



## APPETIZERS

<b>TRATTORIA BRUSCHETTA</b> .....	5.95
FRESH BASIL, VINE-RIPENED TOMATOES, OLIVE OIL, GARLIC & THREE CHEESES ON TOASTED ITALIAN COUNTRY BREAD.	
<b>ASIAN LETTUCE WRAPS</b> .....	8.95
SATAY CHICKEN, CRUNCHY CHINESE VEGETABLES, WATER CHESTNUTS, RICE NOODLES AND ASIAN SAUCES. A LARGE ORDER (4) SUITABLE FOR SHARING.	
<b>FRIED PACIFIC CALAMARI</b> .....	8.95
LIGHTLY BREADED, FLASH-FRIED AND SERVED WITH HOMEMADE MARINARA.	
<b>OYSTERS ROCKEFELLER</b> .....	9.75
OUR SPECIAL PRODUCTION REMOVED FROM THE SHELL & TOPPED WITH CREAMED SPINACH, BACON, HAM AND ROMANO CHEESE.	
<b>"S" CARGOTS</b> .....	9.95
SHRIMP INSTEAD OF SNAILS IN CLASSIC ESCARGOT FASHION. BAKED IN SPICED GARLIC BUTTER AND TOPPED WITH BREAD CRUMBS & HAVARTI CHEESE.	
<b>"BUFFALO" OYSTERS</b> .....	9.75
SELECT GULF OYSTERS FRIED GOLDEN, TOSSED IN OUR SPECIAL HOT SAUCE AND TOPPED WITH IMPORTED BLEU CHEESE DRESSING.	
<b>RAW OYSTER SHOOTERS</b> .....	8.95
SIX FRESH OYSTERS IN INDIVIDUAL SHOOTER GLASSES WITH COCKTAIL SAUCE AND A DASH OF ABSOLUT PEPPAR VODKA.	
<b>SHRIMP REMOULADE</b> .....	9.95
CELERICAC-INFUSED, BOILED AND QUICK-CHILLED TENDER SHRIMP TOSSED IN CLASSIC CREOLE MUSTARD DRESSING.	
<b>LOW COUNTRY CRAB CAKES</b> .....	12.95
THE FAMOUS GULFSTREAM CAFE RECIPE. LUMP CRABMEAT CAKES SERVED WITH A MUSTARD, MAYONNAISE HERB SAUCE.	
<b>GARLIC CRAB CLAWS</b> .....	11.95
BLUE CRAB CLAWS SAUTÉED IN GARLIC BUTTER AND OLD BAY SEASONING.	
<b>TODAY'S SOUP</b> .....	5.25
MADE FROM SCRATCH IN OUR KITCHEN.	
<b>LOUISIANA SEAFOOD GUMBO</b> .....	6.75
SPICY SOUP WITH SHRIMP, OYSTERS AND ANDOUILLE SAUSAGE OVER RICE.	
<b>BARBECUE RIBS</b> .....	8.95
A SNACK SIZE PORTION OF OUR "KNIFE & FORK TENDER," BASTED BABY-BACKS.	
<b>CHICKEN WINGS</b> .....	7.75
MARINATED IN HOT PEPPERS, OUR WINGS ARE CRISPY ON THE OUTSIDE, BUT NOT GREASY INSIDE. SERVED WITH BLEU CHEESE DIP.	
<b>ONION RING LOAF</b> .....	5.95
OUR MOST POPULAR APPETIZER. FRESH ONIONS WITH HOMEMADE BATTER IN BRICK FORM.	

## FRANK'S GOURMET CHIPS

FRESH COOKED TORTILLA CHIPS WITH OUR DESIGNER TOPPINGS. A MEAL FOR ONE OR AN APPETIZER FOR SEVERAL.

<b>SPINACH</b> .....	8.95
OUR VERSION OF THE CLASSIC CHIPS AND DIP WITH CREAMED SPINACH, WHITE QUESO & GRATED PECORINO CHEESE.	
<b>TRADITIONAL</b> .....	9.25
HOMEMADE CHILI, FRESH GRATED CHEDDAR AND MONTEREY JACK CHEESES, CHOPPED TOMATOES, JALAPENOS AND SOUR CREAM.	
<b>THAI CHICKEN</b> .....	9.95
JULIENNE SWEET PEPPERS, BEAN SPROUTS, SCALLIONS, CILANTRO, MELTED CHEESE AND THAI PEANUT SAUCE.	
<b>SEAFOOD</b> .....	10.75
SHRIMP, SALMON, CHOPPED TOMATOES, RED ONION, CAPERS AND A LOBSTER-CREAM SAUCE.	
<b>BBQ CHICKEN</b> .....	9.95
SLICED CHICKEN BREAST, RED ONION, CILANTRO, MELTED CHEESE AND BARBECUE SAUCE	
<b>CHINESE CHICKEN</b> .....	9.95
HONG KONG STYLE CHICKEN, ASIAN VEGETABLES, MELTED CHEESE, WATER CHESTNUTS, CILANTRO, RICE NOODLES AND CHOPPED PEANUTS.	

