

# Fritz's

115 Easton Avenue, New Brunswick, NJ 08901

(732) 543-0202

www.fritzsnb.com

EAT IN. TAKE OUT. DELIVERY.

DOORDASH

GRUBHUB

Uber Eats

@fritzsnb



OPEN 7 DAYS PLEASE CALL FOR HOURS

## SOUPS

- French Onion 4  
Tomato Soup 4 ✓  
Chicken Noodle 4

Ask Us About Our  
Soups Of The Day!

## MAC & CHEESE

- Four Cheese 6/8 ✓  
Buffalo Blue 7/9 ✓

Spinach &amp; Artichoke 7/9 ✓

## SIDES ✓

- French Fries 3  
Cheese Fries 4  
Truffle Fries 5  
Buffalo Fries 4

Sweet Potato Fries 4.5

House-made Cole Slaw .75

## HAND BATTERED CHICKEN TENDERS & FRIES

- Plain 8  
Buffalo 8.5  
BBQ 8.5  
Sweet Sriracha 8.5  
Truffle Honey 9

## SEAFOOD

Fish & Chips hand battered  
cod served with french fries,  
cole slaw & tartar sauce. 11

## MAKE IT A COMBO

Combo includes a regular size drink or bottled water.  
regular french fries with any meal 3  
soup or side salad with any meal 4  
sweet potato fries with any meal 4.5

## SALADS

Dressings: Balsamic Vinaigrette, Blue Cheese, Caesar, Honey Mustard,  
Ranch, Sherry-Maple Vinaigrette or Thousand Island Dressing.

Add Herb Marinated Grilled Chicken to Any Salad for 3.5

**House Salad** mixed greens with tomatoes, radishes carrots &  
your choice of dressing. Side 4 Large 6 ✓

**Caesar Salad** romaine lettuce, Parmigiano-Reggiano,  
croutons & caesar dressing. Side 4 Large 7

**Shaved Brussels Sprouts Salad** shaved brussels sprouts  
with dried cranberries tossed in our sherry-maple vinaigrette &  
topped with Parmigiano-Reggiano & smoked almonds. 5.5 ✓

**Harvest Salad** mixed greens with dried cranberries, candied  
pecans & apples. Served with sherry-maple vinaigrette dressing. 8 ✓

## POWER CORNER

**Superfood Salad** kale, quinoa, roasted butternut squash,  
dried cranberries & sherry-maple vinaigrette dressing. Your  
choice of feta or goat cheese. 9 ✓ Add Grilled Chicken. 3.5

**Fiesta Quinoa Bowl** warm quinoa cooked with roasted corn,  
onions, bell peppers, black beans & topped with queso fresco  
cheese & avocado. 7.25 ✓ Add Grilled Chicken. 3.5

**Roasted Tomato Zoodles** zucchini noodles with roasted  
grape tomatoes, garlic & mozzarella. 7.5 ✓  
Add Grilled Chicken. 3.5

**Sautéed Spinach** with olive oil & garlic. 4 ✓

**Avocado Toast** our toasted seed bread topped with  
avocado, tomatoes & hemp seeds. 4 ✓

**Sweet Sriracha Shrimp Bowl** wild rice, pineapple salsa &  
avocado topped with grilled shrimp & sweet sriracha glaze. 11

## APPETIZERS

**Risotto Fritters** with choice of tomato basil sauce or  
roasted garlic aioli. 6 ✓

**BBQ Pulled Pork Nachos** fresh fried tortilla chips topped with  
our 4 cheese blend sauce and BBQ pulled pork, fresh pico de gallo,  
Fritz's aioli & jalapeños. 8.5

**Fiesta Nachos** fresh fried tortilla chips topped with house-made  
cheese sauce, roasted corn, black beans, fresh pico de gallo, queso  
fresco & jalapeños. 8 ✓ Add Herb Marinated Grilled Chicken. 3.5

**Pretzel** sea salt, sesame or cinnamon sugar & sauce. 2.5 ✓

**Spinach & Artichoke Dip** with fresh fried tortilla chips. 8.75 ✓

## HOT SANDWICHES

**Grilled Cheese** our five cheese blend on toasted white bread 5 ✓  
add ghost pepper cheese for .5 add bacon or ham for 1

