

FRANK & LOLA

LOVE PENSACOLA

— Cafe —

APPETIZERS

V Gf LOLA'S CAPRESE \$9

Layers of Sliced Ripe Tomatoes, Fresh Mozzarella with Balsamic Reduction and Pesto

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

V HUMMUS \$8

House-Made Hummus served with Pita Chips, Carrots and Celery. Served Traditional, Mediterranean, Pesto or Spicy

LAVA LAVA SHRIMP \$11

Crispy Fried Shrimp tossed in Asian Aioli Sauce

NOLA SEAFOOD GUMBO \$7 cup / \$9 Bowl

A Symphony of Shrimp, Crawfish, Crab, Chicken, Andouille Sausage and Vegetables in Spicy Roux

V FRIED GREEN TOMATOES \$8

Lightly Breaded and Fried. Served with Mango Ranch Dipping Sauce

SMOKED YELLOWFIN TUNA DIP \$8

Locally Caught Tuna, Smoked In-House, served with Crispy Fried Won-Ton Chips

Gf BOILED GULF SHRIMP \$11

Half Pound of Peel and Eat Gulf Shrimp. Served Cold with Key West Cocktail Sauce

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

V SPINACH ARTICHOKE DIP \$7

Creamy Rich Blend of Spinach, Cheese and Artichoke Hearts Served with Corn Tortilla Chips

SANDWICHES & BASKETS

*All Sandwiches Served with Fries and Kosher Pickle
Sub Fries for Onion Rings or Salad 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

BLACK & BLEU BURGER \$12

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

CAPRESE BURGER \$12

Frank's Famous Steak Burger, Covered with Fresh Mozzarella, Tomatoes, Lettuce, Pesto and Balsamic Reduction

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

Gf CHICKEN WINGS \$10

Ten Jumbo Wings tossed in Buffalo, Jerk BBQ or Thai Sauce
— **Thai sauce is not Gf*

"ROCK IT" REUBEN \$13

Guinness Braised Corned Beef Brisket Piled High with Sauerkraut, Swiss Cheese and Spicy 1000 Island Dressing on Grilled Rye

SEAFOOD TACOS \$13

Choice of: Shrimp or Fish. Grilled, Blackened or Fried topped with Pineapple-Mango Pico, Asian Slaw and Cilantro Sour Cream on Flour Tortilla Shells. Served with Tortilla Chips and Fire Roasted Tomato Salsa
— *Substitute Fried Oysters for \$1*

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

CRAB CAKE B-L-T \$13

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

CABANA CHICKEN SANDWICH \$12

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

SLIDER TRIO \$12

Three Slider Burgers prepared Classic, Black & Bleu and Hawaiian Style.

FORT PICKENS PO'BOY

Chicken \$12 / Seafood \$13 / Oysters \$15

Choice of: Chicken, Fish, Shrimp or Fried Oysters Style: Grilled, Blackened or Fried. Served with Shredded Iceberg, Sliced Tomatoes and Spicy Remoulade on a Leidenheimer Pistolet
— *Oysters only available fried*

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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

Gf ICEBERG WEDGE \$9

Iceberg Lettuce, Tomatoes, Bacon, Bleu Cheese Crumbles, topped with Bleu Cheese Dressing and Balsamic Reduction
– Side Size \$5

V Gf SUMMER BERRY \$11

Spring Mix, Strawberries, Blueberries, Feta, Candied Pecans and Balsamic Reduction

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

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

CAESAR \$9

Hearts of Romaine Lettuce, Parmesan Cheese, Croutons and Caesar Dressing
– Side Size \$5

Gf 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, 1000 Island and Sesame Ginger Vinaigrette

ENTRÉE'S

SEAFOOD MAC & CHEESE \$18

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

CRAB CAKES \$21

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

Gf RIO COBRE CHICKEN \$17

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

VOODOO PASTA \$20

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

Gf HOUSE SIRLION \$19

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

V GRILLED VEGETABLE & PESTO PASTA \$16

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

*Coke, Diet Coke, Sprite, Dr. Pepper, Lemonade, Fruit Punch, Root Beer, Iced Tea or Coffee \$2.5
Apple, Orange, Pineapple or Grapefruit Juice \$4
Bottled Water 3, Red Bull 5*

Notice: Consuming raw or undercooked meats, poultry, shellfish or eggs may increase your risk of foodborne illness.