

BREAKFAST

Served 8 - 11am

U. P. BREAKFAST PASTY 5.99

A Northern Michigan favorite! Sausage, potato, eggs, and three cheeses wrapped in a flaky crust.

QUICHE OF THE DAY 7.99

Fresh seasonal ingredients folded into local farm eggs in our flaky homemade pie crust - check out our feature board for current options! Served with fresh fruit.

OMA'S GREEN THUMB 8.99

Two fried eggs, tomato, avocado, thinly sliced red onion, and provolone grilled on multigrain.

TENACIOUS TIM 8.99

Two fried farm eggs, thick-cut bacon and melty cheddar grilled on sourdough.

FARM STYLE OATS 4.99

Homemade, old fashioned oats and Michigan dried cherries served with brown sugar and fresh milk.

PURPLE BEET SMOOTHIES

Large 20 oz Size - 8.99

Organic, locally-sourced NoMi ingredients blended with unsweetened almond milk!
GMO-free, gluten-free, nutritious and delicious!

Check out our 5 delicious Purple Beet Smoothie options on the back!

LUNCH

Served 11am - 3pm
Comes with a fresh seasonal side.
Add Great Lakes chips + \$1

U. P. LUNCH PASTY 7.99

A Northern Michigan favorite! Hearty 1 lb. size!
Choose from beef, pork and rutabaga with potato and onion (a classic!) OR beef & pork with potato and onion - folded into a flaky golden crust and served with your choice of homemade ranch or ketchup.

FRISKE BBQ PORK 11.99

Over a quarter pound of Michigan-raised, house-smoked and hand-pulled pork topped with our cherry barbecue sauce on a toasted gourmet bun.
*Double the Meat + \$4

CHERRY CHICKEN PIPPIN 10.99

Our homemade cherry, pecan chicken salad topped with crunchy romaine in a lightly grilled wrap.

SARATOGA 12.99

Natural turkey, avocado, tomato, thinly sliced red onion, provolone and petso mayo paninied on multigrain.

GALARINA 9.99

Double cheddar, provolone, tomato and fresh pesto paninied on sourdough.

QUICHE OF THE DAY 7.99

Fresh seasonal ingredients folded into local farm eggs in our flaky homemade pie crust - check out our feature board for current options!.

KIDS LUNCH

Available All Day
Served with a side of Oma's Applesauce

ANNIE'S ORGANIC MAC N' CHEESE 5.99

Cheesy and delicious!

ALL BEEF HOT DOG 5.99

An American favorite!

HOMEMADE SOUP OF THE DAY

FRISKE'S FAMOUS CHILI

5.99/bowl / 12.99/quart

**Make sure to
check out our
handcrafted PIZZA**

Menu available at friske.com or at our bakery counter!

WE OUR LOCAL PARTNERS!

Bay Bread

Farmers Creamery

Long Day Coffee

Maple Bluffs Farms

Moomers Ice Cream

Northwoods Soda

Sanders Meats

The Pastry Oven

The Purple Beet

PURPLE BEET SMOOTHIES

Large 20 oz Size - 8.99

Organic, locally-sourced NoMi ingredients blended with unsweetened almond milk!

GMO-free, gluten-free, nutritious and delicious!

BLUEBERRY | HEMP

Organic dark sweet cherries, organic blueberries, organic banana, organic shelled hemp seeds, dates, organic almond butter (organic dry roasted almonds), organic spinach

COLD BREW | OAT | CINNAMON

Organic banana, filtered water, organic fair trade coffee, organic gluten free rolled oats, cashew butter (dry roasted cashews, sunflower oil), organic virgin coconut oil, organic cinnamon

PEACH | GINGER | TURMERIC

Organic sweet cherries, peaches, lemon juice, shelled pistachios, organic kale, organic ginger, organic cinnamon, organic turmeric

ORANGE | MATCHA

Oranges, organic pineapple, organic banana, organic celery, organic spinach, organic orange peel powder, organic matcha green tea powder

ACAI | BERRY | PEANUT BUTTER

Organic blueberries, raspberries, blackberries, organic fig, organic peanut butter (organic peanuts), organic spinach, organic acai powder

GRAB 'N GO

Check out our fabulous selection of the following favorites - made fresh and ready to go! Selection may vary daily and/or by season.

UP NORTH SALAD

Local mixed greens, Michigan dried cherries, feta, walnuts, pickled red onion and chicken breast served with homemade cherry maple dressing.

CHERRY CHICKEN SALAD

Local mixed greens topped with our homemade cherry pecan chicken salad and served with homemade cherry maple vinaigrette.

GOBBLER SANDWICH

Natural turkey, provolone, romaine, red onion, locally-made cherry honey mustard and mayo on a hearty multigrain baguette.

TURKEY PROVOLONE SANDWICH

Natural turkey, provolone, romaine and homemade pesto my on Bay Bread focaccia.

LAKELAND CLUB WRAP

Natural turkey, bacon, cheddar, tomato, romaine and pesto mayo in a wrap.

CHERRY CHICKEN PIPPIN WRAP

Our homemade cherry pecan chicken salad topped with crunchy romaine in a wrap.

MEATS & SIDES

**PULLED PORK • MEATY BACK RIBS • CHERRY CHICKEN SALAD • COLESLAW • BAKED BEANS
MAC 'N CHEESE • POTATO SALAD AND MORE!**



CAFE

menu

Since we believe eating and appreciating good food makes life more enjoyable, we are committed to crafting food of finest quality! Our mission is to offer you an unforgettable experience in every aspect!