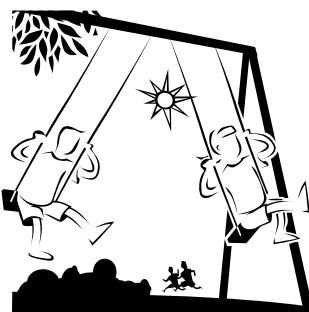


**DINNER** 🌙 After 5 pm only

- Greek Chicken**, char-grilled chicken breast topped with our marinated Greek blend (artichoke hearts, kalamata and green olives and banana peppers), feta cheese, browned and served on a bed of wilted spinach and rice or tossed with pasta **22**
- Chicken Scaloppini**, lightly breaded with Italian spices, pan seared and served over pasta tossed in a lemon garlic brie cream sauce **23**
- Salmon fillet**, pan seared served on a bed of wilted spinach and brown rice **22**
- Ribeye**, seasoned & char-grilled to perfection finished with gorgonzola crumbles, served with a choice of two sides **25**



**JUST FOR KIDS (OF ALL AGES)**

- Grilled Cheese**, cheddar or white American on whole-wheat with goldfish crackers **3**
- Cheese Nachos**, tortilla chips with cheddar cheese melted on top **3**
- Chicken Tenders**, breaded and fried served with goldfish crackers **6**
- Peanut Butter and Jelly**, all-natural peanut butter and choice of strawberry jam or grape jelly

- on whole-wheat bread, with goldfish crackers **3**
- Hot dog**, 1/4 pound all beef Kosher dog, split, char-grilled with goldfish crackers **6**
- Kids Burger**, 1/3 pound served on a bun, naked with goldfish crackers on the side **6**
- 🌙 **Pasta**, with marinara or butter and parmesan cheese **6**

**BEVERAGES**

**Wine and Beer**, please ask your server for a copy of our extensive wine and beer list

- Mimosa** **6**
- Orange Juice** Small **2** Large **4**
- Bottled water** (Acqua Panna) **3**
- Sparkling water** (San Pellegrino) **3**
- Sweet/unsweetened iced tea** **2**
- Soft drinks** **2**

Coke, Diet Coke (with Splenda), Sprite, or Diet Rite

- Coffee**, regular or decaf **2** **Hot tea** (Tazo) **2** **Hot chocolate** **2** **Milk** **2**

**THANK YOU FOR DINING WITH US TODAY;  
WE APPRECIATE YOUR PATRONAGE!**



**WELCOME TO FRESSERS EATERY  
IN HISTORIC HELEN'S BARN...**

**“At Fressers we use the freshest products available.”**  
- Chef/Owner Debbie Grossman

151 Helen's Barn Avenue, Highlands NC 28741  
Tel: 828.526.4188 Web: [www.fresserseateryhighlands.com](http://www.fresserseateryhighlands.com)

**“One cannot think well, love well or sleep well  
if one has not dined well.” -Virginia Woolf**



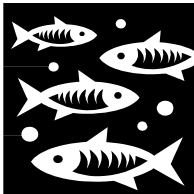


## BREAKFAST served all day and night

- Huevos Rancheros** 10  
corn tortillas topped with cheddar cheese, a black bean cake, two sunny-side-up eggs, homemade salsa and sour cream
- Add avocado** 2
- Fresh baked pastry** 3
- Granola** made right here... Sweetened with brown rice syrup and maple syrup with almond milk 6 with Greek yogurt 6 with fresh fruit 6 with yogurt and fresh fruit 8

## FRESSERS SPECIALTIES

- Personal Pizza** of the day, made with a flour tortilla
- Quesadilla** of the day, served with sour cream, homemade salsa & tortilla chips
- Wings**, tossed in choice of sauce (mild, chili lime, chili garlic, or BBQ) 8  
Served with a side of ranch or blue cheese
- Hummus**, served with pita chips and veggies 8



## SEAFOOD SPECIALTIES

- Mountain Trout**, plain, almond-meal crusted, or topped with lemon caper butter. Served with a house salad 18
- Fried Catfish Sandwich**, on a Kaiser roll (or not) with lettuce, tomato, red onion homemade tartar sauce and a side of cole slaw 15
- Fried Oysters**, 1/2 pound lighted-breaded & deep fried with cocktail sauce 15
- Lobster & Crab Cake**, served with cole slaw and Fresser fries 15
- Mussels**, a pound of black mussels with red or white sauce and crusty bread 15  
Served over pasta 18

### “MOVE IT ON OVER” SIDES

- Cole Slaw 2 Stone-ground grits 2
- Fresser fries (homemade potato chips): side 2 basket 4
- French fries (made with Yukon gold potatoes): side 2 basket 4
- Sweet Potato Fries: side 2.50 basket 5
- Vegetable of the day 3

Please request separate checks before ordering.  
Servers may add 20% gratuity to separate checks and to parties of five or more.



