

APPETIZERS AND STARTERS

- BACON CHEDDAR FRIES 5.00**
- BACON-BURGER CHEDDAR FRIES 7.50**
- BLACKENED CHICKEN CHEDDAR FRIES 8.50**
- SWEET POTATO FRY APPETIZER 4.95**
- FRENCH FRY APPETIZER 3.25**
- BEER BATTERED ONION RING APPETIZER 4.95**
- ROASTED RED PEPPER & CHICKEN QUESADILLA 6.95**
- SOUP OF THE DAY – CUP 3.25 BOWL 4.95**

- BEER BATTERED ZUCCHINI STICKS 4.95**
Fresh Zucchini cut to order and served with Ranch Dipping Sauce
- BEER BATTERED CHICKEN STRIPS 5.25**
Your choice of BBQ, Ranch, or Buffalo dipping Sauce
- CHEDDAR BACON POTATO SKINS 5.95**
- CLASSIC BUFFALO WINGS 8.95 per Dozen**
Jumbo Wings tossed in Mild, Medium or Hot Buffalo sauce and served with celery and Bleu Cheese
- HALF-RACK APPETIZER 8.25**
HOUSE SPECIALTY: A perfect sampling of our Fire Grilled Baby Back Ribs smothered in our Barbecue Sauce

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| PULLED PORK NACHOS 7.50
Our Crispy seasoned chips piled high with your choice of either slow roasted Pulled Pork or sliced Blackened Chicken. Topped with Smashed Black Beans, Tomato, Jalapeños and Black Olives with melted Cheddar Cheese served with Sour Cream and Salsa. | BLACKENED CHICKEN NACHOS 8.50 |
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FRESH SALADS SOUP-N-SALAD DEAL ☞ Add soup to any salad for a special price CUP 2.25 BOWL 4.50

FRONK'S HOUSE SALAD 7.50

A generous Portion of Fresh Spring Greens topped with Shredded Cheddar and Monterey Jack Cheeses, Roasted Red Peppers, Cherry Tomatoes, Black Olives and crispy seasoned Tortilla strips served with our tangy House Vinaigrette on the side.

FIRE GRILLED SALADS

- GRILLED SHRIMP SALAD 13.50**
Citrus-Dijon Marinated Jumbo Shrimp Skewers Fire Grilled to perfection and served over our Fronk's House Salad
- GRILLED CHICKEN SALAD 9.95**
Citrus-Dijon Marinated Chicken Breast Fire Grilled to perfection and served over our Fronk's House Salad
- GRILLED STEAK SALAD 13.95**
Our Juicy Flat Iron Steak Fire Grilled to perfection and served over our Fronk's House Salad

ZESTY BLACKENED SALADS

- BLACKENED STEAK SALAD 13.95**
Our Juicy Flat Iron Steak seared with our Barbecue Seasoning and served over our Fronk's House Salad
- BLACKENED CHICKEN SALAD 9.95**
House Specialty: Blackened Boneless Chicken Breast seared to perfection and served over our Fronk's House Salad
- BLACKENED SHRIMP SALAD 13.50**
Blackened Jumbo Shrimp seared to perfection and served over our Fronk's House Salad

1/2 POUND GOURMET BURGERS & SPECIALTY SANDWICHES - Choose one side

- CHEESEBURGER SUPREME + 1 Side 8.50**
1/2 Pound Angus Burger topped with Melted Cheddar, Caramelized Onions, Lettuce, Tomato, Pickles and Burger Sauce
- MAPLE BACON CHEESEBURGER + 1 Side 9.25**
1/2 Pound Angus burger topped with Maple Bacon, Melted Cheddar, and Caramelized Onions, Lettuce, Tomato, Pickles and Burger Sauce
- JALAPEÑO BACON BURGER + 1 Side 9.50**
1/2 Pound Angus burger topped with spicy Jalapeños, Maple Bacon, Caramelized Onions, Monterey Jack, Lettuce, Tomato, and Mayo
- BBQ BACON CHEESE BURGER + 1 Side 9.50**
1/2 Pound Angus Barbecue Glazed Burger topped with Maple Bacon, Caramelized Onions, Cheddar, Lettuce, Tomato, Pickles and Mayo
- The BULL BURGER + 1 Side 9.75 - Don't think, just do it.**
1/2 Pound Angus burger topped with a Fried Egg, Maple Bacon, Monterey Jack Cheese, Caramelized Onion, Lettuce, Tomato and Mayo
- The RED BLACK BURGER + 1 Side 9.25**
1/2 Pound Angus Blackened burger topped with Roasted Red peppers, Caramelized Onions, Monterey Jack, Lettuce, Tomato and Mayo
- The LITTLE PIGGY + 1 Side 9.75**
There's nothing little about our 1/2 Pound Angus Burger topped with BBQ Pulled Pork, Melted Monterey Jack, Tangy Cole Slaw and Mayo
- The FRONKEN-BURGER + 1 Side 9.75**
1/2 Pound Angus Burger topped with Beer Battered Onion Rings, Maple Bacon, Monterey Jack, Lettuce, Tomato, and our spicy Chipotle Ranch

