

# a.k.a. Friscos

4632 Wedgewood Blvd 21703-7159 · +13016980018 · Updated: Jan 14, 2026

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## APPETIZERS 5

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### Wicked Wolf & Tortilla Chips

**\$4.95**

kitchen-made hot sauce that is perfect for chip dipping. spicy with great flavors - not too hot - just right! wicked wolf is our own hot sauce & it rocks! get a jar to go.

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### Skinny Green Pizza

**\$5.25**

dont let the name fool you. this is our version of a california pizza. our crust is thin & made with spinach & pesto. it has no tomato sauce on it, but does have lots of melted monterey jack, cheddar & aged romano cheeses. our fresh tomato salsa garnishes the top and is baked into the cheeses. light & very tasty. not traditional pizza, but very friscos.

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### Roasted Red Pepper & Black Bean Dip

**\$6.75**

we just cant leave good enough alone. the popular r.r. pepper dip now has an accomplice - black beans. this creamy so-west style dip is bold and spicy, but not hot. mild roasted red, black beans, fresh herbs & spices served with tortilla chips.

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### Napa Nachos

**\$6.75**

our homemade southwest chicken chili makes for some mighty fine nachos. a.k.a. friscos style. mildly spicy with cheese & salsa. we serve the chips on the side but you can do anything you want with them.

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### Real Grilled Cheese

**\$1.95**

soft french bread grilled with provolone cheese & seasoning.

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## BIG FRESH SALADS 12

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### Marina Greens

**AVAILABLE OPTIONS**

our version of a garden salad-but improved, of course. we use romaine lettuce, fresh chopped veggies, mild homemade salsa & sprouts. it is lightly seasoned with lemon, basil, oil & vinegar.

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\$6.25

\$5.00

### Friscos Cheffy

**AVAILABLE OPTIONS**

traditional salad with a little flair. this is a full salad with lots of stuff. we start with romaine lettuce & add baked ham, turkey & salami. then comes shredded cheddar and monterey jack cheeses. we top this salad with our homemade mild salsa, italian seasoning, vinegar & oil.

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\$7.00

\$5.75

### Friscos Chicken

**\$7.00**

our famous homemade chicken salad & its blend of mild herbs is served on chopped romaine lettuce, tomato & green pepper salsa, & sprouts.

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### Friscos Tuna

**\$7.00**

our tuna salad is made fresh daily with albacore all white tuna. its lightly seasoned & very mild. served on romaine lettuce, topped with our homemade salsa, & served with a piece of fresh baked bread. this light salad is just perfect for lunch or for dinner.

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## Pacific Heights

### AVAILABLE OPTIONS

this italian & greek salad dices salami, & prosciutto on romaine lettuce topped with our homemade mild salsa, feta cheese, olive relish, pepperoncini, & oil & vinegar, seasoned to perfection.

\$7.00

\$5.75

## Curry Friscos

**\$7.00**

our fresh homemade chicken salad is lightly curried & served on romaine lettuce, with pasta & veggies. it is sprinkled with shredded cheddar, bermuda onion & sprouts.

## Friscos Cobb

### AVAILABLE OPTIONS

another big salad. this one starts with romaine lettuce topped with diced turkey, natural pasta, crunchy fresh cut veggies, bacon, ripe california avocado, shredded cheddar cheese & ranch dressing.

\$7.50

\$6.25

## Friscos Baja

**\$7.00**

this features our homemade chicken salad with a spicy flair. we serve this chicken salad on romaine lettuce with a touch of mild salsa. the unique spices create just the right amount of warmth & the blend is outstanding.

## West Of Sante Fe

### AVAILABLE OPTIONS

this is the salad version of the famous santa fe baked potato. it is served on romaine lettuce. lots of southwest chicken is in the middle of the salad surrounded by veggies, pasta, sour cream, tomato salsa & shredded cheese. it is as big as texas & tastes even better.

\$7.25

\$6.00

## Southwest Chicken Pasta

### AVAILABLE OPTIONS

the high note flavor of our caribbean style pasta with fresh veggies & our mildly spicy sante fe chicken. the jerk seasoning along with a creamy southwest chili sauce & tender chicken are a perfect complement.

\$7.50

\$6.25

## Grilled Chicken Caesar

**\$8.25**

not your same old, same old. we use a 12 pound of fresh chicken, marinated & grilled to perfection. our version features romaine lettuce mixed with our tomato salad. we add plenty of aged romano cheese & homemade grilled butter & herb croutons.

## The Examiner

**\$8.25**

we start this salad with a mound of crisp romaine lettuce & chopped tomato salsa. then we add perfectly grilled 12 pound strips of fresh chicken breast, marinated in our lite mustard & cilantro sauce. topped with fresh chopped scallions. served with grilled bread & a side of ranch dressing.

