

FRIEDMAN'S



lunch menu

Friedman's specializes in gluten free dining, please notify us when placing your order if you require gluten free.

❖ Dotted items can be prepared gluten free. 2.25 extra for gluten free bread.

SOUPS cup — 4 bowl — 6

- ❖ **Two-Bean Turkey Chili**
- ❖ **Tomato Soup**
- ❖ **Chicken Matzoh Ball**
- ❖ **Soup of the Day**

SANDWICHES

add housemade potato chips — 2
substitute gluten free bread — 2.25

- ❖ **Apple Tarragon Chicken Salad** — 10
lettuce, tomato, whole wheat bread
- ❖ **Grilled Pastrami Reuben** — 14
sauerkraut, gruyere, russian dressing, toasted rye bread
- ❖ **House Roasted Turkey** — 10
lettuce, tomato, mayo, rye bread
- ❖ **B.L.A.T.** — 10
bacon, lettuce, tomato, avocado, herbed aioli, toasted sourdough
add chicken, turkey or tofu — 3
- ❖ **Torta Milanese** — 11
chicken cutlet, refried beans, pickled peppers, oaxaca cheese,
tomatillo-chipotle sauce, avocado, lettuce, cemita bun
- ❖ **Garden Veggie Sandwich** — 10
hummus, alfalfa sprouts, carrots, avocado, cucumber, lettuce,
tomato, grilled sourdough
add chicken, turkey or tofu — 3
- ❖ **Grilled Cheese Sandwich** — 11
bacon, gruyere, white cheddar, caramelized onions, grilled ciabatta
add cup of tomato soup — 3

SALADS

- ❖ **Grilled Salmon Salad** — 14
atlantic salmon, romaine, gigantes beans, kalamata olives, red onion,
cucumber, carrots, feta, creamy dill dressing
- ❖ **Grilled Chicken Salad** — 12.5
mixed greens, dried cranberries, candied walnuts, carrots, tomatoes,
gorgonzola, balsamic vinaigrette
- ❖ **Adobo Chicken Salad** — 12.5
mixed greens, grilled chicken, bacon, tortilla crisps, tomatoes, black beans,
pepper jack, chipotle ranch dressing
- ❖ **Asian Chop Salad** — 13
shredded chicken, romaine, napa, red peppers, snow peas, scallions,
cilantro, wonton crisps, hoisin peanut dressing
- ❖ **Cobb Salad** — 12.5
mixed greens, turkey, tomatoes, asparagus, bleu cheese, hard boiled egg,
bacon, avocado, lemon dijon vinaigrette

BURGERS

add bacon — 2.5
add caramelized onions, avocado, sautéed mushrooms, cheese — 1 each
cheeses – american, white cheddar, gruyere, pepper jack, bleu cheese
substitute gluten free bun — 2.25

- ❖ **Friedman's Burger** — 12
Creekstone Farms 100% ground beef brisket, herbed fries
- ❖ **Southwestern Turkey Burger** — 12
avocado aioli, herbed fries
- ❖ **Housemade Veggie Burger** — 12
spicy tomato fennel jam, avocado, alfalfa sprouts, herbed fries
- ❖ **NY State Lamb Burger** — 14
locally raised lamb mixed with roasted garlic, caramelized onions, feta, spices,
sundried tomato & roasted garlic aioli, baby spinach, red onion, herbed fries

ENTRÉES

- ❖ **Fish Tacos** — 12
blackened pollock, corn tortillas, citrus fennel slaw, tomatillo salsa,
sriracha aioli, cilantro
- ❖ **Veggie Bowl** — 10
choice of brown rice or quinoa. sautéed japanese eggplant, baby bok choy,
carrots, bean sprouts, edamame, sesame lime dressing
add chicken or tofu – 3
add salmon – 5
- ❖ **Market Plate** — 12
choice of any 3 sides

MARKET SIDES

- ❖ **Herbed Fries** — 4.5
rosemary
- ❖ **Sweet Potato Fries** — 4.5
bleu cheese aioli
- ❖ **Sautéed Broccoli** — 5
roasted garlic, red chili flakes
- ❖ **Shaved Brussel Sprouts** — 5
honey, pecorino, aged sherry
- ❖ **Grilled Corn** — 5
chipotle aioli, cotija cheese, cilantro
- ❖ **Edamame Studded Brown Rice** — 3
sesame lime dressing
- ❖ **Quinoa** — 5
seasonal ingredients
- ❖ **Mac 'n' Cheese** — 6

All gluten free breads available for sale. Please inquire if interested.
18% gratuity will be added for parties of 6 or more