



Established 1979

New Bedford Whaling  
National Historical Park





# Freestone's City Grill

## The Story...

Our building, the Citizen's National Bank building, was originally part of the famous Robeson business block built in 1877. The building has seen various uses; a warehouse, a telephone company, two banks, and a cafe known as Haskell's. Purchased and restored in 1978, by the current owners, Freestone's City Grill has enjoyed serving the freshest in seafood, creative salads and great food consistently for over 17 years.

Our team of great professionals includes several team members from those beginning years. We continue to strive to meet your greatest expectations on every visit. Your satisfaction and enjoyment is our first goal, please let us know at any time if we can enhance your experience. If we don't deliver on our commitment to great service and the very best ingredients, please let any member of our team know. We guarantee to make your experience the best possible, period.

Over the years, Freestone's has garnered recognition and awards; we are recognized in most travel guides for New England. We are also famous for our Fish Chowder, first place winner of the Newport Chowder Cook-Off. Our seafood and produce are purchased daily from the best suppliers.

Freestone's City Grill continues to reinvent itself offering the essence of an American dining experience in the heart of a City.

Thanks for joining us! Please come back, real soon.

*Kerry and Abby*

Special Orders don't surprise us. If we can suggest any item for your dietary needs, please ask. Children and grandparents always receive special treatment.

We love to celebrate your birthday! Join us on your birthday and receive a piece of our famous carrot cake and a Polaroid picture to remember the event.

Our President's Room is available for business dinners or breakfasts, rehearsal dinners and other mid-week events.

Please take a building information sheet from our front desk; we love to tell our story!

Due to the difficulty of ventilating a 120 year old building, please;

NO CIGAR OR PIPE SMOKING

We accept Mastercard, Visa, Cash and



*Freestone's Signature Items*



## Sandwiches

### Wrappers

s - each is rolled in Lahvash bread, with fresh fruit, potato chips or pasta salad.

#### PORTABELLO MUSHROOM

Marinated grilled mushrooms and red onion, with fresh spinach, chopped tomato and basil mayo. 6.95

#### LAFAYETTE'S REVENGE


A favorite vegetarian delight, includes, spinach, carrots, mushrooms, red onion, broiled under Monterey Jack cheese and garlic mayo. 6.95

#### GOURMET ROAST BEEF

Lean rare roast beef, with lettuce, tomato and herbed cheese spread. 6.95

## Sandwiches

#### GREAT AMERICAN BURGER

 Char-grilled 168 gram burger, served tall with lettuce, tomato and your choice of cheese. 6.95

#### PHILLY CHEESE STEAK

Lean, thin sliced sirloin, grilled with peppers, onions and melted cheddar cheese. Served on a Portuguese roll. 6.95

#### GRILLED CHICKEN

Fresh chicken breast, grilled, served with lettuce and tomato. 6.95

#### REUBEN

Broiled open-faced. The best anywhere! 6.95

## 's Salads

#### BALSAMIC CHICKEN SALAD

Not your mother's chicken salad! A unique mixture of chicken, broccoli, celery, onion and walnuts in a balsamic vinaigrette, served over greens. 6.95

#### ASIAN CHICKEN SALAD

Chilled, grilled, chicken, over warm sesame tossed angel hair pasta and romaine served with an original cayenne, soy dressing. 6.95

#### THAI CRUNCHY SALAD

Crunchy noodles top our mixture of bok choy, hollowed cucumbers, bean sprouts and greens. Served with an Asian vinaigrette and peanut sauce. 6.50

#### FRUIT 'N YOGURT

Fresh and tropical fruits covered with plain non-fat yogurt, honey, raisins and sunflower seeds.