**Spinach & Artichoke Grilled Cheese** 6.75 ✓

**Meatball Sandwich** our *Pat LaFrieda* blend beef meatball  
smothered in tomato basil sauce and melted mozzarella & provolone  
cheeses & topped with garlic aioli. 8.5

**BBQ Pulled Pork** cole slaw & Fritz's frizzles on our house roll. 8.5

**Eggplant Parmesan** fried eggplant layered with tomato sauce &  
mozzarella cheese on our house roll. 8.5

**Tuna Melt** classic tuna salad with your choice of cheese on our  
toasted white bread. 7 ✓

**Hot Roast Beef** *Pat LaFrieda* garlic and herb crusted roast beef  
thinly sliced and topped with swiss cheese, horseradish mayo & Fritz's  
frizzles on our baguette. 9.5

**Classic Reuben** *Pat LaFrieda* corned beef, sauerkraut, muenster &  
swiss cheeses on our rye bread with thousand island dressing. 9.5

**General Tso's Crispy Chicken** smothered in house-made  
general tso's sauce & topped with scallions & sesame seeds on our  
house roll. 8.75

## MIX & MATCH

All Sandwiches are Served on our House Roll.

### CHOOSE 1 PROTEIN

Grilled Chicken 8.25 or Crispy Chicken 8.75

*Pat LaFrieda* Beef Burger\* 9.5

*Pat LaFrieda* Turkey Burger 9.5

Veggie Burger or Grilled Vegetables 8 ✓

Crispy Portobello 8 ✓

### CHOOSE 1 STYLE

**Classic** with your choice of cheese, lettuce, tomatoes & pickles.

**Chipotle Bacon** with chipotle mayo, caramelized onions,  
bacon & Muenster Cheese. (+1)

**Fritz's** with Fritz's aioli, swiss cheese, lettuce,  
tomatoes & pickles.

**Buffalo** smothered in house-made buffalo sauce & topped with  
your choice of blue cheese crumbles or ranch dressing, classic cole  
slaw, lettuce & pickles.

**Tuscan** with agrodolce peppers, spinach, mozzarella cheese &  
roasted garlic aioli.

**Greek** with tzatziki sauce, sliced red onions & tomato.

## COLD SANDWICHES

**Tuna Salad Sandwich** solid white albacore tuna salad with  
lettuce & tomatoes on our seed bread. 7

**Chicken Salad Sandwich** white meat chicken salad with lettuce  
& tomatoes on our seed bread. 7

**B.L.T.** hickory smoked bacon, lettuce, tomato, Fritz's frizzles &  
baconnaise on our toasted white bread. 8

**The Ultimate Ham Sandwich** ham, baconnaise, brie, sliced  
apples, Fritz's frizzles & lettuce on our seed bread. 9.5

**Cold Roast Beef Sandwich** garlic and herb crusted roast beef  
thinly sliced topped with horseradish mayo, lettuce,  
tomato & Fritz's frizzles on our baguette. 9.5

**Turkey Avocado B.L.T.** herb roasted turkey, bacon,  
lettuce, tomato & avocado on our toasted white bread. 9.5

Cheese Choices: American, Blue Cheese, Brie, Cheddar, Feta, Goat, Mozzarella, Muenster, Provolone or Swiss. ✓ Indicates Vegetarian Item

If you like things extra spicy, add Ghost Pepper Jack cheese to any sandwich for .50 We have Gluten Free Bread! ✓ Indicates Vegan Item

Additional Sandwich Toppings: Fritz's frizzles for .50. Add avocado or bacon for 1.00 per topping. Additional sauces are .75 per cup.

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G R E A T F O O D F R O M F R E S H I N G R E D I E N T S

## ABOUT US

After several years of renovating a house from 1882, Fritz's has established itself as a fast casual restaurant in the heart of the Easton Avenue neighborhood. We have created a cozy environment that is perfect for lunch away from the office, a study break snack or dinner with friends.