## SOUPS & SALADS

After 5 pm only

- Creamy Blue Crab** cup 5 bowl 10
- Tomato Basil** cup 4 bowl 8
- Caesar Salad**, Romaine lettuce tossed with Caesar dressing and homemade croutons 6
- House Salad**, field greens topped with assorted veggies 5
- Soup & Salad**, house salad with a cup of any soup 9
- Nutty Field**, field greens topped with a blend of nuts and seeds, raisins and dried cranberries, served with Raspberry Orange Vinaigrette 10
- Greek Salad**, topped with our marinated Greek blend (artichoke hearts, kalamata and green olives, and banana peppers), and feta cheese 12

### Salad add ons

- |                                  |    |
|----------------------------------|----|
| chicken, grilled or crispy fried | 4  |
| pan-seared salmon fillet         | 6  |
| 1/4 pound fried oysters          | 8  |
| lobster and crab cake            | 10 |
| avocado                          | 2  |

### DRESSINGS

Our scratch-made dressings are served on the side:

- Balsamic Vinaigrette
- Honey Mango Vinaigrette
- Raspberry Orange Vinaigrette
- Blue Cheese Ranch

## BURGERS & SANDWICHES

- served on a whole-wheat or plain Kaiser roll with lettuce, tomato and red onion served with a side of Fressers Fries (homemade potato chips)
- 1/2 pound Angus burger**, 100% black angus grilled to perfection 8
- Black bean burger**, a homemade vegetarian/vegan favorite 8
- Boca™ burger**, vegetarian/vegan friendly 8
- Turkish turkey burger**, fresh-ground turkey, dried apricots and Turkish spices 9
- Blackened chicken sandwich**, served with avocado/chipotle mayonnaise 9
- Basil chicken salad sandwich**, a Fressers and Highlands favorite 8
- Hummus Salad Wrap** (vegan): hummus, field greens, avocado, tomato, cucumber and goddess dressing 9
- Grilled cheese and tomato soup** (cup), childhood favorite improved for grownups 9  
Choice of two cheeses grilled on whole wheat bread with fresh tomato

### Sandwich add ons

- |  |          |
|--|----------|
| cheese, Swiss, cheddar or white American | 1        |
| caramelized onions                       | .75      |
| sour cream or salsa                      | .50 each |
| sautéed mushrooms                        | .75      |
| avocado                                  | 2        |

## BEVERAGES

### Wine and Beer

Please ask your server for a copy of our extensive wine and beer list

**Mimosa 6**

**Orange Juice** Small 2 Large 4

**Bottled water** (Acqua Panna) 3

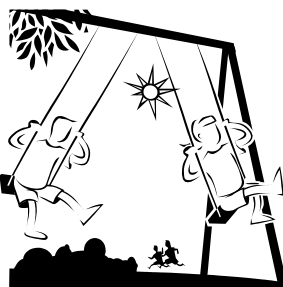
**Sparkling water** (San Pellegrino) 3

**Soft drinks 2**

Coke, Diet Coke (with Splenda), Sprite, or Diet Rite

**Coffee**, regular or decaf 2 **Hot tea (Tazo)** 2 **Hot chocolate** 2

**Milk** 2 **Sweet/unsweetened iced tea** 2



### JUST FOR KIDS (OF ALL AGES)

**Kid's Grilled Cheese 4**

Cheddar or white American, on whole-wheat bread, with Goldfish™

**Cheese Nachos 3**

Tortilla chips with cheddar cheese melted on top

**Chicken Tenders 6**

Breaded and fried served with Goldfish™

**PB&J**, all-natural peanut butter and choice of strawberry jam or grape jelly, with Goldfish™ 3

**Hot dog**, 1/4 pound all beef Kosher dog, split, char-grilled with Goldfish™ 6

**Kids burger**, 1/3 pound served on a bun, naked, with Goldfish™ 6

## DESSERTS

Our selection of desserts changes daily. Please ask your server about today's specialties.

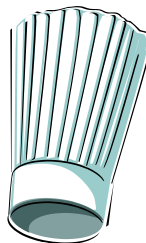


"Providing the fine folks of Highlands with healthy, fresh food since 1999."

- Chef/Owner Debbie Grossman

**Please request separate checks before ordering.**

**Substitutions will be charged for and 20 % gratuity may be added for parties of five or more.**



## SUNDAY BRUNCH

Welcome to  
Fressers Eatery  
in Historic Helen's Barn...

