Sandwiches

Wrappers
- each is rolled in Lahlash 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 160 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

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-hog) 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, carrots, mushrooms, red onion, broiled Monterey Jack cheese and garlic mayo. 6.95

GOURMET ROAST BEEF
Lean rare roast beef, with lettuce, tomato, 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 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 mixture of chicken, broccoli, celery, onion and pasta in a balsamic vinaigrette, served over green salad. 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 broccoli, hallowed cucumbers, bean sprouts and peppers. 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 smoky 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

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

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

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

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

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

VEGETABLE LASAGNA
Made here, with only the freshest ingredients! 9.95

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
Freestone'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 liquor of your choice. Also available with imported Raspberry, Vanilla, Hazelnut and Irish cream 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.