \$8.50 10" Grinder \$9.99 1/2 Vienna \$10.99

### Italy's Own

Hot or Sweet Sausage with Tomato Sauce & Mozzarella

Water Roll \$8.50 10" Grinder \$9.99 1/2 Vienna \$10.99

### Joe's Favorite

Fresh Cooked Veal with Roasted Red Peppers and Asiago Cheese with oil or Mozzarella and Tomato Sauce

Water Roll \$8.99 10" Grinder \$9.99 1/2 Vienna \$11.99

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 \$10.99

### Nick's Spicy Pollo

Grilled Chicken, Cheddar Cheese, Hot Sauce / Ranch, Lettuce, Tomato, and Banana Peppers

10" Grinder \$10.99

### Paul's Tuna

A Fresh Tuna Salad with Celery, Lettuce & Tomatoes

Water Roll \$7.50 10" Grinder \$8.99 1/2 Vienna \$10.99

### Roast Beef

Roast Beef with Lettuce, Tomatoes & choice of cheese

Water Roll \$7.50 10" Grinder \$9.99 1/2 Vienna \$10.99

### Smokey & The Bandit

Baked Ham, Smoked Turkey Breast & Muenster Cheese with choice of Lettuce, Tomatoes & Dressing

Water Roll \$7.50 10" Grinder \$8.99 1/2 Vienna \$10.99

### South End Special

Homemade Meatballs with Tomato Sauce & Mozzarella

Water Roll \$8.50 10" Grinder \$9.99 1/2 Vienna \$10.99

### Springfield College Chief

Fried Chicken Breast with Bacon, American Cheese, Lettuce, Tomato, BBQ Sauce and Honey Mustard

10" Grinder \$10.99

### Sully

Marilyn's homemade Corned Beef, Dill Havarti, Spicy Mustard or Russian & Sauerkraut

10" Grinder \$9.99

### Talya's Dirty Italian

Pepper Ham, Mortadella, Hot Capicola, Hot Sopressatta, Hot Mix, Asiago Cheese & Choice of Dressing

10" Grinder \$10.99

### Tanglewood

Cracked Pepper Mill Turkey & Dill Havarti with Lettuce, Tomatoes & Mustard or Russian Dressing

Water Roll \$8.50 10" Grinder \$9.99 1/2 Vienna \$10.99

### Tangredi's Torpedo

Sopressata, Imported Ham, Provolone Cheese, Italian Sharp Cheddar & Popola Dressing

Water Roll \$7.99 10" Grinder \$9.99 1/2 Vienna \$10.99

### Turkey

Fresh Turkey with Lettuce, Tomatoes & choice of cheese

Water Roll \$7.50 10" Grinder \$8.99 1/2 Vienna \$10.99

### Ultimate Vegetarian

Artichokes, Roasted Peppers, Mushrooms, Black Olives & Melted Provolone

Water Roll \$7.50 10" Grinder \$8.99 1/2 Vienna \$10.99

## Salads

Tossed Salad - With Cucumbers, Grape Tomatoes, Olives, and Shredded Carrots

\$6.99

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

\$8.99