

# BRUNCH-ITIZERS

## SPUD CAKES ★★★★★

**HANDCRAFTED** Idaho potato pancakes topped with green onion, sour cream, black Hawaiian sea salt and **HOMEMADE** diavolo apple sauce. \$7

## ROASTED CAULIFLOWER

A true nutrition overload created with **FRESH** roasted cauliflower florets, **ORGANIC** arugula, medley tomato and **ORGANIC** wild rice. \$7

# ARTISAN COCKTAILS

## MIDWEST MARY ★★★★★

A **HANDCRAFTED** bloody mary featuring **FRESH** Cajun shrimp, **LOCAL** pepper jack cheese, beef sticks, pepperoncini, and a Fresco pickle! \$11

## BLACKBERRY MIMOSA

The perfect balance between **FRESH** squeezed orange juice, premium sparkling champagne and **FRESH** blackberry juice. \$8

## STRAWBERRY SUNRISE

This eye candy cocktail is created with **ORGANIC** vodka, our signature Rise 'N' Shine juice, **FRESH** strawberry juice and a pinch basil! \$7.5

## FRESCO MULE ★★★★★

Classic cocktail created with **ORGANIC** vodka, **FRESHLY** squeezed lime juice and ginger beer. Complimented with a lime wedge for garnish. \$6

# WINES

CANYON ROAD <b>SELECTIONS</b>	7/26
BONTERRA <b>ORGANIC</b> SAV. BLANC	8/30
BONTERRA <b>ORGANIC</b> CHARDONNAY	8/30
BONTERRA <b>ORGANIC</b> PINOT NOIR	11/45
WILLIAM HILL <b>CABERNET</b>	10/40
CHATEAU STE. MICHELLE <b>RIESLING</b>	8/30
WYCLIFF BRUT CHAMPAGNE	7/26
KORBEL <b>ORGANIC</b> CHAMPAGNE	50

# BEERS

BUD LIGHT	3.5
BUDWEISER	3.5
MICHELOB ULTRA	3.5
CORONA <b>IMPORT</b>	4
STELLA ARTOIS <b>DRAFT</b>	6
GOOSE ISLAND GREEN LINE <b>LOCAL</b>	6
ALE SYNDICATE PAULINA WIT <b>LOCAL</b>	6
SEASONAL CRAFT <b>LOCAL</b>	6

# FRESCOFIT

HEALTHY THIRST QUENCHERS 

## FRESH SQUEEZED ORANGE JUICE

**FRESH** Valencia oranges delivered daily, squeezed through our one of a kind fresh press juicing machine. *small* \$4 *large* \$6

## STRAWBERRY ORANGE JUICE

**FRESH** strawberries blended with the perfect amount of our freshly squeezed orange juice. Always **HANDCRAFTED** to order! \$5

## RISE 'N' SHINE

A healthy start juice created with **FRESH** cantaloupe, **FRESH** pineapple, Valencia oranges, and **LOCAL + ORGANIC** basil. \$6

## THE HULK ★★★★★

A perfect balance of **ORGANIC** kale, **LOCAL** mint, **FRESH** honeydew melon, and **ORGANIC + LOCAL** apples. \$6 **-VITAMIN C BOOST-**

# JAVA JOLT

## ESPRESSO

A full-flavored, concentrated form of **ORGANIC** coffee that is served in 2oz "shots". Flavor profiles will vary based on seasonal bean origins. \$3

## CORTADO

A handcrafted espresso based drink created with our **ORGANIC** espresso blend, topped with steamed milk and little to no foam. \$4

## AMERICANO

An espresso based drink designed to resemble coffee brewed in a drip filter. The Fresco Americano consists of one **ORGANIC** shot of espresso topped with 5 ounces of hot water. \$4

## NITRO COLD BREW

Rockford's famous **ORGANIC** Fresco Java blend infused with nitrogen to develop a smooth, rich and savory brew! \$5 **#ROCKFORDSFIRST**

## CAPPUCCINO ★★★★★

A traditional Italian cappuccino handcrafted with one shot freshly pressed **ORGANIC** espresso and equal parts steamed and frothed milk. \$5

## HOT MOCHA LATTE

This crazy good coffee creation is designed with **HOMEMADE** chocolate sauce, **ORGANIC** espresso beans, steamed milk and amazing **HOMEMADE** whipped cream! \$5.5