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| PULLED PORK SAMMY + 1 Side 8.95
1/2 Pound of Slow Roasted Pulled Pork piled high and smothered in our barbecue sauce - topped with melted Monterey Jack Cheese and Cole Slaw - YES... it is amazing. |
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- CAJUN CHICKEN CHEDDAR MELT + 1 Side 8.50**
Blackened boneless chicken breast topped with Roasted Red Peppers, Lettuce, Tomato, melted Cheddar and Mayo
- BUFFALO CHICKEN RANCH + 1 Side 8.50**
Beer Battered Chicken Breast tossed in our Buffalo Sauce and topped with Lettuce, Tomato, and Ranch Dressing – Scrumptious! ☺
- CRISPY CHICKEN BURGER + 1 Side 8.50**
Beer Battered Chicken breast topped with Lettuce, Tomato, and Mayo -add Monterey Jack or Cheddar .75 add Maple Bacon \$1
- GRILLED CHICKEN CLUB + 1 Side 8.50**
Citrus-Dijon grilled Boneless Chicken Breast topped with Maple Bacon, Lettuce, Tomato and Mayo - Add Cheddar or Monterey Jack .75
- SPICY MOTHER CLUCKER + 1 Side 9.25**
Blackened boneless Chicken Breast topped with Chipotle Ranch, Beer Battered Onion Rings, Maple Bacon, Lettuce, Tomato and Monterey Jack
- CRISPY FISH SANDWICH + 1 Side 8.50**
Crispy beer battered Fish Filet topped with tartar sauce and Cole Slaw
- GRANT'S GARDEN BURGER + 1 Side 9.95**
A vegetarian burger topped with Caramelized Onions, Spring Salad Mix, Tomato, Pickles and Mayo – Add Cheddar or Monterey Jack .75

DON'T FORGET! Choose ONE Side Dish with every Burger or Specialty Sandwich

BARBECUE BABY BACK RIBS

★ **HALF RACK + 2 Sides** 13.25

★ **FULL RACK + 2 Sides** 18.25

HOUSE SPECIALTY – A generous portion of Fork Tender Baby Back Ribs fire grilled and smothered in our barbecue sauce ★



- **BBQ, GRILLED or BLACKENED SHRIMP and a Half-Rack + 2 Sides** 18.50
- **PULLED PORK and a Half-Rack + 2 Sides** 15.25
- **2 LOUISIANA SAUSAGE LINKS and a Half-Rack + 2 Sides** 15.50
- **SKEWERED BLACKENED CHICKEN and a Half-Rack + 2 Sides** 15.50
- **SKEWERED BBQ CHICKEN and a Half-Rack + 2 Sides** 15.50
- **SKEWERED CITRUS-DIJON CHICKEN and a Half-Rack + 2 Sides** 15.50

Choose your
SIDES

1 SIDE FOR SANDWICH
2 SIDES FOR ENTREE

Buttered Corn
French Fries
Fronk's House Salad
Grilled Peppers & Onion

BBQ Baked Beans
Tangy Cole Slaw
Beer Battered Onion Rings
Soup O' the Day

Cajun Tomato & Onions
Smashed Black Beans
Fried Zucchini Sticks
Sweet Potato Fries

Add an
Additional
Side Dish
for 2.50

- SPECIALTY ENTREES - SERVED WITH CHOICE OF TWO SIDES

~ STEAK & SHRIMP ~

SURF & TURF 18.50

Our Juicy Flat Iron steak paired with Jumbo Shrimp all fire grilled to perfection and served with choice of two Sides

BLACKENED SURF & TURF 18.95

A perfect combination of seared Blackened Flat Iron Steak and Jumbo Shrimp served with your choice of two sides

~ STEAKS ~

FLAT IRON STEAK 13.95

A Juicy Flat Iron steak seasoned and fire grilled to perfection and served with choice of two side dishes

BLACKENED STEAK 13.95

A Juicy Flat Iron steak seared with blackened spice and topped with seasoned grilled cherry tomatoes and choice of two side dishes

LOADED STEAK 14.95

Our fire grilled Flat Iron steak loaded with seasoned sautéed Onions, Peppers, and Cherry Tomatoes + 2 Sides
Also available Blackened Style

BLACKENED STEAK FAJITAS 13.95

Our Blackened Flat Iron Steak topped with sautéed with Onions, Peppers, Cherry Tomatoes and served with flour tortillas, Salsa and Sour Cream
– Fajitas served as is with no sides.

