

**FIRST WE EAT, THEN
WE DO EVERYTHING ELSE.**



#CATCHUPATFRANKIES | FRANKIESFOODFACTORY.COM

BREAKY PLATES & GREATS

SERVED UNTIL 11:30AM

- house toast**   7
- soy & linseed - raisin
- organic sourdough - gluten free
- white - activated charcoal bagel
served w/ a side of butter (jam/vegemite/peanut butter +1 | nutella +2)
- homemade date scones**  8
served w/ triple berry jam & fresh cream
- fruit & nut loaf**  7
toasted & served w/ butter
- banana bread**  7
toasted w/ butter
- açaibowl**  20
w/ seasonal fruit, chia seeds, hemp seeds, crushed almonds, granola & coconut
- polenta porridge (vegan)**   19
polenta infused w/ almond vanilla, maple syrup, poached rhubarb & berry compote w/ roasted pistachio
- frankie's french toast** 16
topped w/ caramelised banana, butterscotch sauce & double cream
- savoury muffin**   9
spinach, pumpkin, rosemary feta, spanish onion & mozzarella
- avocado & feta smash**   18
fresh avocado, rosemary feta, poached free range eggs & pickled onions on organic sourdough toast (bacon +3 | salmon +5)
- eggs benedict**  16
poached free range eggs, baby spinach & hollandaise on organic sourdough toast (bacon +3 | salmon +5)
- chorizo hot pot**   22
w/ free range eggs, spinach, shallots, onion & tomato, served w/ organic sourdough toast (add rosemary feta +4)
- sujuk omelette** 20
w/ sujuk, rosemary potatoes, spring onions, sautéed mushrooms, confit cherry tomatoes, persian feta & mozzarella served w/ toasted organic sourdough
- superfood green bowl**   21
zucchini, avocado, asparagus, broccolini, cucumber, edamame, green beans, brown rice & quinoa w/ pesto & 2 poached free range eggs (add halloumi +4)
- veggo breakfast**  18
2 poached free range eggs, asparagus, rosemary feta, avocado & semi-dried tomato w/ organic sourdough toast (add hummus & falafel +7)
- big breakfast** 27
2 fried free range eggs, bacon, mushrooms, sausage, halloumi, roasted tomato, spinach, hash browns & organic sourdough toast

ADD YOUR EXTRAS

free range egg	3	halloumi	4
hash brown	2	bacon	3
grilled tomato	2	chorizo	5
semi-dried tomato	2	pork belly	5
mushrooms	3	smoked salmon	5
baby spinach	3	avocado	4
hollandaise sauce	3	rosemary feta	4

FRANKIE'S IS

pet friendly

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BREAKY BRUSCHETTA

SERVED UNTIL 11:30AM

- fruit & ricotta bruschetta**   17
organic sourdough toast w/ fresh strawberries, blueberries, ricotta, toasted hazelnuts & pomegranate drizzled w/ honey
- black fig bruschetta**   17
fruit & nut toast w/ mascarpone cream cheese, caramelised fig, blackberries, pomegranate, honey & walnuts
- brunch bruschetta**   17
organic sourdough toast w/ zaatar, avocado, heirloom tomatoes, chilli labneh, pomegranate, flaked almonds, fresh mint & extra virgin olive oil (add a poached free range egg +3)
- pesto bruschetta**   17
organic sourdough toast w/ heirloom tomato salsa, avocado, rosemary feta, poached free range egg, pesto & balsamic glaze
- chickpea bruschetta**   16
soy & linseed toast w/ avocado, hummus, spicy 'nduja salame, rosemary feta, roasted chickpeas, pickled onions & poached free range egg
- reuben "hurricane"**  19
grilled organic sourdough w/ corn beef, white slaw, spanish onion, pickles, honey mustard & red cheddar served w/ fries



Pancakes

SERVED UNTIL 11:30AM

- sourdough pancakes**   19
w/ a berry compote, cream, yoghurt, crushed pistachios & rice malt syrup
- triple stack pancakes**   17
w/ maple syrup, cream, fresh fruit & choc drops
- double stack banana pancakes**  18
caramelised bananas w/ butterscotch & white chocolate sauce, served w/ vanilla gelato & peanut brittle flakes
- mixed berry cream cheese crepes**  15
w/ mascarpone cream cheese & a mixed berry compote

BREAKY BURGERS & CO.

