



Our goal is to provide local, sustainable products and prepare field to fork meals for your pleasure. We cook as much as possible from scratch and fresh daily. Menu items are created and tested by our culinary team and we welcome your thoughts and comments.

We hope you enjoy your meal!

#### **APPETIZERS**

Frankie's Poutine Fries, parmesan, garlic, parsley, beef gravy & mozzarella.	12
Mozzarella Sticks   Served with marinara sauce.	13
Calamari Fried crisp with lemon, red onion, jalapeño & tzatziki.	19
Stuffed Meatballs & Fries Slow cooked meatballs stuffed with bocconcini cheese, fries, parmesan & marinara.	15.50
Chicken Wings Crispy salt & pepper wings served with a choice of dipping sauce; hot buffalo, bbq, ranch, blue cheese or sweet & sour.	18.50
Cheesy Flatbread   Rosemary garlic oil, parmesan, mozzarella & balsamic reduction.  Served with marinara & basil pesto aioli.	15
Onion Rings 🕜 Served with ranch & chipotle mayo.	10

#### **CAST-IRON SKILLETS**

mozzarella, garlic, parsley & charred lemon.

Mushrooms  Mushrooms sautéed with butter, garlic, white wine, cream, parsley and parmesan. Served with focaccia.	15.50
Prawns Prawns sautéed with butter, garlic, white wine, cream, parsley & lemon. Served with focaccia.	17
Brussel Sprouts   Crispy fried Brussel sprouts & carrots tossed with parmesan,	15

# FRANKIE'S modern diner **Locally Owned and Frankie Operated** Circa 1960 My aunt in Italy.

#### **SOUPS**

Seafood Chowder Seafood, shellfish, cream, vegetables & bacon, served with focaccia.  Bowl (12oz.)	16.50 C	Cup (8oz.) 12.50
Momma's Tomato Soup  Topped with basil pesto & parmesan cream. Served with focaccia.	?oz.) 12	Cup (8oz.) 8.50
Soup & Salad Combo Choose your salad: Caesar, Garden, Roasted Beet & Arug or Mediterranean salad + a cup of tomato soup & focaco Sub Seafood chowder add: \$3.50	_	16
SALADS Salads served with focaccia. Add: ½ Avocado \$4.75   Grilled Chicken \$7   Prawns \$9 BC Wild Salmon \$10   Steak \$12		
Caesar Romaine, parmesan, creamy anchovy house made dressing & focaccia croutons. Add; Crispy capers \$1.50   Bacon \$3	reg. 15	sm. 10
Garden Salad   Artisan greens, cucumber, carrots, tomatoes, dried cranberries, toasted pumpkin seeds   honey lemon vinaigrette	reg. 15	sm. 10

16.50

16.50

20

### PIZZAS & STROMBOLIS Roma style pizza just like Frank's mom used to make.

Artisan greens, peppers, red onion, cucumbers, tomatoes, chickpeas, grilled zucchini, feta, Kalamata olives,

Roasted beets, goat cheese, arugula, walnut praline

#### Add Ons... \$2

Margherita **(V)** 

**Mediterranean W** 

& honey lemon vinaigrette.

& red wine oregano vinaigrette.

Roasted Beet & Arugula 🕔

Mushrooms, arugula, roasted garlic, artichoke hearts, cheese, ham, pepperoni, bacon.

Pepperoni Pepperoni, mozzarella.	21
Hawaiian Ham, pineapple & mozzarella.	21
Supremo Rosemary & garlic olive oil base, mozzarella & parmesan, Italian sausage, pepperoni, roasted tomatoes, olives and Pepperoncinis. Finished with basil pesto.	22
Vegan Pizza   Marinara, mushrooms, artichoke hearts, roasted garlic, red onion, fresh arugula, olive oil & balsamic reduction.	21
Meat Lovers  Marinara, pepperoni, bacon, Italian sausage, ham & mozzarella.	22
Meatball Stromboli Our meatballs, marinara sauce, basil, pepperoncinis & mozzarella.	23

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Vegetarian/Plant based menu offerings

#### CASUAL FAVOURITES

Ouesadilla (V) 16 Add: Chicken \$5

Bell peppers, black beans, mozzarella & monterey jack cheese. Served with sour cream, salsa and fries.

