

WEEKEND BRUNCH SATURDAY AND SUNDAY

FORAGER BOWL **V/GF**

Roasted wild & cultivated mushrooms, plant-based parmesan, spinach, blistered tomatoes, griddled potatoes, tarragon hollandaise and a choice of poached farm pastured egg OR grilled avocado.

19³/₄

RASPBERRY CHEESECAKE

FRENCH TOAST **V**

Egg-free french toast, fresh raspberries, whipped cream cheese, raspberry maple syrup

16¹/₂

SMOKED CARROT "LOX" ON TOAST **V/GFO**

Plant-based feta, dill, capers, pickled red onion, nori crispy potatoes, organic greens

18³/₄

CHORIZO RANCHERA BOWL **V/GF/O**

Made from scratch plant-based chorizo sausage, roasted beets, potatoes, sweet corn salsa, tofu cotija, chili sauce

22³/₄

- ♦ Add a farm run egg OR grilled avocado

3 or 4

BOOZEY BOOZE

- ♦ Bottle of The Hatch 'Octobubble' Sparkling Rosé 45
- ♦ Bloody Frankie Vegan Caesar 10z 13¹/₂
- ♦ Hot or Iced Coffee + Housemade Vegan Bailey's 2oz 10¹/₂
- ♦ "Pamela" Passionfruit Mimosa 3oz 14¹/₂
- ♦ Frappé - rotating flavours 14¹/₂

WING WEDNESDAY

CAULIFLOWER WINGS **V/GF**

13 each

- ♦ Chili Lime
- ♦ Nashville Hot 'n Sticky
- ♦ Maple Garlic

COMBO DEAL! **V**

74

2 wings, 2 burgers, salad, fries and 2 beers

BOOZEY BOOZE

- ♦ All beers 8
- ♦ Bloody Frankie Vegan Caesar 10z 13¹/₂
Fresh pressed carrot juice, tomato, pink peppercorns, crispy nori & vodka

SUSHI SUNDAY

SUSHI **V/GF**

13

- ♦ Smoked Carrot + Avocado Roll
- ♦ Butternut Squash Tempura Roll
- ♦ Portobello Crunch Roll
- ♦ Crispy Beet "Tuna" Oshi Sushi

9

SUSHI SIDES **V/GFO**

- ♦ Garden Leek Gyoza
- ♦ Charred Broccoli Gomae

SUSHI COMBO **V/GFO**

42

2 rolls + 2 sushi sides

SUSHI DRINKS

- ♦ Hakutsuru Junmai Sake 17
- ♦ BNA Wolverine Lager 6
- ♦ Mt Boucherie "Mt Bubbles" Sparkling Wine 6oz 11
- ♦ Organic Cherry Blossom Tea 4

GF = GLUTEN FREE
GFO = GLUTEN FREE OPTION
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HAVE A DRINK

ALL OF OUR DRINKS ARE VEGAN.

FRESH JUICES (12oz)

LIQUID SUNSHINE JUICE 9³/₄

Pineapple, carrot, grapefruit, lemon, ginger, turmeric

DR. GREENLOVE JUICE 9³/₄

Spinach, celery, cucumber, lime, organic Scenic Road apple

STRAWBERRY PASSION FRUIT 9³/₄

Strawberry, passion fruit, coconut water, lemon

FRANKIE'S LEMONADES 6

Made from scratch

- Turmeric Ginger
- Strawberry Mint
- Grapefruit Rosemary

FRANKIE'S SUGAR FREE SODAS 6

Sweetened with house-made monkfruit syrup

- Orange Blossom Lime
- Elderberry Lemon

SAJIVA KOMBUCHA (12OZ) 6

- Rotating Tap

COCONUT WATER 6

CRAFT SODAS 6

Botanically brewed

- Fentimans Ginger Beer
- Boylan Natural Cola

ICED COFFEE 6

Tug 6 coffee, creamy oat milk, shaken over ice with simple syrup.

or sugar free monkfruit syrup

- Add house made chai OR vanilla syrup 1¹/₂
- Sub sugar-free house monkfruit syrup 2

ORGANIC APRICOT ICED TEA 6

Shaken over ice with simple syrup

- Sub sugar-free house monkfruit syrup 2

HOT

TUG 6 CRAFT COFFEE 5

- Add house made vegan Baileys 2oz 4¹/₂
- Add house made chai OR vanilla syrup 1¹/₂