Also available with frozen yogurt. 5.95

#### FREESTONE'S SALAD

With our own herbed croutons. 2.50



## CITY GRILL STARTERS

### ARTICHOKE DIP

Spinach, artichokes, Monterey Jack cheese and more, with tortilla chips. 5.95

### GRILLED LOUISIANA SCALLOP AND CRAB CAKES

Real crab, local scallops, onions, celery and spices, served with two sauces. 7.95

### SWISS FONDUE

Swiss and cheddar cheeses with white wine, served with chunks of bread. 6.95

### THAI CHICKEN

Marinated skewered chicken strips served with a rich spicy peanut sauce. 6.95

### STUFFED

#### PORTABELLO CAPS

Two marinated large mushroom caps, filled with our own seafood stuffing topped with melted cheddar cheese. 6.95

#### SHRIMP COCKTAIL

With our own cocktail sauce. 6.95

#### CHIPS 'N CHEESE

A generous amount of tortilla chips with broiled cheese and salsa. 4.50

#### STUFFED QUAHOG

(ko-hôg!) A local favorite. 1.95

#### SYRIAN NACHOS

A signature item, spiced Syrian bread chips broiled with cheddar cheese. 6.95

## SOUPS

#### FRENCH ONION SOUP

Drenched with broiled Swiss cheese  
bowl 3.95      cup 3.25

#### AWARD WINNING FISH CHOWDER

A Newport Chowder Fest 1st Place Winner!  
bowl 3.50      cup 2.95

#### SOUP OF THE DAY Market Price

#### CUP AND A HALF

A cup of soup or chowder and 1/2  
herbed turkey, tuna salad,  
or B.L.T. 6.95

## Freestone's Sandwiches

### City Grill Wrappers

Our soon to be famous sandwiches - each is rolled in Lahvash bread, a Middle Eastern flatbread and served with fresh fruit, potato chips or pasta salad.

#### JAMAICAN CHICKEN

Sliced chicken grilled with Jamaican spices and a special sauce, shredded lettuce and chopped tomatoes. 6.95

#### HERBED TURKEY

Thinly sliced breast of turkey, cranberry sauce, lettuce and our own herbed cheese spread. 6.95

#### B.L.T.

Crisp bacon, lettuce, sliced tomato, and garlic mayo. 6.95

#### PORTABELLO MUSHROOM

Marinated grilled mushrooms and red onion with fresh spinach, chopped tomato and basil mayo. 6.95

#### LAFAYETTE'S REVENGE

A favorite vegetarian delight, includes, spinach, carrots, mushrooms, red onion, broiled chicken, Monterey Jack cheese and garlic mayo. 6.95

#### GOURMET ROAST BEEF

Lean rare roast beef, with lettuce, tomato, and herbed cheese spread. 6.95

### More great Sandwiches

#### AMAZING MEATLESS BURGER

Not a burger at all, but a grilled patty of lentils, mushrooms, grated potato, carrots and other good things. Served on a roll or a raft of lettuce. 6.95

#### TUNA SANDWICH

All white Albacore tuna, with celery, in a light mayo dressing, with lettuce and tomato on marble rye. 6.95

#### FRENCH DIP

Lean rare roast beef on a French baguette, au jus for dipping. 6.95

#### GREAT AMERICAN BURGER

Char-grilled 168 gram burger, served with lettuce, tomato and your choice of cheese. 6.95

#### PHILLY CHEESE STEAK

Lean, thin sliced sirloin, grilled with peppers, onions and melted cheddar cheese. Served on a Portuguese roll. 6.95

#### GRILLED CHICKEN

Fresh chicken breast, grilled, served with lettuce and tomato. 6.95

#### REUBEN

Broiled open-faced. The best anywhere! 6.95

## Freestone's Salads

#### BUFFALO CHICKEN

Thinly sliced chicken-grilled with Buffalo style sauce, served over mixed greens with bleu cheese, tomatoes and more. 6.95

#### ORIENTAL TURKEY

Thinly sliced, char-grilled marinated turkey breast, over rotini pasta and mixed greens, served with our own ginger sesame dressing, tomatoes, cucumbers and sliced almonds. 6.95

