

fresa



BISTRO
ON 3rd

CATERING MENU

SALADS

Medium Serves 10-12 • Large Serves 20-24

HOUSE SALAD

Spring mix, cucumber, tomato, red onion, shaved carrot, balsamic vinaigrette or buttermilk ranch. Medium \$27 • Large \$54

FRESA SALAD

Baby arugula, iceberg lettuce, strawberry, blueberry, pineapple, candied walnuts, bleu cheese crumbles, balsamic dressing. Medium \$42 • Large \$84

CHICKEN CAESAR

Grilled chicken, romaine heart, croutons, shaved Parmesan, Caesar dressing. Medium \$48 • Large \$96

GREEK SALAD

Romaine heart, cucumber, tomato, red onion, bell pepper, pepperoncini, kalamata olive, feta cheese, grape leaf, Greek dressing. Medium \$48 • Large \$96

SANDWICHES & WRAPS

Choose A Combination Of Any Of The Following Wraps Or Sandwiches
Medium Tray Choose 6 (12 halves) \$48 • Large Tray Choose 12 (24 halves) \$96
Mayo and mustard packets available

(SANDWICHES SELECTIONS)

TURKEY PROVOLONE

Roasted turkey, provolone cheese, applewood smoked bacon, avocado, lettuce, tomato, mayonnaise, ciabatta

ROAST BEEF & AMERICAN

Roast beef, sauerkraut, lettuce, tomato, mayonnaise, brioche bun

HAM & SWISS

Sliced tavern ham, Swiss cheese, Dijon mustard, spring greens, herb focaccia

ITALIANO

Roasted turkey, prosciutto, fresh mozzarella, tomato, red onion, baby arugula, basil pesto balsamic drizzle, baguette

PORTOBELLO CAPRESE

Grilled portobello mushroom, tomato, spring mix, fresh mozzarella cheese, basil pesto, balsamic drizzle, herb focaccia

(WRAPS SELECTIONS)

CHICKEN CAESAR

Romaine heart, shaved Parmesan, char-grilled chicken breast, Caesar dressing

TURKEY BACON RANCH

Roasted turkey, applewood smoked bacon, baby spinach, avocado, red onion, tomato, provolone cheese, buttermilk ranch dressing

GRILLED & ROASTED VEGETABLE

Grilled portobello mushroom, asparagus, zucchini, roasted pepper, marinated artichoke, organic kale, Colby Jack cheese, roasted garlic aioli

APPLE, WALNUT, CHICKEN

Grilled chicken salad, apple, candied walnuts, grapes, celery, baby spinach, bleu cheese crumbles

TUNA

Albacore tuna salad, baby spinach, tomato, red onion, provolone cheese

CHEESE & FRUIT

Colby Jack, provolone, Swiss, fresh Mozzarella, grapes, strawberries
Tray (serves 10-12) \$48

MARINATED VEGETABLES

Grilled asparagus, zucchini, portobello mushrooms, roasted red peppers, artichokes
Tray (serves 10-12) \$45

CRUDITÉ

Carrots, Celery, Broccoli, Cucumbers, Green Peppers, buttermilk ranch dressing.
Tray (serves 10-12) \$26

SIDES

Fresh Fruit, Pasta Salad or Potato Salad \$20

Potato Chips \$18



15 NORTH 3RD STREET
LOWER LEVEL STRAWBERRY SQUARE
HARRISBURG, PA 17101

EAT IN • TAKE OUT
717.216.8754

HOURS MONDAY-FRIDAY 10AM-6PM
SATURDAY 10AM-4PM

WWW.FRESABISTRO.COM

SALADS

All salads served with ciabatta roll. Add a cup of soup 3 or bowl of soup for 5.

CHICKEN WALDORF

Grilled chicken, organic spring mix, romaine heart, apple, grapes, candied walnut, dried cranberry, bleu cheese crumbles, buttermilk ranch dressing. 10.5

GREEK

Romaine heart, cucumber, tomato, pepperoncini, red onion, bell pepper, kalamata olive, feta cheese, grape leaf, Greek dressing. 8.5

BBQ SALAD

Iceberg lettuce, Romaine heart, tomato, frizzled onions, green peppers, BBQ chicken, BBQ ranch dressing. 9.5

FRESA

Baby arugula, iceberg lettuce, strawberry, blueberry, pineapple, candied walnuts, bleu cheese crumbles, balsamic dressing. 7

SOUTH OF THE BORDER

Blackened chicken, iceberg lettuce, cilantro, roasted corn, black bean, avocado, cheddar Jack cheese, tortilla crisp, chipotle buttermilk ranch dressing, sour cream, pico de gallo. 9.5

THAI SHRIMP

Grilled jumbo shrimp, organic spring mix, romaine heart, cilantro, red onion, carrot, edamame, mandarin oranges, pineapple, peanuts, Asian sesame vinaigrette. 12

COBB

Romaine heart, organic spring mix, avocado, bleu cheese, tomato, hard-boiled egg, applewood smoked bacon, turkey, ham, buttermilk ranch dressing. 10

FORESTIERE

Organic kale, romaine heart, grilled portobello mushroom, grilled asparagus, roasted red pepper, grilled zucchini, marinated artichoke, shaved Parmesan cheese, balsamic vinaigrette. 10.5

CHICKEN CAESAR

Grilled chicken, romaine heart, croutons, shaved Parmesan cheese, Caesar dressing. 9

PITTSBURGH STEAK

Romaine heart, bell pepper, tomato, red onion, cucumber, cheddar Jack cheese, grilled steak, topped with French fries, buttermilk ranch dressing. 12

CUSTOM SALAD

SELECT A GREEN, 6 ITEMS AND A DRESSING. 7

GREENS

Organic Spring Mix	Baby Spinach	Romaine Hearts
Organic Kale	Baby Arugula	Iceberg Lettuce