**Chicken Tenders & Fries** 19.50

Buttermilk fried chicken tenders with fries or salad. Served with your choice of dip (honey mustard, bbq, sweet & sour, hot buffalo or ranch).

Fish & Chips 1pc: 16 2pcs: 22

Tempura battered Cod served

with fries, apple fennel slaw & tartar sauce.

Chicken & Waffle 17.50

Buttermilk fried chicken tenders served on a Belgian waffle finished with cider & rosemary syrup. Add: ham, bacon, or sausage for \$5 each.

Classic Grilled Cheese & Tomato Soup (1) 16

Cheddar & smoked mozzarella served with tomato Soup. Add: Ham \$3 | Tomato and basil \$3 | Bacon \$3 Substitute Seafood Chowder \$3.50

#### FRANKIE'S BURGER

Frankie's Classic 1/4 lb Cheeseburger

Dressed with burger sauce & pickles.

Add: Fries \$5 | Onion rings \$6 | Bacon \$3 | Add another patty \$7 | Sub chicken \$2

12

#### **DELUXE BURGERS + SANDWICHES**

Served with your choice of two sides: fries, house green salad, caesar salad, apple fennel slaw, or tomato soup.

Substitute: Onion Rings \$1

Or substitute both sides for: Poutine \$3 | Cup of seafood chowder \$3.50

Frankie's Deluxe Bacon Cheeseburger 21.75

Brioche bun topped with lettuce, bacon, tomato, pickles, onion & burger sauce.

Add: Mushrooms \$2.50 | Avocado \$2.50 or another patty

to make it a double burger \$7

Garden Burger (V) 21.75

House-made spiced chickpea and corn patty, onion, arugula, tomato & tzatziki on a brioche bun.

**Grilled Salmon Burger** 22.75

Grilled wild salmon, served on a brioche bun with tartar sauce, onion, tomato & lettuce.

**Diner Lamb Dip** 21.75

Braised lamb shoulder, smoked mozzarella, crispy onions, roasted garlic rosemary aioli, & au jus.

Frankie's Turkey Club 19.75

Roasted turkey breast, bacon, avocado, tomato,

arugula & basil pesto aioli. Add: cheese \$2

Parmesan Chicken Sandwich 22.75

Crispy Parmesan crusted chicken breast, marinara sauce, mozzarella, bacon, arugula on a brioche bun with mayo.

**BBQ Blaze Burger** 

Buttermilk fried chicken, lettuce, tomato, bbq sauce, cheddar cheese,

pickles, bacon & an onion ring on a brioche bun with chipotle mayo.

Side sauces such as mayo or ranch will be charged at \$1.25. Gluten free bread & pasta available at \$2 more.

#### PASTAS + MAINS

Pastas & Mains available after 11:00am Mon-Fri & 1:00pm Sat-Sun.

All pastas are served with focaccia.

Vegetarian Lasagna 🕔 22 sm. 17.75

Add: Meatball \$5 | Italian sausage \$4.50

House-made sauce, grilled zucchini, roasted peppers, mushrooms,

bechamel, mozzarella, ricotta, basil, spinach & parmesan, with green salad.

Diner Mac & Cheese (V) sm. 17.75

Add: Italian sausage \$4.50 | Bacon \$3 | Mushrooms \$2 | Meatball \$5 3 cheese baked mac & cheese with parmesan & a focaccia crust.

Spaghetti & Meatballs 23 sm. 17.75

Bocconcini stuffed meatballs simmered in our marinara sauce with herbs & parmesan.

