



Old favorites, new flavors: Frisch's rolls out fall menu

Reuben and Rachel return as diner classics join new protein-packed bowls and Frisch's original recipe pumpkin pie

CINCINNATI (Sept. 2026) – Some familiar favorites are making a comeback at Frisch's this fall.

The **Reuben** and **Rachel** sandwiches, guest favorites from years past, are returning as part of a fall menu that mixes classic comfort food with new ways to fuel the day.

The Reuben is stacked with corned beef, Swiss cheese, sauerkraut and Thousand Island dressing on grilled rye bread. Its lighter counterpart, the Rachel, swaps in oven-roasted turkey and crisp coleslaw while keeping the Swiss, Thousand Island and grilled rye. The two returning sandwiches join another diner staple already on the menu, the Patty Melt.

But not everything this fall is a throwback.

Frisch's is also introducing two new protein bowls as part of its "New Ways to Fuel Your Day" lineup. The **Breakfast Protein Bowl** packs 47 grams of protein with scrambled eggs, two sausage patties, bacon and cheese. The **Big Boy Protein Bowl** delivers 44 grams of protein with a half-pound of beef patties, American cheese and pickles over lettuce.

Breakfast is getting another new addition with **French Toast Breakfast Sandwiches**, featuring eggs, cheese and a choice of sausage or bacon between two slices of French toast for a sweet-and-savory spin on the traditional breakfast sandwich.

And as cooler weather moves in, Frisch's is bringing back its all-you-can-eat hot dinner bars at participating locations. **Brupper**, Frisch's breakfast-for-supper bar, features scrambled eggs, bacon, sausage links, hash browns, pancakes, biscuits and gravy and more. The **Taco Bar** includes seasoned beef, shredded chicken, queso, cilantro lime rice, beans and all the fixings, while the rotating **Dinner Bar** features comfort-food favorites including chicken n' dumplings, baked fish, meatloaf, mashed potatoes and gravy, green beans and mac 'n' cheese. Each includes unlimited access to Frisch's Soup & Salad Bar.

And because it wouldn't be fall at Frisch's without it, **Frisch's original recipe pumpkin pie** is back at all 31 locations for the season, bringing another familiar favorite to the table.

The fall menu will be available at participating Frisch's locations by Wednesday, Sept. 30.

For locations and additional information, visit [frischs.com](https://www.frischs.com).
