

Welcome to my grand adventure! So happy to have you at our table.

Growing up, I was influenced by the best of the American North and South. My grandparents opened the original Froehlich's-family grocery store in St. Joseph Michigan in 1946. My parents met while my father was stationed in the Air Force in Biloxi, Mississippi, where my mother was a native of the South. After he completed his service, he and his bride returned to St. Joe to begin their own family, and continue the family business.

I was the youngest in our family, competing with two talented older brothers. We all grew up working in the store, and every night at our dinner table was spectacular. We ate whatever came home from the grocery, and my mother was always creative and trying new ideas, influenced by her southern flair. What we were not able to use in a timely manner, my mother taught me how to preserve. Thus the Froehlich's Pantry was born: to preserve seasonal memories of enjoying the bounty of our area, and continue the decades-long relationships that we have with local farms.

In 1992 I purchased the old Gazette building here in town (which now houses the Bakery). The original sign from our family grocery hangs inside as a reminder of my grandparents and the entire family that worked the store together.

In my many years now in business, I was blessed to be able to indulge my passion for travel, and at one point had an apartment in Florence where I worked as a culinary educator. This is why you'll see the Mediterranean influences in my menu. So, along with my mixed background of north and south, each dish at Froehlich's Kitchen has a story behind it. And those stories are always based on food, and familiarity. -Colleen Froehlich

SEE REVERSE FOR DINNER AND BRUNCH MENUS

Bold menu ingredients are available for purchase in our pantry

SOUP & SALADS

Grilled Chicken Peanut Noodle Salad

Spaghetti noodles, toasted ramen, edamame, carrots, cilantro, napa cabbage, Colleen's Spicy Peanut Sauce & Sweet Chili Vinaigrette | 19

Froehlich's Panzanella Salad

Mixed greens, basil-roasted tomatoes, fresh bakery bread, cucumber, olives, provolone, salami & red onions dressed with Red Wine Basil Vinaigrette | 15

Fruit & Nut Salad

Mixed greens, fresh berries, goat cheese, dried apricots, toasted pistachios & Spicy Candied Pecans dressed with Raspberry Vinaigrette | 18

House Salad

Mixed greens, heirloom baby tomatoes, carrots, House-made Croutons, choice of dressing | 7

Add to any salad:

Wagyu Steak or Sauteed Shrimp + 9.50

Salmon + 12.00 Grilled Chicken + 6.50

House-made Soup du Jour

Cup | 5 Bowl | 8

SANDWICHES & BURGERS

served with Froehlich's House-made Potato Crisps

Fried Shrimp Po' Boy

Fried Shrimp, shredded lettuce & spicy remoulade, on a toasted Louisiana-style French roll | 17

Colleen's Pickled Chicken Sandwich

Pickle-brined & breaded chicken breast, pickle slaw & dill pickle aioli on a fresh bakery potato roll | 17

The Froehlich's Burger*

8 oz custom blend of of ground chuck, short rib & brisket with Olive Relish aioli, lettuce, tomato and onion on a fresh bakery potato roll | 18
Add cheese | 1.50 Add Nueske's Bacon | 3

Trifecta Pepper Burger*

8 oz custom blend of of ground chuck, short rib & brisket topped with Triple Pepper Relish, ghost pepper cheese and fresh jalapeño joppers on a fresh-baked Potato Roll served with French fries | 24

Handmade Veggie Burger

Black beans, sweet potato and quinoa with avocado & Froehlich's Salsa on a fresh bakery potato roll | 18

SIDES

Froehlich's House-made Spicy Potato Crisps | 3 French Fries | 5

Grandma's Potato Salad | 3 Colleen's Coleslaw | 3 Seasonal Fresh Fruit Cup | 6

*Consuming raw or under-cooked food is associated with increased risk of foodborne illness

20% gratuity will be added to parties of 8 or more.



DINNER

(Available Friday & Saturday 5 pm)

STARTERS

Beef Tenderloin Crispy Rolls

Shredded beef tenderloin, napa cabbage and carrots rolled & fried in an egg pasta wrapper with Horsey Triple Pepper Relish sauce | 12

Pimento Cheese Basket

A road trip essential! Cheddar cheese, roasted red peppers and creamy dressing served with fresh bakery bread and Froehlich's Bagel Chips | 8

Creamy Artichoke Dip

A creamy mix of artichokes, kale, garlic and parmesan cheese served bubbly and warm with fresh bakery bread & Froehlich's Bagel Chips | 10

ENTREES

Crispy Pan Spaghetti

Sautéed in butter & olive oil with garlic, fresh tomato, basil, pine nuts & parmesan cheese | 22

Righteous Ribs

Slow-roasted full slab with Froehlich's Chipotle BBQ sauce served with sweet potato mash and our house-made Napa Coleslaw | 26

Cedar Plank Faroe Island Salmon

Herbs de Three Oaks, charred lemon served with sautéed vegetables & roasted potatoes | 30

BRUNCH

(Saturday & Sunday, 10 am - 2 pm) (Monday, 10 am - 3 pm)

House-smoked Salmon & Bagel Platter

Fresh bakery bagel, cream cheese, onion, tomato, capers and cucumber | 19

Colleen's Classic Combo

Two eggs any style, hash browns, Neuske's Bacon and bakery-fresh toast | 14

Fresh Bakery Biscuits & Gravy

Fresh-baked biscuits with house-made creamy sausage gravy | 12

Avocado Bagel

Fresh jumbo bakery bagel with avocado, tomatoes and Herbs de Three Oaks | 10

Seasonal Frittata

Crustless quiche with fresh seasonal ingredients. Served with hash browns. Ask your server for today's flavor! | 14

BRUNCH SIDES

Impossible Sausage Patties (2 pcs) | 6

Neuske's Bacon (3 strips) | 6

Bakery Toast d'jour | 4

Froehlich's Jam | 2

Fried Egg | 3

Hash Browns | 4

House-made Soup du Jour

Cup | 5 Bowl | 8

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