We serve our sandwiches on house-made breads featuring fresh roasts, as well as vegetarian and vegan options, with house-made sauces. We don't stop at sandwiches, but also offer over 40 different scratch-made desserts and bakery treats. Our menu and bakery options will change with the seasons as The Garden State inspires us.

Our team is skilled and passionate about creating great, fresh food. Our Chef/Owner is a graduate of Rutgers University and The French Culinary Institute in New York City and our Pastry Chef is a graduate of Johnson & Wales.

Owners Jonathon Guarino and Robin Varga are long-time New Brunswick residents and are excited to share innovative and delicious food with their city.

## CATERING

Fritz's offers full service catering for any event. Let us plan your next office breakfast or luncheon, family affair, fraternity or sorority event, graduation, bridal/baby shower or any special occasion. All of our catering menus will be customized to your tastes, needs and budget. We will make your event as simple and seamless as possible for you while handling every last detail.

Corporate events, cocktail parties, buffets or seated dinners both on and off premises are our specialty. We can accommodate groups and private parties in our fully wheelchair accessible dining room.

We create special menus and packages for each holiday, while also adding a wide variety of products to our bakery. Be sure to check in with us early to see what new and delicious items we have made available.

**For more information on catering, please visit our website or contact us!**

## BREAKFAST MENU

### SANDWICHES

Served on a Freshly Baked House Roll.

Cheese Choices: American, Cheddar, Ghost Pepper Jack, Mozzarella, Muenster or Swiss.

Meat Choices: Bacon, Ham, Turkey Bacon, Pork Roll or Sausage.

Substitute Egg Whites for .75

Egg and Meat 4.5 Egg 3.5

Egg, Meat and Cheese 5 Egg and Cheese 4

### SIDES

Crispy Yukon Hash Browns 2

Breakfast Meat 2

### BREAKFAST PASTRIES

Muffins blueberry streusel or seasonal flavors. 2.5

Scones seasonal varieties. 2.5

Homemade Pop Tarts flavors change daily. 2.5

Served All Day

### SPECIALTY BREAKFAST

Fritz's Style eggs, sausage, ghost pepper cheese & Fritz's aioli on our house roll. 5.5

Tuscan Style eggs, sausage, mozzarella, spinach, agrodolce peppers and garlic aioli on our house roll. 5.75

Egg Platter three eggs any style, your choice of breakfast meat, hash browns & your choice of toast. 7

Fruit and Nut Oatmeal oats, golden raisins, dark raisins, dried cranberries, candied pecans and maple syrup. 5

Classic Oatmeal 3 ✓

Honey-Vanilla Greek Yogurt and Granola Parfait 4.75

### PANCAKES

Plain, Blueberry or Chocolate Chip

Short Stack (2 pancakes) 6

Tall Stack (3 pancakes) 8

## BAKERY MENU

Our bakery offerings vary daily and with the seasons.

Please call to find out what new additions we have.

Some of our bakery staples include:

Salted Caramel Blondie

Fudge Brownie

Hybrid Brownie with Salted Caramel

Almond Bar

Raspberry Bar

Better For You Brownie ✓

Magic Bar

Cookies & Cream Fudge Bar

S'mores Cookie Dough Bar

Peanut Butter Monster Cookie Bar

Seasonal Bar (call to find out!)

Peanut Butter Bites & Truffles

Cookies

Pop Tarts

Scones

Muffins

## DRINK MENU

Regular 2.5 Large 3

Coca-Cola Fountain Soda 

Freshly Brewed Iced Tea SHANGRI LA

Hot Teas a selection of SHANGRI LA Organic teas

Hot Coffee 100% Colombian or Dark Roast

Iced Coffee 100% Colombian

Orange Juice 2.75

Naked Juices 4

Cranberry Juice & Apple Juice 1.5

Bottled Water 1

**CHECK OUT OUR ESPRESSO MENU!**

Dear Customers with Allergies,

We openly handle several allergens throughout our restaurant, including dairy, gluten, soy, tree nuts (i.e. almonds, peanuts, coconut, etc.) and others. We take precautions to keep ingredients separate however, we cannot guarantee that any of our food or beverages are allergen free since we use shared equipment to store, prepare and serve all items. If you have any questions regarding dietary restrictions, please do not hesitate to ask!