



Lunch Menu

~ Healthy and Delicious ~

Spinach Pomodoro

Roma tomato, basil, garlic, olive oil, white wine, chicken, spinach

Very low calories

Chicken \$20.95 - Meatballs \$20.95

Salmon \$20.95 - Italian Sausage (mild or spicy) \$21.95 - Filet Mignon \$24.95

~ Light Lunches ~

Fish Tacos

Tilapia, cabbage, pico de gallo,
flour tortilla, chips

\$14.95

Orange Chicken

Chicken, sweet and spicy orange sauce, steamed rice

\$18.95

Spicy Ahi Tuna Tartare

Tuna, avocado, tortilla chips

\$16.95

Beef Szechuan

Julianne filet mignon, carrots, celery,
green onion, spicy sauce, steamed rice

\$20.95

Chef Willie's Smoked Atlantic Salmon

Field greens, dill tartar sauce

\$15.95

Chicken Stir Fry

Vegetables, chicken, steamed rice

\$16.95

~ Pasta ~

Rigatoni with Italian Sausage (mild or spicy)

Rigatoni, sausage, bell pepper, onion,
alfredo gorgonzola, marinara

\$22.95

Pasta Pomodoro

Roma tomato, basil, garlic, olive oil,
chicken, white wine, capellini

\$22.95

Tortellini Prosciutto

Prosciutto, green peas,
gorgonzola cream sauce, cheese tortellini

\$19.95

Frank's Pasta

Artichoke hearts, sun dried tomato, kalamata olives,
spinach, basil, feta cheese, parmesan, linguini

\$20.95

Thin Crust Gourmet Pizza \$15.95

Italian Sausage Pizza

Italian sausage (mild or spicy), mozzarella, parmesan, basil

Southwest

Barbecue chicken, caramelized onions, basil,
mozzarella, cheddar cheese

Vegetarian

Zucchini, yellow squash, basil, mushrooms,
cheddar cheese, parmesan

Italiano

Roma tomato, garlic, basil, mozzarella

Thai

Chicken, cilantro, green onion, carrots,
green & yellow zucchini, mozzarella, Thai peanut sauce

Frank's Restaurant

~ Salads ~

Small \$12.95 - Reg. \$17.95

Frank Salad

Chicken, romaine lettuce, mesclun mix, dates, goat cheese, avocado, roma tomato, almonds, corn bread croutons, spicy mustard vinaigrette

Crispy Chicken Salad

Romaine lettuce, mesclun mix, beets, dates, green peas, grapes, corn, macadamia nuts, honey mustard vinaigrette

Southwest Barbecue Chicken Salad

Field greens, jicama, black beans, tomato, cilantro, yellow corn, jalapeno cheese, tortilla strips, spicy vinaigrette

Mediterranean Chopped Salad

Arugula, couscous, roma tomato, corn, pepitas, smoked salmon, gorgonzola, black currant, pesto ranch

Cobb Salad

Mixed greens, turkey, tomato, bacon, avocado, egg, blue cheese, choice of dressing

Asian Chicken Salad

Chicken, mixed green, red cabbage, mango, cucumber, green onions, cilantro, carrots, cashews, almonds, noodles, sesame seeds, ginger sesame vinaigrette

Waldorf Salad

Chicken, field greens, spinach, apple, raisins, bacon, egg, mango, almonds, walnuts, asian vinaigrette

Poke Salad

Ahi tuna, sesame seeds, cabbage, romaine lettuce, mesclun mix, daikon sprouts, avocado, snow peas, crispy wonton, asian vinaigrette

Thai Chicken Salad

Napa cabbage, red cabbage, carrots, cucumber, green onion, cilantro, green & yellow zucchini, crispy wonton, cashews, Thai peanut vinaigrette

Chicken Caesar

Romaine, chicken, croutons, caesar dressing

~ Sandwiches ~

Choice: French fries or coleslaw

(Substitute French fries or coleslaw for fresh sliced seasonal fruit for \$1.95)

Frank's Burger

Ground beef, bacon, cheese, mushrooms

\$15.95

Pork Sliders

Pulled barbecue pork, coleslaw

\$14.95

Ruben

Corned beef, coleslaw, 1000 island, swiss, kosher rye bread

\$15.95

California Chicken Melt

Chicken, grilled onion, tomato, avocado, jack cheese, sourdough bread

\$16.95

Indian Wells Club

Turkey, bacon, tomato, lettuce, mayonnaise, toasted bread

\$15.95

Cold Sandwich

Tuna salad, ham or turkey, lettuce, tomato

\$14.95

~ Beverages ~

San Pellegrino sparkling water

\$4.25

Fresh lemonade

\$4.25

Assorted sodas

\$3.95

Iced tea or Arnold Palmer

\$4.25