

# Freddy's

SAY HEALTHY™

FRESH & DELICIOUS

## High Taste / Low Fat

At Freddy's, you can count on food that is as pure, fresh and organic as possible.

Our food is vegetarian-based with no added sugar, preservatives, colorings, or additives. We are committed to high quality, great tasting food that is naturally high in carbohydrates, dietary fiber and protein while being low in fats, sodium and cholesterol. Our goal is to combine fun, fast food with the best nutritional eating habits.

**Veggie Burgers** - Hearty, delicious and tempeh based. On a whole wheat bun with lettuce, tomato and soy mayo spread.

Say Humbaby	2.39
Humbaby w/ Cheese	2.69
BBQ Humbaby	2.49
BBQ Humbaby w/ Cheese	2.79
BBQ w/ Cheese & Bacon	3.29

**Veggie Hot Dogs**  
w/ All the trimmings 1.99

**Fries and Onion Rings**  
Cooked in Pure Canola Oil.

	Small	Regular	Jumbo
Fries	.99	1.49	1.99
Rings	1.39	1.99	2.89

**Beverages**  
Fruit Juice, Seltzers, Spring Water, Non-Alcoholic Beer, Milk, Coffee, Tea

**Knudsen's Spritzer on Tap!**  
100% All-Natural Fruit Juice Soda  
Lemon-Lime, Black Cherry, Tangerine, Raspberry, Cherry-Cola  
**Small 1.09 Reg. 1.49 Jumbo 1.89**

**Frosty Shakes** - A creamy "non-dairy" concoction of fresh strawberries, frozen banana and vanilla soy milk. **Yum! 2.39**

**Cole Slaw** - Fresh and Crunchy .79

**Veggie Chili** - Chunky & nicely spicy  
**Small 1.49 Reg 1.99 Jumbo 2.49**

## Fresh Salads:

**Tossed Green** - Green leaf lettuce, shredded carrot, cherry tomato, cuke, sprouts, green pepper w/ house vinaigrette or creamy tofu dressing 2.49

**California Avocado Delight** - A generous portion of fresh-sliced Haas avocado served on green leaf lettuce with fresh sprouts, cuke, grated carrot, red onion, cherry tomato, pita bread and a lemon wedge. 4.29

**Mid-East Platter** - A delightful assortment of fresh veggies surround a scoop of hummus & four quickly-fried falafel balls with pita bread & tahini sauce 4.29

## Freddy's Quality Pledge

*We want you to be satisfied with every part of your meal. Any concern of yours is very important to Freddy's. Please tell us about it so we can make it right for you with a full refund or replacement item. Thank you for coming to Freddy's!*

## Seitan

a traditional wheat gluten protein, often called "wheat-meat."

Chewy, subtly flavored, and excellent for slicing.

## Tempeh

a highly nutritious, traditional soy protein, with a dense, satisfying, meat-like texture.

## Sandwiches

We use Champlain Valley Natural Bread from O'Bread Bakery at Shelburne Farms.

- 1. Seitan Philly Cheese** – A whole-wheat hero piled high with shaved seitan, sautéed onions and peppers, and a big melt of smokey provolone. (A Freddy's favorite.) 4.49
- 2. Grilled Tempeh Teriyaki** – We marinate thick slices of tempeh in tamari, honey mustard, garlic, and spices, then grill it hot and serve it on sourdough bread, with lettuce, tomatoes, onions, garlic soymayo, and melted provolone cheese. 3.99
- 3. The Club** – Combine our delicious teriyaki tempeh, the smokey "fakin' bacon" from our B.L.T., melted provolone, lettuce, tomatoes, green peppers, onions, our garlic soymayo, and stack it all up on hot sourdough toast. Big food! 4.49
- 4. Freddy's Falafel** – A blend of garbanzo beans, yellow peas, and seasonings, quickly deep fried and served in a pita with veggies, a spicy-red hot sauce and cool homemade tahini sauce. A Mid-East authentic! 2.99
- 5. Homemade Hummus** – Chick peas mashed with crushed sesame, lemon, garlic, and paprika, spread thick on whole-wheat bread and served with honey mustard, lettuce, tomatoes, sprouts, cucumbers, and organic dill pickles. 2.99
- 6. Unbelievable B.L.T.** – None of the bacon – all of the taste! Crispy grilled smoked tempeh on whole-wheat toast, with lettuce, tomatoes, and a soymayo slather. 3.69
- 7. Grilled Double Cheese** – Red ripe tomatoes and two great cheeses – Cabot cheddar and rich provolone — grilled hot and toasty on Vermont's best organic whole-wheat bread. 2.99
- 8. NY Reuben on Rye** – The best-grilled seitan, sauerest kraut, tangiest Russian dressing, and meltingest provolone, on O'Bread's natural rye bread. 4.49
- 9. Texas Longhorn Barbecue** – The secret's in the sauce: miso, mustard, molasses, garlic, tabasco, jalapeños and a big slug of non-alcoholic beer. Served with seitan sliced thick, grilled onions, on a whole-wheat hero. It's a three-alarm **WOW!** 4.49

– 1/2 sandwiches are available on request –

**FOR DELIVERY CALL 4-STAR - 865-8022**

**171 Church Street • 863-7171**

*(just south of Main Street)*

**Mon-Thurs: 11am-9pm • Fri-Sat: 11am-10pm • Sun: 12pm-8pm**