SHORTLY AFTER PROHIBITION ENDED, FRANK MANZETTI, KNOWN AS "Z" TO HIS BUDDIES IN THE EAST SIDE STEAKHOUSES, LEFT MANHATTAN TO OPEN HIS RESTAURANT ON THE SOUTH JERSEY SHORE NOT FAR FROM ATLANTIC CITY. WHILE SERVING A VARIETY OF FOODS, HE SPECIALIZED IN STEAKS AND HIS REPUTATION FOR THICK, JUICY CUTS WITH A SEARED EXTERIOR QUICKLY SPREAD IN THIS VACATION RESORT. ONE FATEFUL DAY A TOURIST CALLED FRANK OUT OF THE KITCHEN TO PROCLAIM, "THIS STEAK SURE TASTES GOOD, BUT IT LOOKS LIKE SOMETHING I PULLED OUT OF THE FIRE AT THE STEEL MILL WHERE I WORK IN PITTSBURGH." FROM THAT DAY FORWARD, STEAKS PREPARED IN THE MANZETTI STYLE BECAME KNOWN THROUGHOUT THE WESTERN WORLD, OR AT LEAST SOUTHERN NEW JERSEY, AS "PITTSBURGHED" AND "Z" MANZETTI TOOK ON THE ADDITIONAL MONIKER OF "PITTSBURGH FRANK." WE WELCOME THE CHANCE TO CONTINUE THE TRADITION.

# SANDWICHES

SERVED WITH FRENCH FRIES

<b>BROILED CHICKEN SANDWICH</b> .....	8.75
8 OZ. FIRE-BROILED BREAST WITH LETTUCE AND TOMATO.	
<b>BLACKENED SHRIMP BLT</b> .....	10.75
LARGE SPICY SHRIMP, MELTED JACK CHEESE, CRISPY BACON, LETTUCE, TOMATO AND REMOULADE ON A FRENCH BATARDE .	
<b>SPICY SHRIMP STUFFED BAGUETTE</b> .....	12.75
MANALE STYLE WITH HOT & SPICY BUTTERFLIED SHRIMP AND 5-PEPPER BROWN BUTTER.	
<b>AMERICAN BURGER</b> .....	9.95
10OZ. CHUCK WITH LETTUCE, TOMATOES, RED ONION AND DILL PICKLES. ADD CHEESE OR BACON FOR 50¢.	
<b>TAVERN BURGER</b> .....	11.75
HOMEMADE STADIUM CHILI, BACON, MELTED CHEESE, LETTUCE, TOMATO, ONION AND DILL PICKLE SLICES.	
<b>LUMP CRAB CAKE SANDWICH</b> .....	13.95
PAN SAUTEED AND SERVED ON A GRILLED BUN WITH CAJUN REMOULADE, AIOLI, LETTUCE AND TOMATO.	
<b>PHILLY CHEESE STEAK</b> .....	10.95
PAPER-THIN SLICED STEAK, GRILLED ONIONS, SAUTEED MUSHROOMS AND MELTED WHITE AMERICAN CHEESE ON A FRENCH LOAF.	
<b>FILET MIGNON SANDWICH</b> .....	12.95
TWO 3 OZ. MEDALLIONS TOPPED WITH JACK CHEESE, ON TOASTED FRENCH BREAD WITH LETTUCE AND TOMATO.	
<b>BROILED SALMON SANDWICH</b> .....	10.95
FRESH BROILED SALMON ON TOASTED FRENCH BREAD WITH LETTUCE AND TOMATOES.	
<b>CLUB</b> .....	8.75
MADE WITH HORMEL® HAM, BACON, THINLY SLICED TURKEY, MAYO, LETTUCE, TOMATO AND JACK & CHEDDAR CHEESES.	

# SALADS

SERVED WITH A FRESH BAKED HONEY-BUTTER CROISSANT

HOMEMADE DRESSINGS: HOUSE - HOT BACON AND HONEY MUSTARD COMBO • RANCH • THOUSAND ISLAND  
EUROPEAN BLEU CHEESE • LOW CARB VINAIGRETTE (NO SUGAR ADDED) • EXTRA VIRGIN OLIVE OIL AND BALSAMIC VINEGAR

