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

FRANKIE'S EGGS BENEDICT

Served with hash browns. Substitute fruit for hash browns for an additional \$4.

Diner Classic English muffin, poached eggs, ham, sweet onions, & our classic hollandaise sauce.	20	half: 16
West Coast English muffin, poached eggs, lemon cream cheese, smoked salmon, avocado with lemon chive hollandaise & crispy capers.	23	half: 18
Tree Hugger English muffin, poached eggs, spinach, roasted tomatoes, roasted red peppers, goat cheese, & basil pesto hollandaise.	21	half: 17
Italian Mambo Grilled focaccia, poached eggs, roasted garlic, roasted tomatoes, Italian sausage & basil pesto hollandaise.	21	half: 17
The Florentine	21	half: 17

PANCAKES / WAFFLES / FRENCH TOAST

English muffin, poached eggs, spinach,

Buttermilk Pancakes (V)

bacon, mozzarella, & basil pesto hollandaise.

Served with butter & syrup. Whipped Cream \$2 Fresh Banana \$2 Chocolate Sauce \$2 Blueberry Compote \$2 Fresh Strawberries \$3	
Banana Nut Waffle Vour choice of regular or gluten- free batter + fresh banana, walnut praline, dulce de leche & whipped cream.	18
Churro Style French Toast Cocca & cinnamon ducted cricpy briogha with fresh strawberries	18

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Your choice of regular or gluten-free batter + whipped cream,
blueberry compote & lemon curd.

OMELETTES

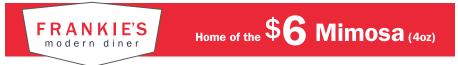
Bacon, Italian sausage, ham, roasted peppers, mushrooms, cheddar, & jalapeño jack.

Served with hash browns + toast or pancake. Substitute fruit for hash browns or toast for an additional \$4.	
Garden Omelette Mushrooms, spinach, roasted peppers, roasted tomatoes, artichokes, & smoked mozzarella.	20
Meat Lover's Omelette	20

BUILD YOUR OWN OMELETTE

BYO Omelette	22
Pick 4 items MAX. Served with hash browns &	
very aboles of toget or popula	

Mushrooms | Spinach | Arugula | Roasted red peppers | Roasted tomato Bacon | Italian sausage | Ham | Smoked salmon | Basil pesto | Green Onion Cheddar | Jalapeno 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.	10 (1 ½0Z)	
Frankie's Hugo St. Germain, Prosecco, lime, mint, soda, splash of 7up.	10 (1 ½0Z)	
Sangria House made red or white sangria.	9 (7oz)	
Classic Caesar Served with house pickled beans and a lime.	8 (1oz)	12 (2oz)

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.	16
Fresh Fruit Salad Fresh fruit with yogurt, granola & toast or pancake.	16
BREAKFAST WRAPS Served with hash browns or substitute fruit for \$4.	
Frankie's Garden Wrap	18.50
Diner Wrap Scrambled eggs, Italian sausage, bacon, ham, roasted red peppers, mushrooms, marinara sauce, & cheddar.	19
Vegan Wrap √	18.50

DAII	Y 7 -	9 AM

Early Riser	11.95
2 eggs, hash browns, & your choice of ham, sausage,	
avocado or bacon+ toast or pancake.	

HASH

Italian Diner Hash

14

18

Hash browns, ham, Italian sausage, smoked bacon, mushrooms, roasted red peppers, green onions, cheddar, jalapeño jack, 2 poached eggs & hollandaise.	
Veggie Hash 👽 2 poached eggs, hash browns, tomatoes, spinach, peppers, mushrooms, goat cheese, avocado, & pesto hollandaise.	21
Falafel Vegan Hash Hash browns, falafel fritters, tomatoes, spinach,	21

roasted peppers, mushrooms, black beans, avocado & sesame sauce.

House made chickpea patty, tahini sauce, avocado, arugula,

grilled zucchini, red onion & red peppers.

BREAKFAST CLASSICS	
Chicken & Waffle Buttermilk fried chicken tenders on a Belgian waffle with bacon, green onions and hot & honey syrup. Add ham, bacon, or sausage for \$5 each.	18
Breakfast Burger Brioche bun, beef patty, egg, bacon jam, lettuce, tomato & hollandaise. Served with hash browns.	20
3 Eggs Your Way Add ham, bacon, sausage or a ½ Avocado for \$5 each. 3 eggs, hash browns, & your choice of pancake or toast. Substitute fruit for hash browns or toast for an additional \$4, 2 eggs option subtract \$1	15
Steak & Eggs Add ham, bacon, sausage or a ½ Avocado for \$5 each. 7oz New York steak, 2 eggs, hash browns	27.50

Gluten free bread available at \$2 more

& your choice of pancake or toast.

BREAKFAST SIDES

Substitute fruit for hash browns or toast for an additional \$4.