SERVED UNTIL 11:30AM

- bacon & egg burger**  16
bacon, fried free range egg, melted cheese & bbq sauce served w/ hash browns
- breakfast burger** 19
w/ pork belly, fried free range egg, red onion, melted cheese, coriander & chilli mayo served w/ hash browns
- breakfast wrap**  17
free range scrambled eggs, bacon, cheese, avocado, spring onion, spicy 'nduja salame & bbq sauce served w/ hash browns

 AVAILABLE ALL DAY  REQUEST GLUTEN FREE OPTION  VEGETARIAN DISH  SPICY DISH

All care is taken, however trace amounts of ingredients may be present. If you suffer from a food allergy or intolerance please let us know upon placing your order.



Fish may contain small bones.

PLEASE NOTE: A 10% SURCHARGE APPLIES ON SUNDAYS & PUBLIC HOLIDAYS.

 #FRANKIESFOODFACTORY  /FRANKIESFOODFACTORY



starters 'n sides

SERVED FROM 11:30AM

- 9 **garlic ciabatta** 
oven-baked ciabatta w/ garlic butter
- 11 **cheesy loaded fries** 
w/ bacon, onion, melted cheddar & aioli
- 14 **pulled pork loaded fries** 
fries w/ pulled pork, cheese, spring onion, bbq sauce & sour cream
- 9 **frankie's fries**  
w/ your choice of harissa mayo or tomato sauce
- 13 **sweet potato fries & feta**  
sweet potato fries sprinkled w/ rosemary feta & sumac
- 15 **camembert melts** 
fried camembert w/ cranberry dipping sauce
- 16 **croquettes** 
arborio rice, spicy 'nduja salame, rosemary feta & mozzarella served w/ napoletana sauce
- 16 **mozzarella hot pot** 
gratinated fior di latte mozzarella, spicy 'nduja salame & chorizo, served w/ crispy lebanese bread & za'atar
- 18 **classic beef nachos**
w/ homemade chilli con carne, jalapeños, melted cheese, sour cream, guacamole, tomato salsa & shallots
- 20 **poke tuna nachos**
marinated tuna sashimi, avocado, coriander, shallots, sesame seeds, sweet soy sauce, siracha aioli & white truffle sauce on crispy wontons
- 17 **prawn taco**
tempura prawns, red cabbage, onion & shallots w/ lime chilli mayo
- 17 **calamari fritti**
calamari w/ zucchini fries, served w/ aioli, shallots & fresh chilli

BAGELS

SERVED ALL DAY

- 19 **za'atar bagel** 
za'atar, hummus, truffle burrata, avocado, sesame seeds & chives on an activated charcoal bagel (add free range scrambled egg +3)
- 17 **smoked salmon bagel**
w/ cream cheese, onion, crispy capers & dill on an activated charcoal bagel
- 17 **chicken bagel**
w/ chicken, mozzarella, avocado & red onion on an activated charcoal bagel
- 17 **raspberry bagel** 
w/ mascarpone cream cheese, pomegranate & dehydrated raspberries on an activated charcoal bagel



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BURGERS & CO.