## GIANT SANDWICHES 22

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### S.f. Fatboy

**\$7.50**

you'd better be hungry. this monster has ham, salami, bologna, provolone, cheddar cheese, lettuce, tomato, bermuda onion, vinegar & special seasoning all on a fresh baked soft sub.

### Embarcadero

**\$7.75**

this carnivores special has 12 pound of the leanest roast beef you've ever seen. with wisconsin cheddar, shredded lettuce, tomato, bermuda onion, mayo & horseradish. served on a fresh baked soft sub.

### South Of Market

**\$6.75**

not your average ham & swiss. this one starts with virginia baked ham with mild swiss & is glazed with mayo & california honey mustard. it's topped with finely shredded lettuce, tomato & bermuda onion & served on a fresh baked soft sub roll.

### Nob Hill

**\$6.75**

better than the day after thanksgiving. 98% fat-free sliced turkey breast is served with monterey jack cheese, dijon mustard, shredded lettuce & tomato on sliced wheat bread.

<b>Glen Park</b>	<b>\$6.75</b>
italian genoa salami layered with friscos olive relish & provolone cheese, shredded lettuce, tomato, bermuda onion, special dressing & seasoning. served on a traditional crusty french bread.	
<b>Presidio</b>	<b>\$7.50</b>
awesome! sliced turkey breast with salami, aged prosciutto di parma, provolone cheese, creamy caesar dressing, shredded lettuce, pepperoncini, tomato & seasoning served on our soft sub. another giant size meal.	
<b>Fishermans Wharf</b>	<b>\$7.00</b>
albacore tuna mixed with mayo & a friscos blend of seasonings, topped with shredded iceberg lettuce & tomato, served on sliced sourdough.	
<b>Mission</b>	<b>\$6.75</b>
like brie? melted brie on a toasted french roll with diced tomatoes, green & yellow peppers, bermuda onions with alfalfa sprouts & homemade olive relish. it has that great taste. lite but filling.	
<b>North Beach</b>	<b>\$7.00</b>
voted the best chicken salad in town (by us, but you will agree). fresh baked chicken breast tossed with mayo & our own secret stuff. topped with shredded lettuce & tomato & served on sliced whole grain bread.	
<b>Bbq Sandwich &amp; Exploded Potatoes</b>	<b>\$8.50</b>
one half pound of our fresh oven roasted top round beef & tons of the best bbq sauce in the world piled on a big grilled roll makes this an easy decision. served with exploded potatoes makes it a no brainer. order it & enjoy! no growling if someone wants a taste.	
<b>Oakland</b>	<b>\$7.50</b>
like pesto? try this one. soft french sub roll with pesto, turkey, smoked gouda, romaine lettuce, sliced tomato, onion topped with chipotle flakes, romano cheese & seasonings.	
<b>Baja</b>	<b>\$7.00</b>
this popular chicken salad sandwich has a spicy blend. its served with tomato & alfalfa sprouts on sliced sourdough bread. try adding wicked wolf for an extra punch.	
<b>Union Square</b>	<b>\$6.75</b>
another sandwich for hearty eaters, this one combines sliced turkey breast, baked ham, provolone cheese, creamy ranch dressing, shredded lettuce, tomato & special seasoning on a fresh baked soft sub.	
<b>Golden Gate</b>	<b>\$6.75</b>
our most popular veggie sandwich combines hard to find ripe california avocado, monterey jack cheese, alfalfa sprouts, sliced tomato, & caesar dressing. we serve this delight on sliced whole grain bread.	
<b>Alcatraz</b>	<b>\$7.00</b>
theres no escaping this one once you have tried it! sliced turkey breast, california avocado, sprouts & tomato, drizzled with honey mustard & served on sliced sourdough bread.	
<b>Haight Ashbury</b>	<b>\$7.00</b>
no guts, no glory so dont take off the hot stuff! this creation has sliced turkey breast, genoa salami, provolone cheese, mayo, oil & vinegar, wicked wolf topped with tomato, sprouts & seasoning. served on a fresh baked soft sub.	
<b>Trans-am</b>	<b>\$7.50</b>
named after the world famous trans american building in san francisco. this is our improved version of the popular club sandwich. it has 98% fat-free turkey, provolone cheese, shredded lettuce, sliced tomato & mayo. chopped bacon piled on top with red onion & mild caesar dressing. aged romano cheese & seasoning are sprinkled on top.	

