FRANKIE'S modern diner

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

BENNY'S

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

Diner Classic — 21 — half: 16.75
English muffin, poached eggs, ham, sweet onions, & our classic hollandaise sauce.

West Coast — 24.50 — half: 18.75
English muffin, poached eggs, lemon cream cheese, smoked salmon, avocado with lemon chive hollandaise & crispy capers.

Tree Hugger — 22 — half: 17.75
English muffin, poached eggs, spinach, roasted tomatoes, roasted red peppers, goat cheese, & basil pesto hollandaise.

Italian Mambo — 22 — half: 17.75
Grilled focaccia, poached eggs, roasted garlic, roasted tomatoes, Italian sausage & basil pesto hollandaise.

PANCAKES / WAFFLES / FRENCH TOAST

Buttermilk Pancakes — 14.75
Served with butter & syrup.
Whipped Cream $2 | Fresh Banana $2 |Chocolate Sauce $2
Blueberry Compote $2 | Fresh Strawberries $3

Churro Style French Toast — 18
Cocoa & cinnamon dusted crispy brioche with fresh strawberries, whipped cream, granola with almonds, & strawberry puree.

Chicken & Waffle — 19.75
Buttermilk fried chicken tenders on a Belgian waffle with bacon, green onions and hot & honey syrup .
Add ham, bacon, or sausage for $6 each.

Belgian Waffle — 18
Whipped cream, blueberry compote & lemon curd.

Banana Split Waffle — 19
Banana, strawberries, whip cream & chocolate sauce.

FOLDED & LOADED

Served with hash browns + toast or pancake.
Substitute fruit for hash browns or toast for an additional $4.

Garden Omelette — 22
Mushrooms, spinach, roasted peppers, roasted tomatoes, & mozzarella.

Meat Lover's Omelette — 22
Bacon, Italian sausage, ham, roasted peppers, mushrooms, cheddar, & mozzarella.

BYO Omelette — 23.75
Pick 4 items MAX.

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

FRANKIE'S modern diner — **Home of the $6 Mimosa (4oz)**

Freshly Squeezed Orange Juice — 8.50 (10oz)

Regular Orange Juice — 6 (10oz)

Aperol Spritz — 12 (1 ½oz)
Prosecco, Aperol, sparkling water and orange wedge.

Frankie's Hugo — 12 (1 ½oz)
St. Germain, Prosecco, lime, mint, soda, splash of 7up.

Sangria — 10 (7oz)
House made red or white sangria.

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

DAILY 7 - 9 AM

Early Riser — 13.95
2 eggs, hash browns, & your choice of ham, sausage, avocado or bacon+ toast or pancake.

FRUITS & GRAINS

Frankie's Oatmeal — 16.75
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 — 17.75
Fresh fruit with yogurt, granola & toast or pancake.

MORNING HANDHELDS

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

Garden Breakfast Sandwich — 19
Grilled focaccia bread, fried egg, avocado, tomato, alfalfa sprouts & basil pesto aioli.

The Breakfast Club — 19
Brioche bun, ham, bacon, fried egg, mayo, cheddar cheese, lettuce & tomato.

Vegan Wrap — 20
House made chickpea patty, tahini sauce, avocado, arugula, alfalfa sprouts, red onion & red peppers.

WORTH WAKING UP FOR

Italian Diner Hash — 23
Hash browns, ham, Italian sausage, smoked bacon, mushrooms, roasted red peppers, green onions, cheddar, mozzarella, 2 poached eggs & hollandaise.

Veggie Hash — 23
2 poached eggs, hash browns, tomatoes, spinach, peppers, mushrooms, goat cheese, avocado, & pesto hollandaise.

Falafel Vegan Hash — 23
Hash browns, falafel fritters, tomatoes, spinach, roasted peppers, mushrooms, avocado & sesame sauce.

3 Eggs Your Way — 16
Add ham, bacon, or sausage for $6 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

Big Deal Breakfast — 24
Ham, 2 bacon, 2 sausages, 3 eggs, hash browns, & toast or a waffle.
Substitute fruit for hash browns or toast/waffle for an additional $4.

Gluten free bread available at $2 more

SIDE KICKS

Egg	$3.50	Single Pancake	$5
Grilled tomatoes	$4.50	Hash browns	$6.50
Side Bacon	$6	Side Fruit	$8
Side Sausage	$6		
Ham steak	$6		
½ Avocado	$5		
Toast	$5		
Patty hash	$6		



Circa 1960
My aunt in Italy.

THINK GLOBALLY • ACT LOCALLY • REDUCING OUR FOOTPRINT

Come in We're LOCAL!

We are committed to being allergy aware and friendly. Please inform your server of any allergy or dietary concerns. If you have any recipe related questions please let us know. **18% gratuity for parties of 8 or more.**

Vegetarian/Plant based menu offerings

Disclaimer - All prices included in this menu do not include applicable taxes.

Lunch menu is available after 11:00am Daily

STARTERS

Frankie's Poutine 13.75
Fries, parmesan, garlic, parsley, beef gravy, bocconcini & mozzarella.

Mozzarella Sticks 14.75
Served with marinara sauce.

Sweet Potato Fries 13
Served with chipotle mayo.

Meatball Poutine 18
Slow cooked meatballs stuffed with bocconcini cheese, fries, Parmesan, mozzarella & marinara.

Chicken Wings 19.75
Crispy salt & pepper wings served with a choice of dipping sauce; hot buffalo, bbq, ranch, or sweet & sour.

Cheesy Flatbread 16
Rosemary garlic oil, parmesan, mozzarella & balsamic reduction. Served with marinara & basil pesto aioli.

