



STARTERS & SHARED PLATES

- CRISP PARMESAN ZUCCHINI "FRIES"

tomato cheddar fondue 7
- SAUTEED GARLIC SHRIMP*

sundried tomato mascarpone sauce,
grilled focaccia 9
- DIP DUO

white bean hummus with feta, and artichoke
parmesan with roasted garlic, pita crisps 9
- AVOCADO QUINOA LETTUCE WRAPS

grape tomato, red onion, parsley, grilled zucchini,
avocado, chipotle sour cream 8
- GARLIC PARMESAN FRIES GF

cracked pepper, basil aioli 5.5
- ITALIAN PORK MEATBALLS

house made with toasted shallot, white wine, shaved
fennel, garlic bread 8.5

FLATBREADS

- ASK ABOUT OUR FLATBREAD FEATURE OF THE DAY
- GOAT CHEESE FLATBREAD

rosemary olive oil, caramelized onions, slow roasted
tomatoes, parmesan 9.5
- ROASTED VEGETABLE FLATBREAD

zucchini, sweet pepper, onion, oregano,
smoked mozzarella 9

SOUPS & SALADS

- FRENCH ONION SOUP

house made, brioche croutons, melted provolone,
parmesan 5
- CHEF'S SOUP

market fresh soup of the day 4
- CAMPARI TOMATO SALAD

shaved smoked mozzarella, focaccia croutons,
roasted garlic basil oil 6
- CAESAR "WEDGE"

hearts of romaine, roasted red peppers, shaved
parmesan, brioche croutons 6
- SUMMER SALAD

baby spinach, arugula, shaved radish, red onion,
crumbled egg, pancetta crisp, creamy spring onion
dressing 5.5
- FRESCOS HOUSE SALAD GF

tomato wedges, cucumber, artisanal greens, shaved
red onion 5
- GOAT CHEESE SALAD GF

bibb and romaine lettuce, tomato, bacon, chopped
asparagus, red wine vinaigrette 6.5
- ADD TO ANY SALAD

chicken breast 5.5 sautéed shrimp 6
glazed salmon 7 beef medallions*, crispy onion 6

Dressings: Balsamic Vinaigrette, Ranch, Sweet
Onion, Citrus Vinaigrette (lf), Red Wine Vinaigrette,
Bleu Cheese

*Consumer Advisory:
Consumption of undercooked meat, poultry,
eggs, or seafood may increase the risk of foodborne
illnesses. Alert your server if you have special dietary
requirements.

Gluten Free Corn Pasta is available

MAIN PLATES

LAND

DRY RUBBED BRISKET
house bbq sauce, crispy potato and sweet onion hash, roasted corn with chive butter 18

BISTRO FILET & CRAB CAKE STACK*
6oz sirloin filet, petite crab cake and crisp tobacco onion, carmelized onion mashed potatoes,
roasted asparagus 23

FILET MIGNON*
8oz center cut, caramelized onion mashed potatoes, roasted asparagus 30

VEAL CUTLET MARSALA
wild mushroom marsala sauce, caramelized onion mashed potatoes, green bean and red pepper
sautee 24

ROASTED PORK LOIN
whole grain mustard cream, crispy potato and sweet onion hash, grilled zucchini and
red pepper salad 18

HERB ROASTED CHICKEN
half chicken, caramelized onion mashed potatoes, crispy spinach, shallot thyme jus 16

SUMMER SAUTEED CHICKEN GF
carmelized peach chutney, herb brown rice pilaf, green bean and bell pepper saute 22

ROASTED GARLIC CHICKEN LINGUINI
crimini mushrooms, roasted artichoke, tomato and spinach cream 18

PENNE CAPRESE
roasted tomato, fresh mozzarella, sautéed spinach and sweet onion, basil parmesan cream 13
ADD: chicken breast 5.5 sautéed shrimp* 6

SEA

BOURBON GLAZED SALMON GF
bay of fundy fresh salmon, bourbon glaze, herbed brown basmati rice, green bean and bell
pepper sauté, 22

CRAB STUFFED SOLE*
shrimp parmesan cream sauce carmelized onion mashed potatoes, zucchini noodles 22

BROWN BUTTER TILAPIA
crispy potato and sweet onion hash, sautéed swiss chard, shallot brown butter 17

BLACKENED MAHI MAHI
mango and pineapple salsa, herbed brown basmati rice, green bean and red pepper saute 21

SPICY SHRIMP AND SCALLOP LINGUINI*
red pepper, almond pesto, roasted crimini mushrooms and leeks, fresh basil 22

BY HAND

served with shoestring fries or quinoa tabbouleh.

MAHI TACOS
blackened mahi, mango pinapple salsa, avocado, red onion, lettuce, chipotle sour cream, flour
tortilla 12

BRISKET SANDWICH
caramelized onion, white cheddar, house bbq, brioche bun 10

HERB CHICKEN SANDWICH
provolone, bibb lettuce, avocado, red onion, tomato aioli, toasted focaccia 11

FRESCO BURGER*
white cheddar, bibb lettuce, tomato, red onion, brioche bun 10

STEAK HOUSE BURGER*
house steak sauce, blue cheese, crispy onion, brioche bun 11

MUSHROOM BACON BURGER*
sautéed wild mushrooms, swiss cheese, whole grain mustard, brioche bun 11

SIDES

- roasted asparagus 4
green bean and red pepper sautee 4
crispy potato and sweet onion hash 4
herb brown basmati rice 4
caramelized onion mashed potatoes 4

18% gratuity will be added on parties of 8 or more