<b>FRANK'S CHEF SALAD</b> .....	8.95
MIXED GREENS TOPPED WITH CHOPPED EGGS, CURED HAM, TURKEY, CHEDDAR AND MONTEREY JACK CHEESES, TOASTED ALMONDS, TOMATOES AND BACON & HAM.	
<b>BROILED CHICKEN SALAD</b> .....	10.75
OUR MOST POPULAR SALAD. A GIANT BREAST OF CHICKEN IS MARINATED IN FRUIT JUICES FOR 48 HOURS, BROILED TO ORDER, SLICED AND SERVED OVER MIXED GREENS, HEARTS OF PALM, FRESH MUSHROOMS, SCALLIONS AND CHOPPED TOMATOES.	
<b>CAESAR WITH BROILED CHICKEN</b> .....	10.75
CAESAR SALAD TOPPED WITH A BROILED TO ORDER, MARINATED CHICKEN BREAST, ROMANO AND CROUTONS.	
<b>THAI CHICKEN SALAD</b> .....	10.95
SLICED CHICKEN BREAST WITH RED AND YELLOW PEPPERS, BEAN SPROUTS, MIXED GREENS, SCALLIONS, CARROTS AND CILANTRO-PEANUT DRESSING.	
<b>HOT VEGETABLE SALAD</b> .....	9.75
RED AND YELLOW PEPPERS, SNOW PEAS, SQUASH, ARTICHOKE HEARTS, SCALLIONS AND GARLIC SAUTEED IN WHITE WINE AND JUST A LITTLE BUTTER. SERVED OVER HEARTS OF PALM, FRESH MUSHROOMS, TOMATOES AND MIXED GREENS. TOPPED WITH ROMANO CHEESE AND SERVED WITH OUR LOW CARB VINAIGRETTE DRESSING.	
<b>LOW CARB FILET MIGNON SALAD</b> .....	14.75
COOKED-TO-ORDER CENTER CUT FILET MIGNON ON CHOPPED ROMAINE WITH BLEU CHEESE CRUMBLES, BACON, MUSHROOMS, RED ONION AND LOW CARB VINAIGRETTE.	
<b>BLACKENED SHRIMP CAESAR</b> .....	11.75
TRADITIONAL CAESAR SALAD WITH BLACKENED BUTTERFLIED SHRIMP AND CRUNCHY CROUTONS.	
<b>BROILED SALMON SALAD</b> .....	11.95
FRESH ATLANTIC SALMON SERVED OVER MIXED GREENS, HEARTS OF PALM, FRESH MUSHROOMS, SCALLIONS AND CHOPPED TOMATOES.	
<b>CREOLE SHRIMP SALAD</b> .....	10.95
SPICY SHRIMP WITH MILD PEPPERS, RED AND GREEN ONIONS, AND ARTICHOKE HEARTS TOSSED IN OUR CLASSIC REMOULADE DRESSING.	
<b>CHINESE CHOPPED SALAD</b> .....	11.75
CRISP MIXED VEGETABLES, MAHOGANY CHICKEN, PEANUTS, MANDARIN ORANGES, CILANTRO, WATER CHESTNUTS, RED & YELLOW PEPPERS, SCALLIONS AND DICED TOMATOES.	

## STEAKS & RIBS

STEAKS ARE AGED AT LEAST 30 DAYS, BROILED WITH THE CLASSIC CHARRED EXTERIOR AND TOPPED WITH GARLIC BUTTER, SERVED WITH A HOUSE SALAD (GREENS, CHOPPED EGGS, ALMONDS, TOMATOES, BACON & HAM) AND CHOICE OF SIDE ITEM: CREAMED SPINACH, CRAWFISH MASHED POTATOES, MIXED VEGETABLES, FETTUCCINE ALFREDO OR MARINARA, FRIES OR BAKED POTATO (AFTER 5 P.M.).

<b>NEW YORK STRIP</b> .....	23.95
14 OZ., CENTER-CUT.	
<b>18 OZ. "Z" CUT NEW YORK STRIP</b> .....	27.95
THIS IS THE STEAK THAT MADE FRANK FAMOUS.	
<b>BONE-IN RIBEYE</b> .....	27.75
22 OZ., CENTER-CUT RIB STEAK.	
<b>FILET MIGNON</b> .....	28.95
10 OZ., BARREL-CUT.	
<b>TENDERLOIN MEDALLIONS</b> .....	21.75
3 - 3 OZ. FILET MIGNON MEDALLIONS.	
<b>FILET MEDALLIONS AND CRAB CAKE</b> .....	24.95
SERVED WITH A WARM CREOLE REMOULADE SAUCE.	
<b>DANISH BABY BACK RIBS</b> .....	24.95
DOUBLE RACK OF IMPORTED BABY BACKS PREPARED WITH THE CLASSIC CHARRED EXTERIOR. SO TENDER THEY CAN BE EATEN WITH A FORK.	

