

FRANK & LOLA

LOVE PENSACOLA

Appetizers

Cafe

V FRIED GREEN TOMATOES \$8
Lightly Breaded and Fried. Served with Mango Ranch Dipping Sauce

NOLA SEAFOOD \$7 cup / \$9 Bowl
GUMBO
A Symphony of Shrimp, Crawfish, Crab, Chicken, Andouille Sausage and Vegetables in Spicy Roux

LAVA LAVA SHRIMP \$11
Crispy Fried Shrimp tossed in Asian Aioli Sauce

V Gf LOLA'S CAPRESE \$9
Layers of Sliced Ripe Tomatoes, Fresh Mozzarella with Balsamic Reduction and Pesto

BLACKENED SHRIMP & FRIED GREEN TOMATOES \$15
Fried Green Tomatoes with Blackened Jumbo Shrimp, Roasted Corn Relish, Avocado Petals on a bed of Iceberg Lettuce tossed in Mango Ranch, Finished with Spicy Remoulade
+ Add Oysters for \$3

SMOKED YELLOWFIN TUNA DIP \$8
Locally Caught Tuna, Smoked In-House, served with Crispy Fried Won-Ton Chips

V HUMMUS \$8
House-Made Hummus served with Pita Chips, Carrots and Celery. Served Traditional, Mediterranean, Pesto or Spicy

Gf BOILED GULF SHRIMP \$11
Half Pound of Peel and Eat Gulf Shrimp. Served Cold with Key West Cocktail Sauce

OYSTER FRITTER TIMBALES \$13
Oyster Fritters stacked on Yellow Grit Goat Cheese Timbales with Sautéed Spinach and NOLA BBQ Butter

AHI TUNA NACHOS \$8
Locally Caught Blackened Yellowfin Tuna, Avocado Petals, Pineapple-Mango Pico with Sweet Soy Reduction and Cilantro Creme Fraîche on Won Ton Chips

SOUTHERN CRAB CAKE'S \$11
Pan Seared Mini Crab Cakes over Smoked Jalapeno-Corn Maque Choux finished with Creole Slaw and Sriracha

V SPINACH ARTICHOKE DIP \$7
Creamy Rich Blend of Spinach, Cheese and Artichoke Hearts Served with Corn Tortilla Chips

Salads

V HOUSE SALAD \$9
Iceberg, Romaine and Radicchio Lettuce topped with Carrots, Grape Tomatoes, Cucumbers, Croutons and Shredded Cheddar-Jack Cheese
+ Side Size \$5

V CAESAR \$9
Hearts of Romaine Lettuce, Parmesan Cheese, Croutons and Caesar Dressing
+ Side Size \$5

STEAK & BACON BLEU CHEESE WEDGE \$19
Grilled 10oz Sirloin. Iceberg Wedge, Tomatoes, Bacon, topped with Chunky Bleu Cheese Dressing

ASIAN SHRIMP SALAD \$14
Iceberg, Romaine and Raddichio Lettuce with Carrot Curls, Cucumbers, Tomatoes, Mandarin Oranges and Won-Ton Straws. Topped with Lightly Breaded Shrimp and served with Sesame Ginger Vinaigrette

V Gf ICEBERG WEDGE \$9
Iceberg Lettuce, Tomatoes, Bacon, Bleu Cheese Crumbles, topped with Bleu Cheese Dressing and Balsamic Reduction
+ Side Size \$5

BLACKENED AHI TUNA SALAD \$16
Blackened Ahi Tuna, served rare, over Baby Greens with Carrots, Cucumbers, Sweet Grape Tomatoes, Pineapple-Mango Pico, Won Ton Straws, and Roasted Corn Relish. Tossed with Sesame Ginger Vinaigrette

CARIBBEAN CHICKEN \$13
Iceberg, Romaine and Radicchio Lettuce, Diced Mangoes, Tomatoes and Candied Pecans Topped with Sliced Chicken and tossed with Mango Ranch Dressing

SALAD ENRICHMENTS

Chicken \$5, Crab Cake \$6, Fried Oysters \$7
Grilled/Blackened/Fried Shrimp \$6
Grilled/Blackened/Fried Fish \$7

SALAD DRESSINGS: RANCH, MANGO RANCH, BLEU CHEESE, TARRAGON BALSAMIC VINAIGRETTE, CAESAR, ITALIAN VINAIGRETTE, 1000 ISLAND AND SESAME GINGER VINAIGRETTE

Sandwiches & Baskets

ALL SANDWICHES SERVED WITH FRIES AND A KOSHER PICKLE
SUBSTITUTE FRIES FOR SALAD OR ONION RINGS FOR \$2

FRANK'S STEAK BURGER \$11

Half Pound Grilled Black Angus Burger on a Toasted Challah Bun with Lettuce, Tomato and Cheese