Garlic Butter Prawns 18.75
Prawns sautéed with butter, garlic, white wine, cream and parsley. Served with focaccia.

SOUPS

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

Momma's Tomato Soup Bowl (12oz.) 12 Cup (8oz.) 8.50
Topped with creamy basil pesto & served with focaccia.

Soup & Salad Combo 18.75
Choose your salad: Caesar, Garden, Sesame noodle, or Pesto caprese + a cup of tomato soup & focaccia.
Sub Seafood chowder add: $4

GREENS

Add: ½ Avocado $5 | Grilled or Cajun Chicken $7 | Prawns $10 | BC Wild Salmon $11

Caesar reg. 16.75 sm. 12
Romaine, parmesan, creamy dressing, focaccia croutons & focaccia bread.
Add: Crispy capers $2 | Bacon $3

Garden Salad reg. 16.75 sm. 12
Artisan greens, cucumber, carrots, tomatoes, dried cranberries, toasted pumpkin seeds, honey lemon vinaigrette & focaccia bread.

Pesto Caprese 18
Arugula, Tuscan greens, cucumber, cherry tomatoes, bocconcini cheese, chickpeas, olives, pesto vinaigrette, balsamic reduction & focaccia bread.

Sesame Noodle Salad 18
Vermicelli noodles, cabbage, carrots, snap peas, green onions, red peppers, soy roasted almonds, crispy wontons & sesame ginger vinaigrette.

Gluten free bread available at $2 more

LATE RISERS

Garden Breakfast Sandwich 19
Grilled focaccia bread, fried egg, avocado, tomato, alfalfa sprouts & basil pesto aioli.

The Breakfast Club 19
Brioche bun, ham, bacon, fried egg, mayo, cheddar cheese, lettuce & tomato.

Chicken & Waffle 19.75
Buttermilk fried chicken tenders on a Belgian waffle with bacon, green onions and hot & honey syrup .
Add: ham, bacon, or sausage for $6 each.

Belgian Waffle 18
Whipped cream, blueberry compote & lemon curd.

Big Deal Breakfast 24
Ham, 2 bacon, 2 sausages, 3 eggs, hash browns, & toast or a waffle
Substitute: fruit for hash browns or waffle for an additional $4,

FRANKIE'S modern diner

Locally Owned and Frankie Operated

CROWD PLEASERS

Served with your choice of side: fries, house green salad, caesar salad, creamy slaw, or tomato soup. Substitute: Sweet potato fries $3 | Poutine $4 |Cup of seafood chowder $4

Frankie's Deluxe Bacon Cheeseburger 22.75
Brioche bun topped with lettuce, bacon, tomato, pickles, onion, cheddar cheese & burger sauce.
Add: Mushrooms $3 | Avocado $3 or another patty to make it a double burger $8

Vegan Wrap 20
House made chickpea patty, tahini sauce, avocado, arugula, alfalfa sprouts, tomato, red onion & red peppers.

Grilled Salmon Burger 23.50
Grilled wild salmon, served on a brioche bun with tartar sauce, onion, tomato & alfalfa sprouts.

Diner Lamb Dip 23.50
Braised lamb shoulder, mozzarella, buttermilk fried onions, roasted garlic, rosemary aioli, & au jus.

Frankie's Chicken Club 21
Grilled Chicken, bacon, avocado, tomato, arugula & basil pesto aioli on focaccia.
Add: cheese $2

Hot 'n' Honey Crispy Chicken Sandwich 23.50
Buttermilk fried chicken with hot 'n' honey, creamy slaw, pickles & mayo on a brioche bun.

Meatball Sliders (2) 22
Bocconcini stuffed meatballs, mozzarella, basil pesto aioli, arugula & marinara.

Chicken Tenders 20
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: 18.75 2pcs: 24.75
Tempura battered Cod served with fries, creamy slaw & tartar sauce.

Chicken & Waffle 19.75
Buttermilk fried chicken tenders on a Belgian waffle with bacon, green onions and hot 'n' honey syrup. Add ham, bacon, or sausage for $6 each.

Classic Grilled Cheese & Tomato Soup 17.75
Cheddar & mozzarella served with tomato Soup.
Add: Ham $3 | Tomato and Pesto $3 | Bacon $3
Substitute Seafood Chowder $4

FROM THE OVEN

Margherita 21
Marinara sauce, roasted tomatoes, mozzarella & pesto.

Hot 'n' Honey Pepperoni 22
Pepperoni, Italian sausage, pepperoncini & mozzarella. Finished with Hot 'n' Honey.

Vegan Pizza 21
Marinara, mushrooms, roasted garlic, red onion, fresh arugula, olive oil, olives & balsamic reduction.

MIDDAY MAINS

Diner Mac & Cheese 23.75
Add: Italian sausage $5 | Bacon $3 | Mushrooms $3 | Meatball $6
3 cheese baked mac & cheese with parmesan & a focaccia crust.

Spaghetti & Meatballs 24
Bocconcini stuffed meatballs simmered in our marinara sauce with herbs & parmesan.

Sesame Ginger Rice Bowl 26.75
Choice of chicken or prawns + sautéed vegetables over jasmine rice with sesame sauce & a sweet ginger teriyaki sauce. Finished with green onions, sesame seeds and pea shoots.
Substitute: wild salmon filet $3

Vegan Falafel Sesame Ginger Rice Bowl 23.75
Falafel fritter, sautéed vegetables over jasmine rice with sesame sauce & a sweet ginger teriyaki sauce. Finished with green onions.

Chicken Parmesan 29.75
A crispy parmesan crusted chicken breast topped with marinara & mozzarella. Served with creamy linguine & caesar salad

Gluten free bread available at $2 more

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