

Located at
90 William Street Springfield, MA
Phone: 413-732-5428
&
159 Shaker Road East Longmeadow, MA
Phone: 413-525-9400



 @frigofoods
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www.frigofoods.com

COLD SANDWICHES

All cold sandwiches come with lettuce & tomato

Bella Italia

Fresh Mozzarella, Tomatoes, Roasted Red Peppers, Basil, Oil & Vinegar
Water Roll \$7.99 | 10" Grinder \$8.99 | 1/2 Vienna \$10.99

Chicken Salad

Fresh Chicken Salad with Celery & Mayonaise
Water Roll \$7.99 | 10" Grinder \$8.99 | 1/2 Vienna \$10.99

Classic Italian

Mortadella, Genoa Salami, Sweet Copa, Deluxe Ham & Provolone Cheese
Water Roll \$7.99 | 10" Grinder \$9.99 | 1/2 Vienna \$11.99

Court House Special

Deluxe Ham, Swiss Cheese & Honey Mustard
Water Roll \$7.99 | 10" Grinder \$9.99 | 1/2 Vienna \$11.99

Dante (King)

Turkey Breast, Prosciutto, Roasted Red Peppers, Asiago Cheese & Choice of Dressing
10" Grinder \$10.99 | 1/2 Vienna \$12.99

Downtown

Deluxe Roast Beef, Fresh Mozzarella, Roasted Peppers & Mustard or Oil & Vinegar
Water Roll \$8.99 | 10" Grinder \$10.99 | 1/2 Vienna \$12.99

Hot Cut

Hot Capicola, Genoa Salami & Provolone Cheese with Hot Peppers
Water Roll \$8.99 | 10" Grinder \$10.99 | 1/2 Vienna \$12.99

Howie's The Bomb

Roast Beef, Hot Capicola, Prosciutto, Asiago, Arugula Lettuce, Oil & Vinegar
Water Roll \$8.99 | 10" Grinder \$10.99 | 1/2 Vienna \$12.99

Italian Panino

Prosciutto & Cured Capicola with Asiago Cheese & Roasted Peppers
Water Roll \$8.99 | 10" Grinder \$9.99 | 1/2 Vienna \$11.99

Paul's Tuna

A Fresh Tuna Salad with Celery, Lettuce & Tomatoes
Water Roll \$7.99 | 10" Grinder \$8.99 | 1/2 Vienna \$10.99

Roast Beef

Roast Beef with Lettuce, Tomatoes & choice of cheese
Water Roll \$7.99 | 10" Grinder \$9.99 | 1/2 Vienna \$11.99

Smokey & The Bandit

Baked Ham, Smoked Turkey Breast, Muenster Cheese & Choice of Dressing
Water Roll \$7.99 | 10" Grinder \$9.99 | 1/2 Vienna \$11.99

Talya's Dirty Italian

Pepper Ham, Mortadella, Hot Capicola, Hot Sopressatta, Hot Mix, Asiago Cheese & Choice of Dressing
10" Grinder \$10.99 | 1/2 Vienna \$12.99

Tanglewood

Cracked Pepper Mill Turkey, Dill Havarti & choice of Mustard or Russian Dressing
Water Roll \$8.99 | 10" Grinder \$10.99 | 1/2 Vienna \$12.99

Tangredi's Torpedo

Sopressata, Imported Ham, Provolone Cheese, Italian Sharp Cheddar & Popola Dressing
Water Roll \$8.99 | 10" Grinder \$10.99 | 1/2 Vienna \$12.99

Turkey

Fresh Turkey with Lettuce, Tomatoes & choice of cheese
Water Roll \$7.99 | 10" Grinder \$9.99 | 1/2 Vienna \$11.99

HOT SANDWICHES

Carnivore

Seasoned Fillet Roast Beef, Melted Cheddar & Bacon with Horseradish or Russian Dressing
Water Roll 8.99 | 10" Grinder \$10.99 | 1/2 Vienna \$12.99

Chicken Parmesan

Fresh Chicken Breast with Tomato Sauce & Mozzarella
Water Roll \$8.99 | 10" Grinder \$9.99 | 1/2 Vienna \$11.99

Father Richard's Eggplant Parm

Thin Sliced Eggplant with Tomato Sauce & Mozzarella
Water Roll \$7.99 | 10" Grinder \$8.99 | 1/2 Vienna \$10.99

Italy's Own

Hot or Sweet Sausage with Tomato Sauce & Mozzarella
Water Roll \$8.99 | 10" Grinder \$9.99 | 1/2 Vienna \$11.99

Joe's Favorite

Fresh Cooked Veal with Roasted Red Peppers and Asiago Cheese with oil or Mozzarella and Tomato Sauce
Water Roll \$9.99 | 10" Grinder \$10.99 | 1/2 Vienna \$12.99

Kickin' Chicken

Fried Chicken Breast with Bacon, Cheddar or Swiss Cheese, Lettuce, Tomato, Bayou Sauce
10" Grinder \$10.99 | 1/2 Vienna \$12.99

Nick's Spicy Pollo

Grilled Chicken, Cheddar Cheese, Hot Sauce / Ranch, Lettuce, Tomato and Banana Peppers
10" Grinder \$10.99 | 1/2 Vienna \$12.99

South End Special

Homemade Meatballs with Tomato Sauce & Mozzarella
Water Roll \$8.99 | 10" Grinder \$9.99 | 1/2 Vienna \$11.99

Springfield College Chief

Fried Chicken Breast with Bacon, American Cheese, Lettuce, Tomato, BBQ Sauce and Honey Mustard
10" Grinder \$10.99 | 1/2 Vienna \$12.99

Sully

Marilyn's homemade Corned Beef, Dill Havarti, Spicy Mustard or Russian & Sauerkraut
10" Grinder \$10.99 | 1/2 Vienna \$11.99

Ultimate Vegetarian

Artichokes, Roasted Peppers, Mushrooms, Black Olives & Melted Provolone
Water Roll \$7.99 | 10" Grinder \$8.99 | 1/2 Vienna \$10.99

SALADS

Tossed Salad

With Cucumbers, Grape Tomatoes, Olives, and Shredded Carrots
\$7.99

Antipasto Salad

Tossed Salad with Salami, Ham, Provolone Cheese & Olives
\$9.99

Grilled Chicken Salad

Tossed Salad topped with Fresh Grilled Chicken Breast
\$9.99

Tuna or Chicken Salad Plate

\$9.99