151 Helen's Barn Avenue

Highlands NC 287

828.526.4188

[www.fresserseateryhighlands.com](http://www.fresserseateryhighlands.com)

*"One cannot think well, love well or sleep well if one has not dined well."*

*- Virginia Woolf*



## LUNCH SPECIALTIES

### SOUPS & SALADS

**Creamy Blue Crab** cup 5 bowl 10

**Tomato Basil** cup 4 bowl 8

**Caesar Salad**, Romaine lettuce tossed with Caesar dressing and home-made croutons 6

**House Salad**, Field greens topped with assorted veggies 5

**Soup & Salad**, House salad with any soup 9

### Salad additions

Chicken, grilled or crispy fried	4	Pan-seared salmon fillet	6
1/4 pound fried oysters	8	Lobster and crab cake	10

### SEAFOOD SPECIALTIES

**Mountain Trout** 18

Plain, almond-meal crusted, or topped with lemon caper butter.

Served with a house salad.

**Fried Catfish Sandwich** 15

Served on a Kaiser roll (or not) with lettuce, tomato, and red onion

Homemade tartar sauce and cole slaw on the side.

**Fried Oysters** 15

1/2 pound lighted-breaded & deep fried. Served with cocktail sauce

### BURGERS & SANDWICHES

Served on a whole-wheat or plain Kaiser roll with lettuce, tomato and red onion with a side of Fresser fries

**1/2 pound Angus burger**, 100% black angus grilled to perfection 8

**Black bean burger**, a homemade vegetarian/vegan favorite 8

**Boca™ burger**, vegetarian/vegan friendly 8

**Turkish turkey burger**, fresh-ground turkey, dried apricots and Turkish spices 8

**Blackened chicken sandwich**, served with avocado/chipotle mayonnaise 9

**Basil chicken salad sandwich**, a Fressers' original and a Highlands' favorite 8

**Hummus Salad Wrap** (vegan): hummus, field greens, avocado, tomato, cucumber and goddess dressing 8

**Grilled cheese and tomato soup (cup)**, childhood favorite improved for grownups 9

Choice of two cheeses grilled on whole wheat bread with fresh tomato

### Sandwich additions

Cheese, Swiss, cheddar or white American	1
Caramelized onions	.75
Sautéed mushrooms	.75
Sour cream or salsa	.50 each
Avocado	2

### WINGS

Six jumbo wings (or four breaded tenders) tossed in your choice of sauce 8

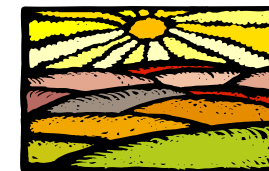
Served with choice of ranch or blue cheese dressing

**Sauces**, mild, chili lime, chili garlic or BBQ

**Dressings**  
Our scratch-made dressings are served on the side

- Balsamic Vinaigrette
- Honey Mango Vinaigrette
- Raspberry Orange Vinaigrette
- Blue Cheese Ranch

## SUNDAY BRUNCH SPECIALTIES



**BASIC BREAKFAST** 9

Two eggs any style served with choice of bacon or sausage, stone ground grits or hash browns and a biscuit

**CREATE YOUR OWN OMELET** plain 8

**Three-Egg Omelet**, served with choice of grits or hash browns and a biscuit

\*Substitute egg whites 1

**Choose from the following**

**Vegetables**, mushrooms, onions, spinach, red peppers and tomato .75 each

**Meats**, ham, bacon, sausage 3 each

**Cheese**, cheddar, Swiss 1 feta or gorgonzola 2

**HUEVOS RANCHEROS** 10

Corn tortillas topped with cheddar cheese, a black bean cake, two sunny-side-up eggs, homemade salsa and sour cream

Add avocado 2

**FRESH BAKED PASTRY** 3

**GRANOLA**, made here...Sweetened with brown rice syrup and maple syrup

with almond milk 6 with fresh fruit 6

with Greek yogurt 6 with yogurt and fresh fruit 8

**BENEDICTS**, served with your choice of home fries or grits

**Almost Traditional** single 10 double 14

English muffin, grilled ham, poached eggs and hollandaise sauce

**Boston Bene** single 12 double 18

English muffin, our famous lobster and crab cakes, poached eggs and hollandaise sauce

**New York Benedict** 14

1/2 Grilled New York bagel, smoked salmon, poached eggs and hollandaise sauce

**BAGEL PLATTER** 14

A grilled NY bagel served with smoked salmon, cream cheese sliced tomato, red onion and cucumber slices

**SAM SCRAM FLORENTINE OR HAM SCRAM FLORENTINE** 14

Eggs scrambled with smoked salmon, cream cheese, red onion, spinach and dill, served with a grilled sesame bagel

**BELGIAN WAFFLES**, plain malted or multi grain 10

Served with two eggs any style plus sausage or bacon,

served with Log Cabin Syrup™

Substitute pure maple syrup 2

**Sides & Extras**

- Single egg 1
- Bacon (3 slices) 3
- Sausage (2 patties) 3
- Bagel & Cream Cheese 4
- Stone Ground Grits
- Side 2, Bowl 4
- Hash browns 3
- English Muffin 1
- Biscuit 1