~ FISH & SHRIMP ~

JUMBO SHRIMP PLATTER 15.95

One dozen jumbo shrimp served your choice of **Citrus-Dijon, Barbecue, or Blackened style** and your choice of two side dishes

CLASSIC FISH-N-CHIPS 13.50

Beer battered Fresh Cod filets served with our Seasoned Fries, Tangy Cole Slaw and Tartar sauce - Sides Included

BLACKENED SHRIMP FAJITAS 14.95

12 Jumbo Blackened Shrimp sautéed with Onions, Peppers, Cherry Tomatoes and served with flour tortillas, Salsa and Sour Cream
– Fajitas served as is with no sides

~ PORK ~

PULLED PORK & SAUSAGE 12.50

Slow roasted barbecue pulled pork paired with our grilled Louisiana style sausage links and choice of two Sides

LOUISIANA SAUSAGE-N-PEPPERS 13.50

Grilled Louisiana style Sausage topped with grilled Peppers and Onions and your choice of two sides

~ CHICKEN ~

CITRUS-DIJON CHICKEN SKEWERS 12.25

Fire Grilled Citrus-Dijon Chicken Breast Skewers + 2 Sides

BARBECUE CHICKEN SKEWERS 12.25

Fire Grilled Barbecue Chicken Breast Skewers + 2 Sides

BLACKENED CHICKEN SKEWERS 12.25

Chicken Breast Skewers seared with our Blackened spice + 2 Sides

BEER BATTERED CHICKEN-N-CHIPS 12.50

A generous portion of Beer Battered Chicken Tenders served with our Seasoned Fries and Tangy Cole Slaw and your choice of Ranch, Barbecue, or Buffalo Dipping Sauce - Sides Included

BLACKENED CHICKEN FAJITAS 12.95

Blackened Boneless Chicken Breast sautéed with Onions, Peppers, Cherry Tomatoes and served with flour tortillas, Salsa and Sour Cream -- Fajitas served as is with no sides

~ CHICKEN & SHRIMP ~

BLACKENED CHICKEN & SHRIMP 14.95

Skewered cuts of Blackened Chicken Breast and Skewered Blackened Jumbo Shrimp seared to perfection + 2 Sides

BARBECUE CHICKEN & SHRIMP 14.95

Fire Grilled Barbecue Chicken Skewers and Skewered Barbecue Jumbo Shrimp + 2 Sides

CITRUS-DIJON CHICKEN & SHRIMP 14.95

Fire Grilled Citrus-Dijon Chicken Skewers paired with Skewered Jumbo Shrimp + 2 Sides

BEVERAGES

CLASSIC ROOT BEER FLOAT 3.50

CHOCOLATE COLA FLOAT 3.50

OLD FASHIONED FOUNTAIN SODAS 2.95

CHOCOLATE, VANILLA CREAM, STRAWBERRY, RASPBERRY, BLACK CHERRY,
CHOCOLATE-RASPBERRY AND MORE

LEMONADE COOLERS 2.95

A 32 ounce super refreshing bubbly Lemonade spritzer - Choose from Strawberry, Raspberry or Black Cherry

SODA 32OZ 1.75

COCA-COLA

DIET COKE

SPRITE

MINUTE MAID LEMONADE

BARQ'S ROOT BEER

GOLD PEAK PREMIUM BREWED
UNSWEETENED ICE TEA

FRESH BREWED GAVINA COFFEE 1.95
Regular or Decaf

ASSORTED HOT TEA 1.95

MILK 1.95

CHOCOLATE MILK 2.25

ORANGE or CRANBERRY JUICE 1.95

DESSERTS and ICE CREAM SUNDAES

We carry a variety of seasonal Cakes and Pastries by the slice – see us for details

>>>> ICE CREAM SUNDAES <<<<

CLASSIC HOT FUDGE SUNDAE 4.25

Choice of Chocolate, Vanilla, or Both topped with rich Hot Fudge, chopped mixed nuts,
Whipped cream, Sprinkles, and a Cherry

VANILLA or CHOCOLATE ICE CREAM 3.25

PLATTERS TO-GO

BABY BACK RIB PLATTER (25) RIBS 45.95 (50) RIBS 87.95 (100) RIBS 159.95

BUFFALO WING PLATTER 50 WINGS 39.95 100 WINGS 75.95 200 WINGS 139.95

Our crispy party wings tossed in your choice of sauce or sauce on the side. Served with plenty of Celery and Bleu Cheese

The Picnic Pack - All Inclusive Disposable Buffet

GREAT FOR HOME OR OFFICE

12.95 per person – 10 person Minimum

All Sales subject to CA sales Tax and 10% Gratuity

**What to do? Choose Two Entrees and
Two Side Dishes then give us a call**

Comes complete with Dessert, Utensils, Plates, and Napkins

Give us a Call - (562) 804-2222

Free Delivery 11am to 3pm Mon-Fri

For more Catering info visit us online at

www.eatatfronks.com

24 Hour Notice Required for all Orders

Choose Two Entrees

BBQ Pulled Pork

Grilled, Barbecue, or Blackened Chicken

Louisiana Sausage Links

Beer Battered Chicken Strips

Buffalo Chicken Wings

Beer Battered Cod Filets –Add \$1 per person

Barbecue Baby Back Ribs –Add \$2 per person

Grilled, Barbecue, or Blackened Shrimp –Add \$3 per person

STEP TWO: Choose Two Sides

Fronk's House Salad, Buttered Corn, BBQ Baked Beans,
Smashed Black Beans, Potato Wedges, and Tangy Cole Slaw

PLUS DESSERT of the Day