#### CHICKEN TORTELLINI

Tri-color cheese tortellini tossed with pesto over a bed of salad greens topped with chilled chicken, garnished with vegetables and a side of basil vinaigrette. 6.95

#### SID'S CAESAR SALAD

With chicken, our tangy Caesar style dressing and NO anchovies. 6.95

#### PLAIN CAESAR SALAD

Romaine, dressing and croutons. 4.95

#### BALSAMIC CHICKEN SALAD

Not your mother's chicken salad! A unique mixture of chicken, broccoli, celery, onion and carrots in a balsamic vinaigrette, served over greens. 6.95

#### ASIAN CHICKEN SALAD

Chilled, grilled, chicken, over warm sesame oil tossed angel hair pasta and romaine served with an original cayenne, soy dressing. 6.95

#### THAI CRUNCHY SALAD

Crunchy noodles top our mixture of bok choy, hollowed cucumbers, bean sprouts and carrots. Served with an Asian vinaigrette and peanut sauce. 6.50

#### FRUIT 'N YOGURT

Fresh and tropical fruits covered with plain non-fat yogurt, honey, raisins and sunflower seeds. Also available with frozen yogurt. 5.95

#### FREESTONE'S SALAD

With our own herbed croutons. 2.50



# City Grill Specialties

Most entrees are served with a garden salad, crusty french bread and a fresh vegetable.

## Meats

### NEW YORK SIRLOIN

10 oz. steak, char-grilled, served with onions, mushrooms, and our garlic mashed potatoes. 13.95

### 12 OZ. BLACK ANGUS STEAK

Absolutely the best steak you have ever enjoyed. Guaranteed! Market price



### KANSAS CITY SLOPPY RIBS

Slow smoked in our pit smoker, finished on the char grill. Served with garlic mashed potatoes and hot 'n smokey beans. Rack 14.95 1/2 Rack 10.95

## Chicken

### LEMON HERBED CHICKEN

An 8 oz. chicken breast, marinated and grilled with herbs and a hint of lemon, served with rice pilaf or a baked potato. 12.95

### CHICKEN TERIYAKI

Sliced marinated breast of chicken, grilled with onions, peppers and mushrooms served over Asian angel hair pasta. 13.95

### SZECHUAN CHICKEN

Szechuan grilled chicken, topped with peanut sauce, served with pea pods and gingered carrots over angel hair pasta. 13.95

# Freestone's Seafood

### GRILLED SALMON WITH CITRUS MUSTARD DILL GLAZE

Served with mashed potatoes and our vegetable of the day. 13.95

### SEA GRILL STIR-FRY

Scallops, Swordfish tips and gulf shrimp, grilled with fresh vegetables, and a lemon garlic soy sauce, served over penne pasta. 14.95

### NATIVE SEA SCALLOPS

Grilled, served with rice pilaf, or a baked potato and the vegetable of the day. Market Price

### SWORDFISH

A 10 oz. steak, char-grilled, served with a baked potato or our garlic mashed, and vegetable of the day. 14.95



### SCROD CASINO

Fresh Atlantic Scrod, served with our own seafood stuffing and chopped bacon bits, rice pilaf and the vegetable of the day. Available as a dinner or lunch portion. Market Price

### BROILED SCROD

Available freshly baked with or without crumbs, a New England favorite. Market Price

### GRILLED LOUISIANA SCALLOP and CRAB CAKES

Real crab mixed with local scallops, onions, and spices. Two cakes served with potato or rice pilaf and vegetable of the day. 13.95

# Vegetarian

### SZECHUAN STIR FRY

Generous amounts of fresh vegetables, grilled with Szechuan spices, served over Asian angel hair pasta with our spicy peanut sauce. 9.95

### SALAD AND BAKED POTATO

A generous salad with fresh vegetables, served with a baked potato, margarine or low fat sour cream, and one of our salad dressings. 4.95