SERVED FROM 11:30AM

- 9 **pulled pork sliders (3)** 19
slow cooked bbq pork w/ homemade slaw, served w/ fries
- 11 **frankie's cheeseburger (single or double patty)** 21 / 27
wagyu beef burger w/ melted cheese, pickles, onion, tomato sauce & american mustard, served w/ fries (add bacon +3)
- 14 **i'll be back burger (single | double | triple)** 21 / 27 / 32
wagyu beef burger w/ tomato, butter lettuce, pickles, melted cheese & caramelised onions w/ frankie's sweet & spicy sauce served w/ fries (add bacon +3)
- 13 **chicken burger** 22
crispy chicken fillet w/ tomato, butter lettuce, cheese, red onion, fries & harissa mayo, served w/ fries (add bacon +3)
- 15 **did you say steak...sangawich?**  22
eye fillet, american cheddar, bbq caramelised onion, tomato, lettuce, beetroot relish & pickled mustard mayo on a fresh baguette, served w/ fries (add free range egg +3)
- 16 **chicken wrappy** 19
frankie's special marinated chicken w/ melted cheese, onion, avocado, lettuce, tomato & chilli mayo, served w/ fries
- 18 **falafel wrap**  19
w/ pickles, tomato, red onion, pickled turnips, pickled green chilli & tahini, served w/ fries
- 20 **shawarma wrap** 19
garlic marinated beef w/ caramelised onion, cheese, tomato, lettuce & tahini chilli sauce, served w/ fries

SALADS & BOWLS

SERVED FROM 11:30AM

- 19 **beetroot berry salad**   19
peppery rocket, roasted beetroot, halloumi, pickled onion, roasted almonds & dehydrated raspberries, w/ a raspberry dressing (add chicken +7)
- 23 **keto orange & salmon salad**  23
grilled atlantic salmon, fennel, red onion, orange slices, parsley, mint, pomegranate & roasted almonds w/ a greek yoghurt & dill dressing
- 21 **chicken salad**  21
marinated chicken, sunflower seeds, spanish onions, pea sprouts, pickled turnips, rosemary feta, roasted almonds, grilled carrots, quinoa & linseeds
- 20 **halloumi quinoa salad**   20
halloumi, quinoa, spanish onion, roasted cauliflower, spinach, avocado, brown rice & sunflower seeds (add chicken +7)
- 23 **burrata salad**  23
w/ fresh burrata, heirloom tomatoes, micro basil, olive oil, sumac & tomato hondashi dressing served w/ a toasted crisp
- 25 **hoke poke bowl**  25
fresh cured salmon, wasabi peas, edamame, coriander, cabbage, pickled carrot, avocado, wakame, charred spring onion, black & white sesame served w/ brown rice & a mint ponzu dressing
- 23 **falafel vegan bowl (vegan)**  23
falafel, mint, parsley, cabbage, heirloom tomatoes, kale, pomegranate, pickled onion, pickled turnip, pickled cucumber, quinoa, corn, avocado crispy chickpeas, pine nuts & hummus, served w/ tahini dressing

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SEAFOOD

SERVED FROM 11:30AM

- frankie's fish** 28
lightly fried flathead fillet served w/ a parsley, mint, caper, dill & raddish salad, fries & tartare sauce
- atlantic salmon** 29
w/ ratte potatoes, organic green peas, gem lettuce, watercress & hollandaise sauce

protein & more

SERVED FROM 11:30AM

- dukkah schnitzel (contains nuts)** 24
crumbed dukkah chicken served w/ fries & mushroom sauce
- baby back ribs** 28
american style pork ribs basted w/ smokey bbq sauce, served w/ fries
- lamb shank** 29
slow cooked lamb shank served w/ pistachio & raisin bell pepper couscous & pomegranate
- prawn falafel** 27
fresh king prawns in falafel served w/ charcoal tahini & a pomegranate parsley mint & onion sumac salad

SKEWERS

SERVED FROM 11:30AM

- bbq lamb skewers** 28
marinated lamb w/ capsicum & onion, served w/ hummus, flat bread & fries
- chicken skewers** 27
marinated chicken breast, served w/ fries, flat bread & garlic dip

