



-FAMILY OWNED-
SINCE 1945

199 State Street Bangor, ME 04401
(207)947-4594

Order online at
www.franksbakery.com

BREAKFAST

-Served All Day-

Breakfast Sandwich

Egg and cheese on biscuit, bulkie roll, white/dark bread or english muffin. 5.99

Bangor's Best

Meat, egg and cheese on biscuit or english muffin 6.99

Great on a fresh croissant +1.99

95 North

Meat, egg, and cheese on any choice of bread with avocado, spinach, tomato, grilled onion, and green pepper 8.99

95 South

Everything bagel, meat, fried egg, pepper-jack cheese, avocado, red onion, and chipotle mayo 8.99

Breakfast Burrito

Meat, cheese, and double the egg of a regular breakfast sandwich. All wrapped up in one of our four choices of wraps. Includes salsa 8.99

Frank's Plated Breakfast

Two eggs fried or scrambled with two slices of toast, homefries, english muffin, or a biscuit and your choice of two slices of bacon or sausage 10.59

French Toast Breakfast

Two slices of french toast made with our homemade white or daily dark bread. Served with your choice of two slices of bacon, sausage, or ham. 9.99

Side of Homefries +3.59

SALADS

Garden Salad

A freshly made salad with chopped romaine, green leaf lettuce, and crisp red cabbage. Topped with shredded carrots, cucumbers, and cherry tomatoes. 10.29

Chef Salad

Our classic garden salad topped with sliced turkey, baked ham, swiss and provolone, boiled egg, and black olive 11.99

Chicken Caesar Penne

Chopped romaine hearts with hearty chunks of our signature seasoned chicken. Topped with penne pasta, cherry tomato, feta, and shredded parmesan cheese 11.99

Greek Salad

Mixed greens, carrot, cucumber, cherry tomato, feta cheese, kalamata olive, and pepperoncini 10.99

Cobb Salad

Mixed greens, turkey, egg, bacon, feta, and tomato 11.99



Buttermilk Ranch
French
Lemon Poppy Seed
Italian
Balsamic Vinaigrette
Thousand Island
Raspberry Vinaigrette

Other Dressings Available:
Blue Cheese, Light Caesar
Extra Dressing +\$0.59



GLUTEN FREE OPTIONS AVAILABLE

SPECIALTY SANDWICHES

Chicken Caprese Sandwich

Homemade foccacia bread, seasoned pan grilled balsamic chicken, spinach, tomato, fresh mozzarella, red onion, and pesto mayo 11.99

Homemade Veggie Burger

Handmade burger made from sautéed veggie, beans, oats, and seasonings. Served on a homemade bulkie roll with lettuce, tomato, and chipotle mayo 11.59

Club Sandwich

Sliced turkey, baked ham, and bacon layered between three slices of homemade bread. Comes with lettuce, tomato, and cheese 12.59

Veggie Wrap

Your choice of wrap with a bed of baby spinach and mixed greens, hummus or avocado, tomato, green pepper, shredded carrot, cucumber, red onion, black olive, and pickle 10.29

Meatloaf Sandwich

Our homemade meatloaf sliced thick, offered hot or cold, and put on your choice of our homemade bread 10.59

Hot Pastrami Reuben

Thinly sliced black pastrami grilled with swiss cheese, sauerkraut, and thousand island dressing sandwiched between our homemade light rye or pumpernickel bread 11.99

B.L.T.

Bacon, lettuce, and tomato served on your choice of homemade bread 10.29

Cuban

Grilled sub roll, ham & pork tenderloin, swiss cheese, pickles, and mustard aioli 12.59

Hot Turkey Rachel

All-natural roasted turkey, grilled on rye or pumpernickel, with swiss cheese, homemade coleslaw, bacon, and thousand island dressing 11.59

Italian Sub

Sliced ham, salami, prosciutto, provolone cheese, tomato, pepperoncini, pickle, green pepper, red onion, and balsamic glaze 11.99

Hot Roast Beef Sub

Grilled certified angus roast beef, Horse radish sauce, caramelized onion, and melted swiss on a homemade sub roll 11.99

Frank's Tuna Melt

Grilled white or dark bread, albacore tuna salad, avocado, tomato, melted cheddar and provolone 11.59

Add Ons

Sliced meat, salad filling, hummus, avocado, bacon or sausage +1.79 ea
Make it a wrap +1.29

Prices are subject to change without notice

White, Pumpernickel, Light Rye, Bulkie Roll, Biscuit, English Muffin or

DARK BREAD OF THE DAY:

Monday → Anadama | Tuesday → Shredded Wheat

Wednesday → Oatmeal | Thursday → Multigrain | Friday → Wheat

Bagel, Gluten Free, Focaccia (+1.59) | Croissant (+1.99)



Served 11-6
Build Your Own

12in Cheese Pizza.....11.99
1 Topping12.99
2 Toppings.....14.99
3 or More Toppings.....15.99

8" Gluten Free Pizza.....12.99
1 Topping.....13.99
2 or More Toppings.....14.99

SAUCE

Red · White · BBQ · Buffalo · Pesto

MEATS

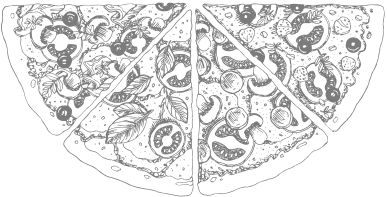
Bacon · Pepperoni · Sausage · Prosciutto · Ham · Hamburger · Chicken

VEGGIES

Green Pepper · Red Onion · White Onion · Pineapple · Mushroom
Roma Tomato · Banana Pepper · Artichoke Heart · Roasted Potato
Roasted Garlic · Scallion · Black Olive · Kalamata Olive · Spinach
Pickle · Jalapeno

CHEESES (Shredded Mozzarella Included)

Feta · Parmesan · Ricotta · Asiago · Fresh Mozzarella



Specialty Pies 20" 26.99 | 12" 15.99 | 8" GF 15.99

199 Red sauce, pesto, roma tomato, fresh mozzarella, and prosciutto or roasted chicken with a balsamic drizzle

Little Hartstone Red sauce, mozzarella, spinach, roma tomato, kalamata olive, artichoke heart, and feta

Chapin Park BBQ sauce, mozzarella, chicken, and bacon with a ranch drizzle

Mars Hill White sauce, mozzarella, bacon, roasted garlic, roasted red potato, and scallion

East Sider Red sauce, Mozzarella, Pepperoni, white onion, and green pepper

Friday night at Walteen's Red sauce, mozzarella, pepperoni, green pepper, white onion, mushrooms and hamburger

By the slice Cheese 4.29 | 1 Topping 4.59 | Specialty 4.99

Please place orders at least 30min prior to closing.