### AMAZING MEATLESS BURGER

Not a burger at all, but a grilled patty of lentils, mushrooms, grated potato, carrots and other good things. Served on a roll or a raft of lettuce. 6.95



### VEGETABLE LASAGNA

Made here, with only the freshest ingredients! 9.95

### THAI CRUNCHY SALAD

Crunchy noodles top our mixture of bok choy, hollowed cucumbers, bean sprouts and greens. Served with an Asian vinaigrette and peanut sauce. 6.50

### PORTABELLO WRAPPER

Marinated grilled mushrooms and red onion, with fresh spinach, chopped tomato and basil mayo. 6.95

### LAFAYETTE'S WRAPPER

A favorite vegetarian delight, includes, spinach, carrots, mushrooms, red onion, broiled under Monterey Jack cheese and garlic mayo. 6.95

### FRUIT 'N YOGURT

Fresh and tropical fruits covered with plain non-fat yogurt, honey, raisins and sunflower seeds. Also available with frozen yogurt. 5.95



N. A. - A.C.

## Bar • Grill Menus

## one's Desserts

### CARROT CAKE

An old favorite of ours, soon to be one of yours! This moist, rich cake is topped with cream cheese frosting. 2.95

### CHEESECAKE

Rich, creamy, cheesecake served with our Mocha Truffle Chambord or strawberry sauce. 3.50

### HOT FUDGE BROWNIE

A great brownie, topped with rich hot fudge and super premium ice cream! 3.50

### FRUIT N' YOGURT

Fresh seasonal and tropical fruits with non-fat yogurt. Topped with sunflower seeds, raisins and a splash of honey. Also available with frozen yogurt. 5.95

### LEMON MOUSSE

Very light, extra smooth, just the right ending to your meal! 2.50

### APPLE CRISP

Fresh apples baked under a crunchy cinnamon crisp. Served hot with ice cream! 3.50

### CHOCOLATE WALNUT PIE

Imported chocolate with walnuts and nougat served warm with vanilla ice cream. 3.50

### ICE CREAM SUNDAE

Strawberry, Hot Fudge or Caramel with whipped cream, nuts and a cherry! 3.50

### ICE CREAM

Vanilla, Chocolate or Mixed Berry Frozen Yogurt (non-fat). 2.25

## Cap it off with CAPPUCCINO

### Cappuccino, Espresso & Latte

Made with Italian style dark roast beans. Available with liqueur of your choice. Also available with imported Raspberry, Vanilla, Hazelnut and Irish creme flavored syrups to add non-alcoholic flavors to hot coffee drinks.

## Children's Menu

All children's meals 1.95

Served with fresh fruit or potato chips.

Hamburger or Cheeseburger

Hot Dog

Boboli Cheese Pizza

Macaroni and Cheese

Soup and Salad

Grilled Cheese Sandwich

Tuna Sandwich

### Beverages

Soda (unlimited refills) 1.25

Juices 1.50

Fruit Smoothies 2.75

Strawberry Slush 2.75

Oreo Cookie Drink 2.75

Ice Cream 1.50

### Freestone's City Grill appreciates your business and so does the community.

When you dine at Freestone's, the money you spend not only pays for the preparation and ingredients of your food and drinks, but to all of the other things Freestone's believes in; because we care about our valued employees who serve you, we provide benefits, and vacations; because we care about our customers' well being we have staff training for a 'responsible drinking' service policy and because we care about our community, we support:

The United Way  
Easter Seals  
The New Bedford Whaling Museum  
The Zeiterion Theatre

The Rotch Jones Duff House  
Waterfront Historic Area League  
Downtown New Bedford, Inc.  
Greater New Bedford Chamber of Commerce  
YMCA

Freestone's City Grill, our employees and the community thank you  
for making all of this possible by your loyal patronage.

Please, for the comfort of our guests, no cigar or pipe smoking.