<b>San Bruno</b>	<b>\$7.00</b>
<p>this is the sandwich version of our curry friscos salad. we start by mixing our lite curry spice with our homemade chicken salad. this mild curry chicken is spread over sliced whole wheat with fresh tomato, &amp; alfalfa sprouts &amp; bermuda onion. its great.</p>	
<b>Lombard</b>	<b>\$8.00</b>
<p>we begin with thinly sliced &amp; very tender seasoned roast beef. its flash baked with roasted red peppers, red onions, butter &amp; garlic. its served on a grilled soft sub roll with melted provolone cheese, lettuce, seasoning &amp; our homemade steak sauce. this large friscos sub is out of control.</p>	
<b>Flat Iron Steak Sandwich</b>	<b>\$8.95</b>
<p>we serve mid-western corn-fed beef our new cusomter favorite. this half pound of steak is tender, boldly seasoned &amp; grilled to perfection. served on grilled sourdough bread, with provolone cheese, onions, lettuce &amp; tomatoes &amp; our own delicious steak sauce. we grill to order so allow 10 minutes or so.</p>	
<b>The Chronicle</b>	<b>\$8.25</b>
<p>a great grilled sandwich that starts with 12 pound fresh chicken breast marinated in a special lite mustard &amp; cilantro sauce, sear-grilled to moist perfection. served on grilled bread with ranch, shredded lettuce, tomato &amp; seasoning.</p>	
<b>Real Grilled Cheese</b>	<b>\$1.95</b>
<p>soft french bread grilled with provolone cheese &amp; seasoning.</p>	

## AWESOME BAKED POTATOES 11

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<b>The Russian Hill</b>	<b>\$6.75</b>
<p>hickory smoked pit ham &amp; fresh baked chicken breast cover our baked potato. we add our creamy dijon dressing &amp; melted swiss over the top. amazing a.k.a cordon bleu!</p>	
<b>Sante Fe</b>	<b>\$6.75</b>
<p>this southwest chicken baked potato is one of our most popular. the chicken is in a monterey jack cream sauce &amp; is mildly spicy. the baker is on shredded lettuce. next comes salsa, lots of chicken, sour cream &amp; seasoning. what are you waiting for.</p>	
<b>Juan Lobo</b>	<b>\$6.00</b>
<p>a hot idaho baked potato buried under our spicy chili, topped with melted wisconsin cheddar cheese &amp; bermuda onion.</p>	
<b>Kong Lobo</b>	<b>\$6.75</b>
<p>juans ugly big brother. this idaho baker combines chili, melted cheddar cheese, bermuda onion, bacon, sour cream and friscos wicked wolf. try to eat it all.</p>	
<b>Sausalito</b>	<b>\$6.00</b>
<p>this baked potato is a tasty &amp; healthy treat. imagine a steamy baker topped with homemade tomato, green &amp; yellow pepper salad. then comes 14 pound of california avocado with just the right amount of seasoning. the combination of the unique flavors makes for a lite &amp; delicious meal.</p>	
<b>Bart</b>	<b>\$6.00</b>
<p>another way popular choice. we start with a steaming hot baker, add virginia baked ham &amp; cover it with creamy ranch dressing &amp; melted cheddar. then we sprinkle it with chives. yum! what a potato!</p>	
<b>Twin Peaks</b>	<b>\$6.00</b>
<p>another light but filling baker. this hot baked potato is covered with crunchy vegetables &amp; ranch dressing. topped with melted cheddar &amp; away we go.</p>	

**Coit Tower** **\$6.75**  
a steaming hot idaho baker towered with 98% fat-free turkey. we cover it with creamy ranch dressing & melted wisconsin cheddar. chives grace the top of this incredible tasting dish.

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**Redwood** **\$6.75**  
this one starts with a steaming hot baked potato. we pile thinly sliced prime roast beef on top & cover it with creamy ranch & melted cheddar. the final touches include finely chopped red onion & a little horseradish.

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**Flat Iron Steak Potato** **\$8.95**  
our version of meat and potatoes. one half pound of grilled flat iron steak over a steamy baked potato, our special steak sauce & seasoning, melted cheddar cheese & fresh scallions.

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**Plain Baker W/butter** **\$2.00**

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## **AWESOME BAKED POTATOES - EXTRA TOPPINGS** 16

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**Avocado** **\$2.00**

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**Bacon** **\$1.50**

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**Capers** **\$0.75**

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**Cheese** **\$0.75**

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**Chives**

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**Crunchy Veggies** **\$1.75**

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**Dressing** **\$0.50**  
extra.

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**Ham** **\$2.00**

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**Hot Sauce**

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**Pesto** **\$1.00**

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**Olive Relish** **\$0.75**

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**Onions** **\$0.50**

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**Salsa** **\$1.25**

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**Sour Cream** **\$0.50**

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**Turkey** **\$2.00**

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**Roast Beef** **\$3.00**

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## **VEGETARIAN** 6

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## Skinny Green Pizza

**\$5.25**

don't let the name fool you. this is our version of a california pizza. our crust is thin & made with spinach & pesto. it has no tomato sauce on it, but does have lots of melted monterey jack, cheddar & aged romano cheeses. our fresh tomato salsa garnishes the top and is baked into the cheeses. light & very tasty. not traditional pizza, but very friscos!