PEOPLE WHO LOVE TO EAT ARE ALWAYS
THE BEST PEOPLE

Julia Child



AVAILABLE
ALL DAY



REQUEST GLUTEN FREE
OPTION



VEGETARIAN
DISH



SPICY
DISH

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PASTA & RISOTTO

SERVED FROM 11:30AM

- bufala pachino pasta** 22
spaghetti w/ extra virgin olive oil, heirloom tomatoes, bufala mozzarella, basil, garlic & chilli (gluten free +2)
- chilli carbonara** 22
fettuccine w/ a free range egg, spicy 'nduja salame, chives, truffle & pecorino
- lamb ragu bianco** 22
pappardelle w/ slow cooked lamb ragu in a bianco sauce (napoletana sauce optional)
- black squid ink pasta** 24
prawns, vongole, spicy 'nduja salame & confit cherry tomatoes, w/ black squid ink pasta
- frankie's fresh pasta** 24
fettuccine w/ prawns, basil, garlic, mushrooms & chilli in a white sauce (gluten free +2)
- pappardelle crab** 25
pappardelle w/ fresh blue swimmer crab meat in a lemon butter & white wine sauce w/ chives (gluten free +2)
- mushroom & leek risotto** 21
mushroom, leek, truffle, onions & parmesan w/ a touch of cream & crispy parsley

KIDS MEALS

SERVED ALL DAY

- fresh fruit plate** 13
w/ seasonal fruit & yoghurt
- pancake sliders** 12
mini pancakes w/ fresh strawberries, banana & nutella (add vanilla gelato +2)
- scrambled eggs** 8
served w/ toast & tomato sauce (add bacon +3)
- grilled cheesy** 10
melted cheese toastie, served w/ hash browns
- spaghetti bowl** 11
spaghetti w/ napoletana sauce & cream cheese
- schnitzel strips** 13
crumbed chicken breast served w/ fries & tomato sauce
- fish 'n chips** 13
battered flathead fillet served w/ fries & tomato sauce
- mini cheeseburger** 11
served w/ fries & tomato sauce
- nuggets 'n chips** 13
chicken nuggets served w/ fries & tomato sauce
- ribs 'n chips** 14
american style bbq pork ribs served w/ fries & bbq sauce
- kids vanilla soft serve gelato (cup or cone)** 4
- add toppings** 0.5
flake, mnm's, gummy bears, 100s & 1000s, oreos, coconut, marshmallows

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DESSERT

ALL DAY

donut fries donut fries, served w/ belgian chocolate dipping sauce	15
fried oreo stacks tempura oreos dusted w/ icing sugar & served w/ vanilla gelato	15
salted caramel pretzel filled w/ salted caramel served w/ vanilla gelato & white chocolate sauce	15
apple & cranberry crumble baked strudel crust, apples, cranberries, cafe vanilla ice cream served w/ a creamy butterscotch sauce	15
caramel brownie sundae vanilla gelato w/ chocolate brownie, peanuts & salted caramel popcorn	15
cookies 'n cream churros cookies & cream churros made w/ oreo cookies & filled w/ oreo icing cream, topped w/ a sugar crumb, served w/ white chocolate dipping sauce	16
willie's waffle a warm belgian waffle served w/ bananas, strawberries & blueberries, w/ belgian chocolate sauce & vanilla gelato	16
dessert burger & fries hand rolled churro pastry buns filled w/ pistachio, persian cotton candy, fresh strawberries, nutella & lolly snakes, served w/ donut fries	18
frankie's sweet platter donut fries, one willy waffle, cookie's 'n cream churros & a salted caramel pretzel, served w/ vanilla gelato, chocolate sauce & choc drops	28

CHECK OUR CAKES, PASTRIES & GELATO AT THE FRONT COUNTER

Gluten free and vegan desserts and gelato available!