Egg	\$3	Ham steak	\$5	Single Pancake	\$5
Grilled tomatoes	\$4.50	½ Avocado	\$5	Hash browns	\$6
Side Bacon	\$5	Toast	\$5	Side Fruit	\$8
Side Saucade	\$5	Patty hach	\$5		





21



APPETIZERS

Frankie's Poutine Fries, parmesan, garlic, parsley, beef gravy & mozzarella.	12.50
Mozzarella Sticks Served with marinara sauce.	13.50
Calamari Fried crisp with lemon, red onion, jalapeño & tzatziki.	19.75
Stuffed Meatballs & Fries Slow cooked meatballs stuffed with bocconcini cheese, fries, parmesan & marinara.	16.25
Chicken Wings Crispy salt & pepper wings served with a choice of dipping sauce; hot buffalo, bbq, ranch, blue cheese or sweet & sour.	19.75
Cheesy Flatbread Rosemary garlic oil, parmesan, mozzarella & balsamic reduction. Served with marinara & basil pesto aioli.	15
Onion Rings Served with ranch & chipotle mayo.	11
Crispy Brussel Sprouts Crispy fried Brussel sprouts & carrots tossed with parmesan, mozzarella, garlic, parsley, balsamic reduction & charred lemon.	15.75

SOUPS

Seafood Chowder Bowl (12oz.) 16.50 Cup (8oz.) 12.50 Seafood, shellfish, cream, vegetables & bacon, served with focaccia.

Momma's Tomato Soup (V) Bowl (12oz.) 12 Cup (8oz.) 8.50 Topped with basil pesto & parmesan cream. Served with focaccia.

17

Soup & Salad Combo Choose your salad: Caesar, Garden, Roasted Beet & Arugula or Mediterranean salad + a cup of tomato soup & focaccia. Sub Seafood chowder add: \$3.50

SALADS

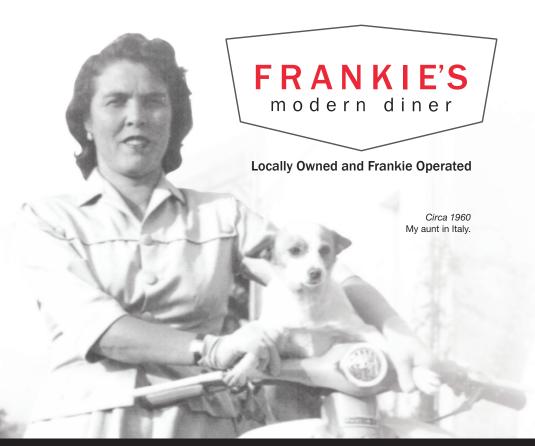
Salads served with focaccia.

Add: $\frac{1}{2}$ Avocado \$5 | Grilled Chicken \$7 | Prawns \$10 | BC Wild Salmon \$10 | Steak \$12

Caesar reg. 15 sm. 10 Romaine, parmesan, creamy anchovy house made dressing & focaccia croutons. Add: Crispy capers \$2 | Bacon \$3 Garden Salad (V) reg. 15 sm. 10 Artisan greens, cucumber, carrots, tomatoes, dried cranberries, toasted pumpkin seeds & honey lemon vinaigrette Mediterranean (√) 17 Artisan greens, peppers, red onion, cucumbers, tomatoes, chickpeas,

Roasted Beet & Arugula (V) 17 Roasted beets, goat cheese, arugula, walnut praline & honey lemon vinaigrette.

grilled zucchini, feta, Kalamata olives, & red wine oregano vinaigrette.



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

to make it a double burger \$7

22.50 Frankie's Deluxe Bacon Cheeseburger Brioche bun topped with lettuce, bacon, tomato, pickles, onion & burger sauce. Add: Mushrooms \$3 | Avocado \$3 or another patty

Garden Burger (V) 22 House-made spiced chickpea and corn patty, onion, arugula, tomato

& tzatziki on a brioche bun. 23 **Grilled Salmon Burger**

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

Diner Lamb Dip 22 Braised lamb shoulder, smoked mozzarella, crispy onions, roasted garlic, rosemary aioli, & au jus.

20 Frankie's Turkey Club Roasted turkey breast, bacon, avocado, tomato, arugula & basil pesto aioli. Add: cheese \$2

Parmesan Chicken Sandwich 23 Crispy Parmesan crusted chicken breast, marinara sauce, mozzarella, bacon, arugula on a brioche bun with mayo.

23 **BBQ Blaze Burger** Buttermilk fried chicken, lettuce, tomato, bbg sauce, cheddar cheese, pickles, bacon & an onion ring on a brioche bun with chipotle mayo.

CASUAL FAVOURITES

Quesadilla (V) 16 Add: Chicken \$5 Bell peppers, black beans, mozzarella & monterey jack cheese. Served with sour cream, salsa and fries. 20

Chicken Tenders & Fries 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: 17 2pcs: 23 Tempura battered Cod served with fries,

apple fennel slaw & tartar sauce.

18 Chicken & Waffle Buttermilk fried chicken tenders on a Belgian waffle with bacon, green onions

and hot & honey syrup. Add: ham, bacon, or sausage for \$5 each. Classic Grilled Cheese & Tomato Soup (V)

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

PIZZAS & STROMBOLI

Roma style pizza just like Frank's mom used to make.

Add Ons... \$2

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

Margherita (V) 20 Marinara sauce, roasted tomatoes, mozzarella & pesto. 21 Pepperoni Pepperoni, mozzarella, 21 Hawaiian Ham, pineapple & mozzarella. 22 Supremo Rosemary & garlic olive oil base, mozzarella & parmesan, Italian sausage. pepperoni, roasted tomatoes, olives and Pepperoncinis. Finished with basil pesto. Vegan Pizza (√) 21 Marinara, mushrooms, artichoke hearts, roasted garlic, red onion, fresh arugula, olive oil & balsamic reduction. 22 **Meat Lovers** Marinara, pepperoni, bacon, Italian sausage, ham & mozzarella. 23 Meatball Stromboli

Gluten free bread & pasta available at \$2 more

Meatballs, marinara sauce, pesto, pepperoncinis & mozzarella.