ADD A CRAB CAKE TO ANY ENTREE FOR 12.95 • ADD BLACKENED SHRIMP TO ANY ENTREE FOR 5.95

## SEAFOOD

<b>SHRIMP MANZETTI</b> .....	17.95
SHRIMP SAUTEED WITH MUSHROOMS, GARLIC, WHITE WINE, REAL BUTTER AND MORE GARLIC. SERVED OVER ANGEL HAIR WITH ROMANO CHEESE. THIS IS A REAL ITALIAN DISH.	
<b>LOW COUNTRY CRAB CAKES</b> .....	24.95
PAN-SAUTEED CRAB CAKES SERVED WITH A WARM CREOLE REMOULADE SAUCE AND STEAMED MIXED VEGETABLES OR POTATO.	
<b>SHRIMP &amp; FETTUCCINE TIRRENO</b> .....	17.50
CAPERS, TOMATOES, SCALLIONS, FRESH BASIL AND SHRIMP SAUTEED AND FOLDED INTO A SHELLFISH CREAM SAUCE.	
<b>GARLIC CRAB CLAWS</b> .....	18.95
BLUE CRAB CLAWS SAUTEED IN BUTTER WITH FRESH GARLIC AND OLD BAY SEASONING. SERVED WITH BREAD FOR DIPPING.	
<b>TOMATO &amp; BASIL CAPELLINI WITH SHRIMP</b> .....	17.50
SAUTEED SHRIMP, FRESH BASIL, OLIVE OIL AND CHOPPED, VINE-RIPENED TOMATOES TOPPED WITH SHREDDED ROMANO CHEESE.	
<b>FRIED TROUT PONTCHARTRAIN</b> .....	19.95
SAUTEED CRABMEAT AND SLICED ALMONDS POURED OVER GOLDEN-FRIED FRESH MOUNTAIN TROUT. SERVED WITH CRAWFISH MASHED POTATOES AND FRESH MIXED VEGETABLES.	

## CHICKEN & PASTA

<b>CHICKEN PARMESAN</b> .....	14.75
FRESH 8 OZ. SKINLESS BREAST OF CHICKEN IS DIPPED IN BATTER, ITALIAN BREAD CRUMBS AND ROMANO CHEESE THEN SAUTEED AND TOPPED WITH MOZZARELLA CHEESE. SERVED WITH FETTUCCINE MARINARA.	
<b>PENNE CON QUATTRO FORMAGGI CON POLLO</b> .....	18.50
JUST SAY "FOUR CHEESE PASTA WITH CHICKEN." PENNE NOODLES AND CHOPPED CHICKEN TOSSED IN ROMANO-CREAM AND BAKED WITH MIXED IMPORTED WHITE CHEESES.	
<b>TCHOUPITOULAS TCHICKEN</b> .....	16.95
FRESH 12 OZ. DOUBLE BREAST OF CHICKEN AND LARGE SHRIMP, BOTH SKILLET-BLACKENED THEN BAKED WITH LOBSTER-CREAM SAUCE AND MILD QUESO. PLATED WITH CRAWFISH MASHED POTATOES AND FRESH MIXED VEGETABLES.	
<b>PAD THAI</b> .....	16.75
CHOPPED CHICKEN BREAST, FIRECRACKER SHRIMP, DICED EGG, THAI PEANUT SAUCE AND ASSORTED CRUNCHY VEGETABLES TOSSED IN THICK NOODLES.	
<b>LASAGNA</b> .....	15.95
LAYERS OF ITALIAN SAUSAGE, MARINARA, RICOTTA, MOZZARELLA AND ROMANO CHEESES. TOPPED WITH MORE SAUCE AND MORE MOZZARELLA CHEESE.	
<b>PENNE DEL REY</b> .....	14.95
ARTICHOKE HEARTS, SNOW PEAS, FRESH MUSHROOMS, RED & YELLOW PEPPERS AND SQUASH SAUTEED IN WHITE WINE, GARLIC AND A LITTLE BUTTER. SERVED OVER PENNE PASTA WITH ALFREDO OR MARINARA SAUCE AND FRESH ROMANO.	
<b>MAMA MANZETTI'S CHICKEN</b> .....	12.95
OUR GIANT 12 OZ. DOUBLE BREAST BROILED AND TOPPED WITH LAYERS OF HORMEL® HAM AND MELTED MONTEREY JACK CHEESE. SERVED WITH FETTUCCINE ALFREDO.	
<b>BARBECUE CHICKEN BREAST</b> .....	12.50
OUR GIANT 12 OZ. DOUBLE BREAST IS MARINATED FOR 48 HOURS AND BROILED WITH HONEY TINTED BARBECUE SAUCE. SERVED WITH FRENCH FRIES.	

ADD A HOUSE SALAD (GREENS, CHOPPED EGGS, ALMONDS, TOMATOES, BACON & HAM) FOR 3.95