22

sm. 17.75

20

26

30

Linguine Alfredo 🤍 Add: Chicken \$7 | Prawns \$9 | Bacon \$3 Mushrooms, peas, white wine cream sauce, parsley & parmesan.

**Seafood Linguine** 32

BC wild salmon, prawns & mussels finished with a tomato & a white wine cream sauce.

Curried Penne (Vegan) (V 22 sm. 17.75

Add: Chicken \$7 | Prawns \$9

Peas, parsley, roasted peppers & tomatoes tossed in a sweet coconut curry sauce. Topped with toasted almonds, coconut & mango chutney.

Sesame Salmon Ginger Rice Bowl 24

Wild BC Salmon, sautéed vegetables over jasmine rice with sesame sauce & a sweet ginger teriyaki sauce. Finished with green onions, sesame seeds and pea shoots.

Substitute prawns or chicken for salmon at no charge.

Falafel Sesame Ginger Rice Bowl (1) Falafel fritter, sautéed vegetables over jasmine rice with

sesame sauce & a sweet ginger teriyaki sauce. Finished with green onions, sesame seeds and pea shoots.

Steak & Fries 32

Substitute Frankie's Poutine \$3 | Add: Prawns \$9 7oz New York steak with a caramelized onion & horseradish butter.

Served with fries, seasonal vegetables & balsamic reduction.

**Chicken Parmesan** 

A crispy parmesan crusted chicken breast served on pappardelle noodles, tossed in a garlic cream sauce and finished with marinara sauce, mozzarella, & seasonal vegetables.

Frankie's Baby Back Ribs

BBQ glazed baby back pork ribs served

with apple fennel slaw & fries.

#### **FRANKIE FACTS**

Locally owned and Frankie operated!

Using the highest quality ingredients is one of the reasons our food tastes so good.



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Vegetarian/Plant based menu offerings

#### Breakfast menu is available until 11:30 am weekdays and 1:00 pm weekends + holidays

half: 16

13

19.75

#### FRANKIE'S EGGS BENEDICT

Served with hash browns. Substitute fruit for hash browns for an additional \$3.

<b>Diner Classic</b> English muffin, poached eggs, ham, sweet onions, & our classic hollandaise sauce.	19	half: 15.50
West Coast English muffin, poached eggs, lemon cream cheese, smoked salmon, avocado with lemon chive hollandaise & crispy capers.	21	half: 17.50

Tree Hugger and half: 16
English muffin, poached eggs, spinach, roasted

tomatoes, roacted rod poppers, goat chaose

tomatoes, roasted red peppers, goat cheese, & basil pesto hollandaise.

Italian Mambo

Grilled focaccia, poached eggs, roasted garlic, roasted tomatoes, Italian sausage & basil pesto hollandaise.

The Florentine 20 half: 16 English muffin, poached eggs, spinach, bacon, mozzarella, & basil pesto hollandaise.

## PANCAKES / WAFFLES / FRENCH TOAST

Buttermilk Pancakes Served with butter & syrup.
Whipped Cream \$1 | Fresh Banana \$2 | Chocolate Sauce \$2
Blueberry Compote \$2 | Fresh Strawberries \$3

Banana Nut Waffle 

7.50

Fresh banana, walnut praline, dulce de leche & whipped cream

Churro Style French Toast 
Cocoa & cinnamon dusted crispy brioche with fresh strawberries, whipped cream, granola with almonds, & strawberry puree.

Belgian Waffle 
Whipped cream, blueberry compote & lemon curd.

#### **OMELETTES**

Served with hash browns + toast or pancake. Substitute fruit for hash browns or toast for an additional \$3.

Bacon, Italian sausage, ham, roasted peppers,

mushrooms, cheddar, & jalapeño jack.

Garden Omelette 

Mushrooms, spinach, roasted peppers, roasted tomatoes,

artichokes, & smoked mozzarella.

