

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, with two talented older brothers to compete with. 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 Flare. 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 will 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

\*Items listed in **bold print** are available for purchase in our pantry\*

## LUNCH SALADS

### Grilled Chicken Peanut Noodle Salad

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

### Froehlich's Panzanella Salad

Mixed greens, tomato, **Froehlich's bakery bread**, cucumber, olives, provolone, salami & red onions dressed with red wine basil vinaigrette | 15

### Fruit & Nuts Salad

Mixed greens, Fresh Berries, Goat Cheese, Dried Apricots, Toasted Pistachios, Spicy Candied Pecans, Raspberry Vinaigrette | 17

### House Salad

Mixed greens, Heirloom baby tomatoes, carrots, croutons, choice of dressing | 7

### Add to any salad:

Grilled Chicken OR Sauteed Shrimp + 6.50  
Sirloin Steak + 9.50 Salmon + 12

## LUNCH 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 ground chuck, olive relish aioli, lettuce, tomato, onion on a fresh bakery **Potato Roll** | 18  
Add cheese | 1.50 Add Nueske's Bacon | 3

### Handmade Veggie Burger

Black beans, sweet potato and quinoa with avocado & **Froehlich's own salsa** on a fresh bakery **Potato Roll** | 18

## SIDES

French Fries | 5 Froehlich's Spicy Potato Crisps | 3  
Potato Salad | 3 Coleslaw | 3 Seasonal Fruit Cup | 6

## WEEKEND BRUNCH

(Saturdays & Sundays only, 10 am - 2 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 with herb sauce, hash browns, Nueske's Bacon and bakery-fresh toast | 14

### Fresh Bakery Biscuits and Gravy

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

### Avocado Bagel

Fresh jumbo bakery bagel with avocado, tomatoes and herbs de Three oaks | 10

### Giant Puffy Doughnut French Toast

Bakery fresh Giant Doughnut with Froehlich's Jam & fresh berries | 14

### Savory Stuffed French Toast

**Froehlich's Bakery Brioche** stuffed with ham & cheese. Side of Olive Relish or Blueberry Jalapeno Jam | 16

## BRUNCH SIDES

Bakery Toast d'jour | 4 Froehlich's Jam | 2  
Impossible Sausage Patties (2 pcs) | 6 Fried Egg | 3  
Nueske's Bacon (3 strips) | 6 Hash browns | 4



## WHITE WINE

*Riesling, Kiona Vineyards, Columbia Valley, WA.....	7 / 27
*Chardonnay, Dablon Vineyards, Baroda, MI.....	8 / 31
Sauvignon Blanc, Chateau de Sancerre, Sancerre, France.....	10 / 39
Pinot Grigio, Elena Walch, Alto Adige, Italy.....	9 / 35
*Rosé D' Anjou, Marquis de Goulaine, Loire, France.....	7 / 27
Rosé, Tinto Rey, Dunnigan Hills, California.....	8 / 31
Soave Classico, Pieropan Veneto, Italy.....	35
Riesling, Pewsey Vale, Eden Valley, Australia.....	34
Txakoli "Xarmant", Artomaña, Txakoli, Spain.....	29

## BUBBLY

Mawby, "Green", Semi-Dry, Leelanau Peninsula, MI.....	9 / 35
Prosecco, La Marca, Veneto, Italy.....	10 / 38
Veuve Cliquot Yellow Label, Reims, France.....	80
Rosé, "Nectar Imperial", Moët & Chandon, Epernay, France.....	90

## RED WINE

Cabernet Sauvignon, "The Kinker", Four Vines, Paso Robles, California.....	9 / 35
*Pinot Noir, Domaine Berrien, Lake Michigan Shore, MI.....	7 / 27
Malbec, "IQUE", Enrique Foster, Mendoza, Argentina.....	6 / 23
*Syrah, Dablon Vineyards, Baroda, MI.....	7 / 27
Chianti, Poggio Vignoso, Italy.....	32
Rioja Crianza, Cune, Rioja, Spain.....	29

## BEER

(Please ask you server for draft choices)

Bell's Two Hearted IPA.....	5
Grand Armory Wheezin' the Juice IPA.....	5
Founders All Day IPA.....	5
Revolution Brewing Co. Everyday IPA.....	5
OddSide Original Dank Juice.....	6
Starcut "Pulsar" Dry Cider.....	5
Great Lakes Edmund Fitzgerald Porter.....	5
Heineken.....	5
Miller Lite.....	4
White Claw Hard Seltzer.....	5

\*Indicates RESTAURANT EXCLUSIVE WINES not available in our Beverage Boutique.

Most wine, beer and spirits are available for purchase in our Beverage Boutique.

Beverage Boutique purchases may not be consumed on the premises.