+ Add Hardwood Smoked Bacon \$2

CABANA CHICKEN SANDWICH . . \$12

Grilled Marinated Chicken Breast with Monterrey Jack Cheese, Hardwood Smoked Bacon, Lettuce and Tomato on a Toasted Challah Bun

Gf CHICKEN WINGS \$10

Ten Jumbo Wings tossed in Buffalo, Jerk BBQ or Thai Sauce

+ *Thai sauce is not Gf

CRAB CAKE B-L-T \$13

Pan Seared Crab Cake, Fried Green Tomato, Lettuce, Bacon and Spicy Remoulade on a Toasted Challah Bun

BLACK & BLEU BURGER \$12

Half Pound Blackened Angus Burger covered with Bleu Cheese, Bacon, Lettuce and Tomato

FRESH CATCH SANDWICH \$13

Daily Catch Grilled, Blackened or Fried. Served on a Toasted Honey Wheat Bun with Lettuce, Tomato and a side of Sun-Dried Tomato Tarter Sauce

MARGARITAVILLE CLUB \$13

Roasted Turkey, Swiss Cheese, Bacon, Lettuce, Tomato and Mayo on Toasted White Bread

CHICKEN TENDER BASKET \$9

Crispy Fried Tenders and French Fries served with Ranch, Honey Mustard or BBQ

+ Toss in Jerk BBQ, Buffalo or Thai Sauce \$1

Entrée's

Gf CATCH OF THE DAY \$22

Changes Daily: 8oz Fillet of Gulf Fresh Fish served Blackened, Grilled, or Fried. Served with Island Rice Pilaf and Seasonal Vegetables

CRAB CAKES \$21

Pan Seared Crab Cakes. Served with Island Rice Pilaf, Seasonal Vegetables and Spicy Remoulade Sauce

COCONUT SHRIMP \$20

Tempura Fried Coconut Shrimp with Horseradish-Orange Marmalade served with Red Skin Mashed Potatoes and Seasonal Vegetables

Gf RIO COBRE CHICKEN \$17

Jerk Marinated Rotisserie Style Half Chicken. Served with Island Rice Pilaf and Seasonal Vegetables

Gf HOUSE SIRLION \$19

10oz Char-Grilled Sirloin, finished with Garlic Herb Butter. Served with Red Skin Mashed Potatoes and Seasonal Vegetables

Gf FILET MIGNON \$29

8oz Char-Grilled Filet, finished with Béarnaise. Served with Garlic Mashed Potatoes and Sautéed Spinach

+ Crab Meat \$3, +Fried Oysters \$3
Both for \$5 *Oysters are not Gf

VOODOO PASTA \$20

Shrimp, Crawfish, Chicken and Chorizo Sausage served with Trinity Vegetables over Linguini Pasta, covered in Landshark Blackened Alfredo Sauce

BLACKENED AHI TUNA \$21

Gulf Fresh 8oz Tuna Steak, Blackened. Served Rare with Wasabi Mashed Potatoes, Tempura Fried Asparagus and Ponzu Sauce

V GRILLED VEGETABLE & \$16 PESTO PASTA

Linguine Pasta tossed in Pesto with Grilled Asparagus Tips, Squash, Zucchini and Grape Tomatoes. Finished with Feta Cheese and Balsamic Reduction

SEAFOOD MAC & CHEESE \$18

Shrimp and Lump Crab with Jumbo Elbow Macaroni in Boursin® Mornay Sauce Topped with Cheddar-Jack Cheese and Toasted Panko

F&L BBQ SHRIMP \$22

Blackened Gulf Shrimp covered with Creole BBQ Butter, Yellow Grit Goat Cheese Timbales, Sautéed Spinach with Toasted Leidenheimer Towers

Gf TOMAHAWK RIBEYE \$32

14oz Bone-in Ribeye Topped with Blue Cheese Cream. Served with Red Skin Mashed Potatoes and Grilled Asparagus

COKE, DIET COKE, SPRITE, DR. PEPPER, LEMONADE, FRUIT PUNCH, ROOT BEER OR ICED TEA \$2.5

APPLE, ORANGE, PINEAPPLE OR GRAPEFRUIT JUICE \$4

BOTTLED WATER \$3, RED BULL \$5

NOTICE: CONSUMING RAW OR UNDERCOOKED MEATS, POULTRY, SEAFOOD, SHELLFISH OR EGGS
MAY INCREASE YOUR RISK OF FOODBORNE ILLNESS