

# BREAKFAST



15 acacia place  
abbotsford  
www.frankiesays.com.au

HAVE A  
WONDERFUL DAY!

## SWEETS

See display or ask your waiter

Fresh Muffins / Assorted Pastries

House Baked Cookies / Brownies

### TOASTED SOURDOUGH 6

Ask for choice of spreads

Add for \$5:

Chunky avocado

### FRUIT TOAST 10

With a side of butter

### TOASTED SANDWICHES 11

Ham, melted cheese & tomato

Add for \$3:

Avocado

### EGGS ON TOAST YOUR WAY 11

Add ons for \$6:

Chunky avocado, chicken & chive sausage, truffled mushrooms, grilled tomato, double smoked bacon, spinach, house cured salmon, grilled halloumi

As well as these for \$3:

Extra egg, hollandaise, gluten free bread

### SMOKED BACON BRIOCHE BURGER 18

With cheese, relish & chunky avocado

### NDUJA BENNY 22

Two poached eggs, crispy bacon, nduja toasted bread & cider hollandaise

### CHEESE OMELETTE 21

Melted cheese with tomato, fresh basil, balsamic glaze, red pepper harissa, toasted sourdough

### GREEN BOWL (V) (VG OPTION) 21

Broccolini, spinach, asparagus, chunky avocado, two poached eggs, toasted nuts & seeds

### EGGS ATLANTIC 23

Two soft poached eggs, house cured salmon, lemon avocado & dukkah spice on sourdough toast

### VEGAN PANCAKES (VG) 20

Fresh seasonal stone fruits, maple syrup, chocolate wafers & vanilla yogurt

## COFFEE

Want it in a mug?  
+0.5

Caffeine (Hot or Iced)	4.5	Vanilla	+1
Turmeric Latte	5	Bonscy Milk	+0.5
Chai Latte	5	Lactose Free Milk	+1
Green Matcha Latte	5	Almond Milk	+1
		Oat Milk	+1

# LUNCH



15 acacia place  
abbotsford  
www.frankiesays.com.au

**WANT WIFI?  
buyadrinkfirst**

## CHICKEN CLUB SANDWICH 20

*With crispy bacon, melted cheese, mayo slaw & chips*

## SEAFOOD HEAVEN (GF) 36

*Fish of the day, cajun spiced calamari (fried or grilled), king prawns, lime butter shell scallops, fresh lemon, aioli & chips*

**Frankie Says this goes well with a Breheny Bros. Sparkling Bitters**

## LAMB BURGER 21

*Brioche bun with smoked cheese, caramelised onion, harissa & mayo slaw with rustic chips*

## CHICKEN BAO BUNS (3) 18

*Korean style fried chicken, fresh vegetables & herbs, with crushed peanuts & sweet potato fries*

## VEGGIE BURGER (V) (VG OPTION) 20

*Veggie patty with chips, chunky avocado, house made tomato chutney, lettuce & melted cheese*

## STEAK POWER BOWL 26

*Sirloin strip, black beans, saffron rice, roasted vegetables, fresh herbs & salsa*

## SUPER LAMB SALAD 25

*Moroccan spiced lamb, spinach, beans, quinoa, rice, toasted nuts, & broccolini with almond dressing*

## VEGGIE SALAD (V) 19

*Spinach, asparagus, broccolini, beans, salsa, quinoa, rice, toasted nuts, seeds & almond dressing*

**Add for \$6:**

*Chicken or cured salmon*

**Add for \$3:**

*Poached egg*

### TO SHARE

<b>HOT CHIPS</b>	10
<i>With tomato sauce or aioli</i>	
<b>HALLOUMI FRIES</b>	15
<i>With aioli</i>	
<b>SWEET POTATO FRIES</b>	12
<i>With aioli</i>	
<b>CHICKEN KARAAGE</b>	16
<i>With kewpie mayo</i>	

### FOR LITTLE FRANKIE

<b>CALAMARI &amp; CHIPS</b>	11
<b>VANILLA PANCAKE WITH MAPLE</b>	11
<b>CHEESE TOASTIE</b>	10
<b>GRILLED CHICKEN &amp; CHIPS</b>	11

<b>SOFT DRINKS</b>	<b>Mount Franklin Sparkling Water</b>	5	<b>SOFT DRINKS</b>
	<b>Coke 330ml</b>	4.5	
	<b>Coke No Sugar 330ml</b>	4.5	
	<b>Sprite 330ml</b>	4.5	
	<b>Cascade 330ml</b>	4.5	
	<i>Lemon Lime Bitters / Soda / Ginger Beer</i>		
	<b>Soda Press Co.</b>	6	
	<i>Old Fashioned Lemonade / Ginger Ale / Pink Grapefruit / Blueberry + Lime</i>		

# DRINKS

## FRESH SMOOTHIES 13

### BAHAMA

Mango, passionfruit, coconut, flaxseeds, turmeric, banana & vanilla bean

### EVERGREEN

Kiwi, kale, spinach, pineapple, spirulina, coconut, mint & orange juice

### AMAZONIAN

Acai, blueberries, pomegranate, goji berries, brazil nut, chia seeds & banana

### POWER BREAKFAST

Banana, peach, oats, cacao nibs manuka honey, cinnamon & dates

### HELENA

Strawberries, dragonfruit, goji berries, pink himalayan salt & dates

## ORGANIC WELLNESS TEAS 5

### DEEP BREATHE

Echinacea, peppermint, marshmallow root, sweet orange peel and plantain

### HIBERNATE

Chamomile, passionflower, lavender, lemon balm, peppermint and liquorice

### IMMUNITY

Echinacea, elderflower, calendula petals, cinnamon, hibiscus and rosehip

### INVIGORATE

Lemongrass, ginger, cinnamon, lemon peel, lemon myrtle

### PURIFY

Nettle leaf, spearmint, dandelion root, calendula petals and milk thistle

### REJUVINATE

Tulsi, lemongrass, rose petals and lemon myrtle

### SERENITY

Chamomile, linden, rose petals, lavender, spearmint and lemon balm

### VITALITY

Peppermint, spearmint, siberian ginseng and sweet orange peel, liquorice and astragalus

## ICED DRINKS & MILKSHAKES 7.5

# ALCOHOL

## MIXERS 17

We also do jugs! \$38

### APEROL SPRITZ

Aperol, prosecco, fresh orange & soda

### TEQUILA SUNRISE

Triple sec, grenadine, squeezed lemon, orange & cherry

### PIMMS

Vodka, ginger beer, old fashion lemonade & fresh cucumber

### BLOODY FRANKIE (MARY)

Vodka, tomato juice, hot sauce & worcestershire with fresh lemon

## SOME BUBBLES

### NV RUGGERI PROSECCO

9/45

Prosecco cartizze

## WINES

### CRESCENDO PINOT NOIR CHARDONNAY

10/40

Castello Estate

### ASHBROOK SAV BLANC

9/42

Margaret River WA

### HENRIETTA ROSE

9/38

Heathcote VIC

### RANGARILLA ROAD SHIRAZ

10/45

McLaren Vale

### FRANKIE SAYS RED

7/28

Sangiovese

## BEER & LIQUOR

### CARLTON DRAUGHT

7

### COBURG LAGER

8

### PENTRIDGE PALE ALE

10

### CROWN LAGER

9

### SON OF A GUN IPA

10

### MOUNTAIN GIN & TONIC

10

### MAKERS MARK

10

### BREHENY BROS SPARKLING BITTERS

8

### BREHENY BROS STOUT

9

Brehehy Bros Stout & Bitters available on tap from the bar