# TEA TIME

## PERFECTLY PEACH **OO LONG**

Fragrant and sweet like a perfectly ripe fruit, with a smooth astringency and floral aromas. \$3.5

## GUN POWDER GREEN **GREEN**

A classic Green tea from China hand-rolled into tiny pellets. This beautiful full bodied cup creates a smooth mouth feel with a hint of smoke. \$3.5

## BLACK DRAGON PEARLS **BLACK**

Dragon Pearls is a rare, hand-rolled variety of black tea with a smooth, rich and chocolaty taste. \$3.5

## IRISH LIGHTHOUSE **BLACK**

A cosy cuppa to welcome the day. Red amber in color, it's brisk and malty like the mist rolling over the sea. \$3.5



Fresco at the Gardens isn't just your premier breakfast and lunch destination, we also take pride in hosting and catering special events like...

- BABY SHOWERS**
- BRIDAL SHOWERS**
- REHEARSAL DINNERS**
- PRIVATE DINNERS**
- COMPANY PARTIES**
- AND MORE!**

LET'S GET SOCIAL    

@FRESCOROCKFORD - #FRESCOROCKFORD ON INSTAGRAM

# Fresco

AT THE GARDENS

SEASONAL **BRUNCH**  
ROCKFORD  
ANDERSON GARDENS

FRESH  
HANDCRAFTED FOOD  
ORGANIC  
ARTISAN  
CULINARY EATS  
LOCAL MARKET

POWERED BY **FRANCESCO'S RISTORANTE**

# BREAKFAST

## BREAKFAST TACOS ★★★★★

Delicious tacos created with **ORGANIC** scrambled eggs, **FRESH** tomatillo pico de gallo, andouille sausage, **ORGANIC** arugula, cheddar jack cheese, and sour cream. Served with a fresh fruit cup. \$12

## AUTUMN HARVEST HASH

The perfect seasonal hash designed with sweet potatoes, **ALL NATURAL** chorizo, **ORGANIC** poached eggs and **LOCAL** micro greens. \$11

## STEAK AND EGGS ★★★★★

24 Hour rosemary marinated **LOCAL** sirloin grilled to perfection. Complimented with two **ORGANIC** eggs cooked any style, **ARTISAN** toast and **HANDCRAFTED** fresco breakfast potatoes. \$13

## FRESCO BREAKFAST

For BIG appetites! Two **ORGANIC** eggs cooked to any style, two slices of apple smoked bacon, two sausage patties, & your choice of 2 pancakes, 2 slices of French toast, or a half waffle. \$13

## TWO EGGS YOUR WAY

Two **LOCAL + ORGANIC** eggs served your way! Complimented with Fresco breakfast potatoes and a slice of **ARTISAN** toast! \$8

### 3 DOLLAR ADDITIONS

APPLE SMOKED BACON  
ORGANIC SAUSAGE  
HICKORY SMOKED HAM  
\$5 ADDITION - LOCAL SIRLOIN

## BOSTON BAY BENEDICT P

Inspired by the **FRESH** seafood markets in Boston, this one of a kind benedict is designed with **FRESH** smoked salmon, **ORGANIC** spinach, tomatoes, and **ARTISAN** hollandaise sauce. \$12

## CLASSIC EGGS BENEDICT

A Fresco classic created with **ARTISAN** challah rolls, **NATURAL** smoked pit ham, **ORGANIC** eggs and topped with **ARTISAN** hollandaise sauce. \$10

## EARLY START SANDWICH

**ORGANIC** scrambled eggs topped with **LOCAL** sharp cheddar cheese settled between a **FRESH** everything bagel. Pick between **ARTISAN** apple smoked bacon, smoked ham or sausage patties. Served with a Fresco seasonal fruit cup. \$10

## SUNRISE SKILLET

Robust flavors created with the perfect balance of **ORGANIC** pearl medley potatoes, **LOCAL** goat cheese, **FRESH** exotic mushrooms and **ORGANIC** scrambled eggs. \$11

## CREATE YOUR OWN OMELET

Create your own omelet \$9 plus each topping .75 Includes Fresco breakfast potatoes and toast!