CHEESE

Bleu Cheese Crumbles	Feta	Cheddar Jack	Shaved Parmesan
----------------------	------	--------------	-----------------

FRUITS & NUTS

Apples	Grapes	Pineapple	Dried Cranberries	Peanuts
Blueberry	Mandarin Orange	Strawberry	Candied Walnut	

VEGETABLES

Artichoke	Broccoli	Cucumber	Kalamata Olives	Red Onion
Avocado	Carrot	Edamame	Grilled Asparagus	Roasted Pepper
Bell Pepper	Chickpeas	Grape Leaves	Grilled Zucchini	Portobello Mushroom
Black Bean	Corn	Hard-Boiled Egg	Pepperoncini	

ADD BALANCE TO YOUR SALAD WITH PROTEIN

Albacore Tuna Salad 2.5	Blackened Chicken 2.5	Tavern Ham 2.5	Grilled Shrimp 5
Applewood Smoked Bacon 2.5	Grilled Chicken 2.5	Roast Turkey 2.5	Grilled Steak 5
	Chicken Salad 2.5	Grilled Portobello 2.5	

DRESS IT

Asian Sesame Vinaigrette • Fat Free Balsamic Vinaigrette • Basil Pesto Vinaigrette • Bleu Cheese Buttermilk Ranch • Caesar • Chipotle Ranch • Greek • Italian • Raspberry Vinaigrette (Fat Free)

SOUPS

WILD MUSHROOM BISQUE
OR SOUP OF THE DAY
CUP 4 • BOWL 6

The FDA advises consuming raw or undercooked meats, poultry, seafood or eggs increases your risk of foodborne illness.

ALL SANDWICHES, WRAPS, AND PANINIS SERVED WITH YOUR CHOICE OF HOUSE MADE POTATO CHIPS, FRIES OR SIDE SALAD. ADD A BOWL OF SOUP FOR 5 OR A CUP FOR 3

PANINIS

TURKEY ITALIANO

Roasted turkey, prosciutto, fresh mozzarella, tomato, red onion, baby arugula, Italian vinaigrette, baguette. 9.5

BLACK-N-BLEU

Blackened chicken, roasted peppers and onion, bleu cheese crumbles, ciabatta. 8.5

TRIPLE DECKER GRILLED CHEESES

American, Colby Jack, Swiss, Texas toast. 7

CUBANO

Slow cooked pork, ham, kosher dill pickle, Swiss cheese, yellow mustard, ciabatta. 9.5

FRENCH DIP

Roasted sliced sirloin, grilled onion, provolone cheese, horseradish sauce, au jus, French baguette. 8.5

CHICKEN CORDON BLEU

Grilled chicken, ham, Swiss cheese, arugula, garlic aioli, herb focaccia. 10

WRAPS

Spinach, Sun Dried Tomato, Flour, Wheat Add \$2 for Gluten Free Wrap.

CHICKEN CAESAR

Romaine heart, shaved Parmesan, char-grilled chicken breast, Caesar dressing. 8.5

TURKEY BACON RANCH

Roasted turkey, applewood smoked bacon, baby spinach, avocado, red onion, tomato, provolone cheese, buttermilk ranch dressing. 9.5

GRILLED & ROASTED VEGETABLE

Grilled portobello mushroom, asparagus, zucchini, roasted pepper, marinated artichoke, organic kale, Colby Jack cheese, roasted garlic aioli. 9.5

APPLE, WALNUT, CHICKEN

Grilled chicken salad, apple, candied walnuts, grapes, celery, baby spinach, bleu cheese crumbles. 9

TUNA

Albacore tuna salad, baby spinach, tomato, red onion, provolone cheese. 9

CARNITAS

Slow cooked pork, pico de gallo, iceberg, tortilla crisp, avocado, cheddar Jack cheese. 9

SANDWICHES

SMOKEHOUSE BURGER

Sweet and smokey seasoned prime USDA char-grilled hamburger, applewood smoked bacon, tomato, baby spinach, melted cheddar jack, hickory BBQ, herb focaccia. 10.5

AMERICAN BURGER

Prime USDA char-grilled hamburger, lettuce, tomato, red onion, American cheese, mayonnaise, herb focaccia. 10

TURKEY PROVOLONE

Roasted turkey, provolone cheese, applewood smoked bacon, avocado, lettuce, tomato, mayonnaise, ciabatta. 10

CLASSIC REUBEN

Corned beef, sauerkraut, 1000 Island dressing, Swiss cheese on rye bread. 9

HOT HAM & SWISS

Sliced tavern ham, melted Swiss cheese, Dijon mustard, spring greens, herb focaccia. 8.5

CALIFORNIA CHICKEN

Grilled chicken, applewood smoked bacon, cilantro, red onion, avocado, lettuce, cheddar Jack cheese, chipotle ranch dressing, ciabatta. 9

PORTOBELLO CAPRESE

Grilled portobello mushroom, tomato, spring mix, fresh mozzarella cheese, basil pesto, balsamic drizzle, herb focaccia 10

SOUTHWEST MELT

Sliced roast beef, pico de gallo, avocado, cheddar Jack cheese, chipotle ranch, roasted red peppers on brioche bun. 10

BISTRO STEAK SANDWICH

Grilled marinated steak, provolone cheese, roasted red peppers, garlic aioli and arugula on ciabatta. 10.5

À LA CARTE

POTATO SALAD 3

FRESH FRUIT 3

GRILLED MARINATED VEGETABLE 3

FRENCH FRIES 3

PASTA SALAD 3

SIDE SALAD 3

Organic spring mix, tomato, red onion, cucumber