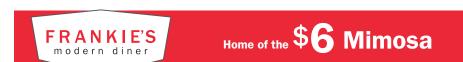
Meat Lover's Omelette

**BUILD YOUR OWN OMELETTE** 

BYO Omelette
Pick 4 items MAX. Served with hash browns &

your choice of toast or pancake.

Mushrooms | Spinach | Arugula | Roasted red peppers | Roasted tomato Bacon | Italian sausage | Ham | Smoked salmon | Basil pesto Cheddar | Monterey jack | Mozzarella | Goat cheese | Feta | Artichokes



Freshly Squeezed Orange Juice	5.50 (8oz)	6.50 (10oz)
Aperol Spritz Prosecco, Aperol, sparkling water and orange wedge	e.	<b>10</b> (1 ½0Z)
Frankie's Hugo St. Germain, Prosecco, lime, mint, soda, splash of 7	'up.	10 (1 ½0Z)
Sandria		9 (707)

Sangria 9 (7oz)
House made red or white sangria.

Classic Caesar 8 (1oz) 12 (2oz) Served with house pickled beans and a lime.

#### FRUITS & GRAINS

Frankie's Oatmeal 

Steel-cut oats, cinnamon, blueberries, strawberries, banana & granola with almonds. Served with toast or pancake & your choice of vanilla steamed milk or oat milk.

Fresh Fruit Salad Fresh fruit with yogurt, granola & toast or pancake.

#### **BREAKFAST WRAPS**

Served with hash browns or substitute fruit for \$3.

Frankie's Garden Wrap Scrambled eggs, roasted red peppers, mushrooms, roasted tomatoes, spinach, pesto & smoked mozzarella.

Diner Wrap 18.50

Scrambled eggs, Italian sausage, bacon, ham, roasted red peppers, mushrooms, marinara sauce, & cheddar.

Vegan Wrap 

House made chickpea patty, tahini sauce, avocado, arugula, grilled zucchini, red onion & red peppers.

#### DAILY 7 - 9 AM

Early Riser	10.95
2 eggs, hash browns, & your choice of ham, bacon,	
sausage or avocado + toast or pancake.	

#### HASH

Italian Diner Hash	20.75
Hash browns, ham, Italian sausage, smoked bacon,	
mushrooms, roasted red peppers, green onions, cheddar,	
ialaneño iack 2 poached eggs & hollandaise	

**Veggie Hash** 20.75 2 poached eggs, hash browns, tomatoes, spinach,

Falafel Vegan Hash 20.75

Hash browns, falafel fritters, tomatoes, spinach, roasted peppers, mushrooms, black beans, avocado & sesame sauce.

peppers, mushrooms, goat cheese, avocado, & pesto hollandaise.

#### **BREAKFAST CLASSICS**

Chicken & Waffle

Buttermilk fried chicken tenders served on a

Belgian waffle with cider & rosemary syrup

Belgian waffle with cider & rosemary syrup. Add ham, bacon, or sausage for \$5 each.

Green Eggs & Ham Sandwich
Pesto fried egg, shaved ham, smoked mozzarella, arugula,

Pesto fried egg, shaved ham, smoked mozzarella, arugula, on a brioche bun, with hash browns.

3 Eggs Your Way 🕚

Add ham, bacon, sausage or a ½ Avocado for \$5 each. 3 eggs, hash browns, & your choice of pancakes or toast. 2 eggs option subtract \$1, substitute fruit for \$3

Steak & Eggs 25.75

Add ham, bacon, sausage or a ½ Avocado for \$5 each.
7 oz New York steak, 2 eggs, hash browns
& your choice of pancake or toast.
Substitute fruit for \$3

#### **BREAKFAST SIDES**

Egg Grilled tomatoes	\$2.75 \$4	Ham steak <sup>1</sup> / <sub>2</sub> Avocado	\$5 \$4.75	Single Pancake Plain Waffle	\$4.75 \$475
Side Bacon	\$5	Toast	\$4.75	Hash browns	\$6
Side Sausage	\$5	Patty hash	\$4.75	Side Fruit	\$7

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