BACON - SAUSAGE - HAM - ANDOUILLE - BASIL  
PABLANO PEPPER - RED PEPPER - YELLOW PEPPER  
MUSHROOMS - SPINACH - TOMATOES - SWISS CHEESE  
CHEDDAR JACK CHEESE - PEPPER JACK CHEESE - FETA

PREMIUM OMELET ADDITIONS  
SALMON - SMOKED SALMON - STEAK - CHICKEN

# FARM **T** O TABLE

**OUR MISSION** Our mission is to search for the leafiest greens, ripest fruits, freshest grains, and most humanely-raised proteins. Gathering the healthiest local, sustainable and organic ingredients, while supporting local farmers, chefs and our surrounding communities is the backbone of our culinary vision.

Our standards are pretty simple. We value the quality and **OUR VALUES** taste of our products above all else. We've worked to build meaningful relationships with these local farmers, producers and chefs in order to learn, collaborate and inspire one another to provide you with the highest quality products available. Instilled in our company culture we find great beauty within the simplicity of farm-to-table as it reminds us to always put planet before profit!

**OUR FOOD** By sourcing local, organic, and sustainable ingredients from farmers and partners we trust, we work to provide you with nutrient-dense produce, proteins with purpose, and healthy fats. Our chefs hand select the freshest fruits, vegetables, proteins, cheeses, and more from the list below.

**URBAN ROOTS LOCAL**  
ORGANIC MICRO GREENS

**KEMPS DAIRY LOCAL**  
MILK - CREAMER + MORE!

**EGGLANDS BEST LOCAL**  
ORGANIC FREE RANGE EGGS

**BELGIOIOSO LOCAL**  
FRESH MOZZARELLA

**BELLA CASA LOCAL**  
SHREDDED ASIAGO + MORE!

**VALLEY ORCHARD LOCAL**  
PUMPKIN - SQUASH - APPLES  
MELONS - GOURDS + MORE!

**ANDERSON ORGANICS LOCAL**  
SPINACH - ARUGULA - POTATOES  
KALE - TOMATOES - KOHLRABI  
BEETS - RADISH + MORE!

**GOLDEN BEAR ELK FARM LOCAL**  
ELK MEAT - BELTED GALLOWAY

**BELLS BREWERY LOCAL**  
SEASONAL BEERS

**GOOSE ISLAND LOCAL**  
SEASONAL BEERS

**CHAI TOWN TEA LOCAL**  
HOT TEA SELECTIONS

**SALEMVILLE LOCAL**  
BLUE CHEESE - GOAT CHEESE

**ALE SYNDICATE LOCAL**  
SEASONAL BEERS

**ROCKFORD ROASTING LOCAL**  
ORGANIC CUSTOM COFFEE

**KUZINA LOCAL**  
CRUMBLLED CHEESES

**SALEMVILLE LOCAL**  
BLUE CHEESE - GOAT CHEESE

**HAZARD FREE FARM LOCAL**  
ROLLED OATS - BEANS - GRAINS

**LAARS FRUIT FARM LOCAL**  
APPLES - APPLE CIDER  
TOMATOES - SWEET CORN  
STRAWBERRIES + MORE!

**WRIGHT WAY FARMS LOCAL**  
MICRO GREENS - ARUGULA  
POTATOES - TOMATOES + MORE!

**WHITE MARBLE FARM LOCAL**  
ALL NATURAL PORK

**FOREST CITY FARMS LOCAL**  
KALE - TOMATOES + MORE!

**HARRISON MARKET LOCAL**  
CUCUMBER - EGGPLANT + MORE!

# SWEETTREATS

SWEETEN THINGS UP A BIT

## APPLE CIDER PANCAKES

**ARTISAN** pancakes infused with **HOMEMADE** apple cider, fresh orange peel, and topped with candied apple slices and apple cider syrup. This chef driven creation is a must have! \$10

## ALMOND JOY FRENCH TOAST

A classic American candy bar recreated into an epic breakfast dish! Two thick slices of **ARTISAN** French toast topped with sliced almonds, **FRESH** coconut & chocolate shavings, and **HANDCRAFTED** whipped cream! \$11

## NEED A LITTLE MORE! BREAKFAST...

APPLE SMOKED BACON..... \$4  
SMOKED HAM STEAK..... \$3  
FRESCO SAUSAGE PATTIES..... \$3  
FRESCO BREAKFAST POTATOES.... \$3