## Sausalito

**\$6.00**

this baked potato is a tasty & healthy treat. imagine a steamy baker topped with homemade tomato, green & yellow pepper salad. then comes 14 pound of california avocado with just the right amount of seasoning. the combination of the unique flavors makes for a lite & delicious meal.

## Twin Peaks

**\$6.00**

another light but filling baker. this hot baked potato is covered with crunchy vegetables & ranch dressing. topped with melted cheddar & away we go.

## Marina Greens

**AVAILABLE OPTIONS**

our version of a garden salad-but improved, of course. we use romaine lettuce, fresh chopped veggies, mild homemade salsa & sprouts. it is lightly seasoned with lemon, basil, oil & vinegar.

\$6.25

\$5.00

## Mission

**\$6.75**

like brie? melted brie on a toasted french roll with diced tomatoes, green & yellow peppers, bermuda onions with alfalfa sprouts & homemade olive relish. it has that great taste. lite but filling.

## Golden Gate

**\$6.75**

our most popular veggie sandwich combines hard to find ripe california avocado, monterey jack cheese, alfalfa sprouts, sliced tomato, & caesar dressing. we serve this delight on sliced whole grain bread.

## ON THE SIDE 6

### Exploded Potatoes

**AVAILABLE OPTIONS**

a friscos original! not your ordinary potato salad. this incredible old world recipe of warm potatoes & stuff is the best.

\$0.99

\$2.50

\$3.25

### Soup Of The Day

**AVAILABLE OPTIONS**

creative & hearty homemade soup from our kitchen & made fresh each day. call to find out whats on the stove today.

\$3.00

\$3.75

### Santa Fe Chicken

**AVAILABLE OPTIONS**

this is a side order of our sensational santa fe chicken in a creamy southwest sauce made with monterey jack cheese & spicy herbs. its been a favorite for years.

\$2.95

\$4.25

### White Bean Chicken Chili

**AVAILABLE OPTIONS**

this is great chili made with fresh chicken breast (instead of beef) & a heavy dose of white beans. it packs a homemade flavor that is very special. ask for a sample!

\$3.00

\$3.75

### Spicy Chili

**AVAILABLE OPTIONS**

beef chili topped with finely shredded cheese & mild chopped onions.

\$3.00

\$3.75

### Friscos Mac & Cheese

**\$3.50**

traditional mac & cheese - as good as you remember.

## FROM THE GRILL 11

<b>Flat Iron Steak Salad</b>	<b>\$8.95</b>
our flat iron steak has been a hit from day one...then we noticed we didnt have it on a salad. not any more. try this 1/2 pound of grilled steak on fresh greens, salsa with grilled bread & our special steak sauce & seasoning.	
<b>Flat Iron Steak Special</b>	<b>\$8.95</b>
this steak is from mid-west corn fed cattle & the beef is tender & well seasoned. you get a 12 pound of grilled steak served with exploded potatoes & a salad... our way. try one & you will see. available after 4pm & all day on weekends.	
<b>Grilled Chicken Special</b>	<b>\$8.95</b>
one half pound if fresh chicken breast marinated in our herb sauce & grilled to perfection. we serve this with a lite creamy dijon & cilantro sauce. it comes with exploded potatoes & a green salad made our way. available after 4pm & all day on weekends.	
<b>Fricos Grilled Wings</b>	<b>\$8.95</b>
no frying here! these are just twelve of the plumpest, juiciest wings & drums youve ever seen. choose mildly-spicy or spicy-spicy. served with our creamy wicked wolf dipping sauce. (for a real ass chewin, ask for wicked wolf straight up!) our wings are made to order so allow apprx. 10 min.	
<b>Flat Iron Steak Potato</b>	<b>\$8.95</b>
our version of meat and potatoes. one half pound of grilled flat iron steak over a steamy baked potato, our special steak sauce & seasoning, melted cheddar cheese & fresh scallions.	
<b>Grilled Chicken Caesar</b>	<b>\$8.25</b>
not your same old, same old. we use a 12 pound of fresh chicken, marinated & grilled to perfection. our version features romaine lettuce mixed with our tomato salad. we add plenty of aged romano cheese & homemade grilled butter & herb croutons.	
<b>The Examiner</b>	<b>\$8.25</b>
we start this salad with a mound of crisp romaine lettuce & chopped tomato salsa. then we add perfectly grilled 12 pound strips of fresh chicken breast, marinated in our lite mustard & cilantro sauce. topped with fresh chopped scallions. served with grilled bread & a side of ranch dressing.	
<b>Bbq Sandwich &amp; Exploded Potatoes</b>	<b>\$8.50</b>
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