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SOMETHING HOT

espresso	4	belgian hot chocolate	5 / 6
macchiato	4	served w/ marshmallows	
piccolo	4	nutella hot chocolate	6
latte	4 / 5	served w/ whipped cream & marshmallows	
flat white	4 / 5	flamingo hot chocolate	6
cappuccino	4 / 5	served w/ whipped cream, marshmallows & sprinkles	
long black	4 / 5	loaded hot chocolate	9
mocha	4 / 5		
chai latte	4 / 5		
tumeric chai latte	5 / 6		
organic coconut spirulina latte	5 / 6		
activated chai charcoal latte	5 / 6		
cardamom chai latte	5 / 6		
organic tea	4.5		
earl grey			
camomile			
english breakfast			
peppermint leaf			
lemon grass & ginger			
green			
		EXTRAS	
		decaf	1
		soy milk	1
		lactose free milk	1
		almond milk	1
		extra shot flavoured syrups	1
		vanilla / caramel / hazelnut	

SOMETHING COLD

milkshakes	5 / 6	fresh lemonade	7
chocolate		served w/ fresh mint	
strawberry		rose vanilla lemonade	7
caramel		fresh coconut water	8
vanilla		whole fresh coconut	
banana		organic kombucha	7
nutella		soft drinks	5
coffee		coke	
peanut butter caramel		coke no sugar	
(add malt + 1 make thickshake +3)		diet coke	
loaded milkshakes	16	sprite	
vanilla oreo smash		lift	
nuts 4 nutella		fanta	
salted caramel craze		lemon, lime & bitters	
peanut butter honeycomb		ginger beer	
kids loaded milkshakes	12	iced tea	6
cheeky chocolate		peach / lemon	
strawberry surprise		sparkling juice	5
vanilla slice		appletiser / grapetiser	
crazy caramel		still/sparkling water	8
iced drinks	8	apani premium australian 250ml	5
coffee / chocolate / mocha		apani premium australian 500ml	7
smoothies	8	kids apple/orange juice	3.5
mixed berry			
banana			
mango			
strawberry			
avo-keto			
spiders	8		
your choice of soft drink served w/ vanilla gelato			
slushies	7		
watermelon & lyche / lemon & mint			

freshly squeezed juice

MADE FRESH DAILY



green machine

kale, pear, cucumber, ginger & lemon

8



those melons

watermelon, rockmelon, strawberry, mint & green apple

8



pink lady

watermelon, rhubarb, pink lady apple, pear & lime

8



carrot ginger

carrot, apple & ginger

8



passion

coconut water, banana, mango, orange & passionfruit

8



orange

fresh orange juice

8



just fruits

orange, pineapple, watermelon & lime

8



immune booster

orange, apple, lemon & ginger

8



pineapple

fresh pineapple juice

8

ONE CANNOT THINK WELL, LOVE WELL, SLEEP WELL,

IF ONE HAS NOT DINED WELL

Virginia Woolf

alcoholic drinks

cider 8
sommersby apple

beer
asahi dry 9
cricketers arm pale ale 9
peroni 9

sparkling & champagne
craig moor sparkling rosé nv 200ml 8
la gioiosa prosecco 8 / 29

wines (glass/bottle)
2016 Fantini Series Italy Pinot Grigio 9 / 34
2015 Lawson's Dry Hills Marlborough NZ Sav Blanc 12 / 47
2015 Farnese Italy Rosé 8 / 27
2016 Star Bay SA Pinot Noir 8 / 25
2015 Silver Barossa Shiraz 11 / 40

cocktails
espresso martini 15
coffee lovers this one's for you. when you need a pick me up w/ a little extra

blue goose 15
this fruity colourful cocktail will make your taste buds sing

french martini 15
for the lovers of raspberries, honey, vanilla, citrus & herbs, garnished w/ fairyfloss

passionito 15
a combination of citrus & sweet flavours for the person who can't decide

bloody mary 15
fresh w/ a whole 'lotta kick

mimosa 15
sparkling wine & orange juice, when it might be just a little too early

SERVICE OF ALCOHOL WILL BE IN ACCORDANCE WITH THE NEW SOUTH WALES RSA LEGISLATION

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