BISCUITS AND HONEY BUTTER.....\$4  
EVERYTHING BAGEL ..... \$2  
FRESCO PARFAIT **TOGO** P..... \$5  
FRESH FRUIT BOWL P..... \$4

# LUNCH

## CHICKEN CORN CHOWDER

The perfect balance of **FRESH** ingredients including **LOCAL** roasted corn, potatoes, poblano peppers, and **ALL NATURAL** chicken. \$3.5

## APPLE CHICKEN WALNUT P

**ORGANIC** romaine and arugula blend topped with walnuts, celery, red onions, **LOCAL** apples and **ALL NATURAL** chicken. Perfectly paired with **LOCAL** Gorgonzola cheese and **ARTISAN** raspberry vinaigrette dressing. \$13

## CURRY LAMB STEW

**ALL NATURAL** lamb braised to perfection and served in a bread bowl with potatoes, **LOCAL** carrots, celery and our **ARTISAN** curry cream. \$9

## FARRO SALAD P ★★★★★

Succulent fall flavors balanced with **LOCAL** root vegetables, **ORGANIC** ancient grains, **FRESH** pomegranate seeds and **LOCAL** purple kale. A true chef driven salad designed around the Midwest off season! \$11

# HANDHELDS...

## PORK BELLY SLIDERS

A culinary flavor explosion designed with **LOCAL** pork belly, **ORGANIC** arugula, **ARTISAN** pickle red onion relish and a **HANDCRAFTED** mustard sauce. Served with a side of seasonal chips. \$12

## CARIBBEAN SALMON TACOS P

Caribbean inspired tacos designed with **FRESH** blackened salmon, **ARTISAN** kohlrabi slaw, **LOCAL** goat cheese, sour cream, and **HANDCRAFTED** roasted corn and tomatillo pico de gallo. \$13

## BLACK 'N' BLUE WRAP

Certified goodness created with **LOCAL** sirloin, **LOCAL** Gorgonzola cheese, **ORGANIC** arugula, garlic aioli and **ARTISAN** caramelized Jack Daniels onions. Served with a **ORGANIC** Fresca side salad. \$12

## PORTOBELLO MUSHROOM P

A perfect **HEALTH** conscious creation! Balsamic marinated portobello mushroom, **LOCAL** zucchini, red and yellow pepper, eggplant and Roma tomato. Served with a **ORGANIC** Fresca side salad. \$11

## THE ONE EYE JACK ★★★★★

Packed with robust and juicy flavors this burger is created with **LOCAL** pepper jack cheese, sliced red onion, **ORGANIC** arugula, tomato, garlic aioli and topped with an over easy **ORGANIC** egg. Served with **ARTISAN** French fries. Your choice between **GRASS FED** or **SEASONAL BEEF**. \$13

## GRILLED CUBAN PANINI

**ALL NATURAL** pulled pork combined with **LOCAL** pepper jack cheese, ham, **ARTISAN** pickles, mustard and mayonnaise create a one of a kind Cuban. Served with a side of Fresco chips. \$12

## LOBSTER ROLL ★★★★★

This epic chef driven sandwich is designed with **FRESH** lobster, jumbo shrimp, scallions, **FRESH** lemon juice, celery and **ORGANIC** arugula. Neatly placed inside a challah bun and served with **ARTISAN** Fresco pesto chips. \$17

## BBQ PULLED PORK FLATBREAD

Fresco's **ARTISAN** BBQ sauce complimented with **LOCAL** pepper jack cheese, salsa Verde pulled pork, and **LOCAL** diced red onions. \$11

# LARGE PLATES

## MIDWEST POT ROAST

**LOCAL** chuck roast braised overnight in red wine and its own natural juices. Paired with **LOCAL** seasonal root vegetables, celery, **LOCAL** carrots, potatoes and topped with Kohlrabi straws. \$15

## CEDAR PLANK TROUT P

Delicious lake trout stuffed with our famous **LOCAL** pork belly brussels sprouts and **ARTISAN** citrus herb butter. Cooked to perfection on a cedar plank and garnished with a sweet potato nest. \$16

## NEED A LITTLE MORE! LUNCH...

PORK BELLY BRUSSELS SPROUTS. \$5  
FRESCA SALAD..... \$4

ROASTED VEGGIES..... \$4  
KOHLRABI FRIES..... \$4