LOCAL CHAIBABA TEA 4³/₄

Rotating flavours (may contain nuts)

BC VQA WINE

WHITE

	6oz	9oz	750ml
KETTLE VALLEY • 2022 Pinot Gris	11 ³ / ₄	17	45 ¹ / ₂
HILLSIDE • 2022 Heritage Viognier	—	—	49 ¹ / ₂
LA STELLA • 2023 Leggiero Chardonnay	14	20 ¹ / ₄	54
BENCH 1775 • 2019 Reisling	11 ³ / ₄	17	45 ¹ / ₂
CLOS DU SOLEIL • 2022 Sauvignon Semillon	—	—	49 ¹ / ₂

ROSÉ

UNSWORTH • 2022 Provence Style Rosé	11 ³ / ₄	17	45 ¹ / ₂
PHANTOM CREEK • 2021 Biodynamic Rosé	—	—	51 ³ / ₄

RED

MODEST WINES • 2021 'By Jove' Sangiovese	11 ³ / ₄	17	45 ¹ / ₂
DA SILVA • 2021 Pinot Noir	14	20 ¹ / ₄	54
FAIRVIEW • 2021 Buckets o' Blood	—	—	59
LE VIEUX PIN • 2022 Syrah Cuvée Violette	—	—	65 ¹ / ₂

BUBBLES

MT. BOUCHERIE • 'Mt Bubbles' Frizzante	11 ³ / ₄	—	45 ¹ / ₂
TANTALUS • 2019 Blanc De Blancs	—	—	59
THE HATCH • 2022 'Octobubbles' Sparking Rosé	—	—	46 ¹ / ₂

BC BEER + CIDER

	12oz	20oz
CRANNOG ALES, Sorrento BC 5.2% Backhand of God Stout	6	9 ³ / ₄
VICE & VIRTUE, Kelowna BC 4% Love Potion Raspberry Berliner Vice	6	9 ³ / ₄
33 ACRES, Vancouver BC 6.5% Fluffy Cloud Hazy IPA	6	9 ³ / ₄
NEIGHBOURHOOD, Penticton BC 5% Flightless Bird NZ Pilsner	6	9 ³ / ₄
SCENIC ROAD CIDER, Kelowna BC 6.5% Every Day Apple Cider	7	10 ³ / ₄
STRANGE FELLOWS, Delta BC 5.5% Guardian IPA	8 ³ / ₄ (473ml)	
FOUR WINDS, Delta BC 5.5% Nectarous Dry Hopped Sour	8 ³ / ₄ (473ml)	
ABANDONED RAIL, Naramata BC 5.7% Marzen Amber Lager	7 (355ml)	
NOMAD, Summerland BC 6.5% Pear Cider	12 (500ml)	
DAGERAAD BREWING, Burnaby BC 5% Amber Ale	8 ³ / ₄ (473ml)	
WHISTLER BREWING, Whistler BC 5% Forager Gluten Free	6 ³ / ₄ (355ml)	
BNA BREWING, Kelowna BC 4.8% 76 Wolverine Lager	7 (355ml)	
PARTAKE BREWING, Calgary AB 0% Non-Alcoholic Hazy IPA	7 (355ml)	

TO START & SHARE

MARKET SOUP GFO	9/11
Served with grilled sourdough	
CHICKPEA FRIES GF	14¹/₂
Served with wasabi pea mayo	
MISO CARROT HUMMUS GF	15
Sesame crackers, chamomile honey gastrique, edamame, radish, green onion	
SWEET CORN QUESO GF	16³/₄
Creamy cashew cauliflower dip, with grilled peppers, smoky corn, chipotle black beans and house-made chili lime chips	
TRUFFLE PARMESAN POPCORN GF 7	
Organic, plant-based, popped fresh to order	

SALADS

CRISPY ARTICHOKE CAESAR SALAD GF	14/22
Crispy artichokes, charred broccoli, leccino olives, parmesan breadcrumbs, your favourite Frankie's caesar dressing	
BUTTERNUT SQUASH SALAD GF	14/22
Butternut squash, roasted grapes, feta cheese, red onion, pumpkin seeds, preserved lemon and white balsamic vinaigrette	

LUNCH SPECIAL UNTIL 3PM

ANY 2 PLUS A CRAFT LEMONADE	23
ROASTED SQUASH SANDWICH**	
FRANKIE CHEESEBURGER**	
MEXICAN STREET CORN BURRITO**	
BUFFALO CAULIFLOWER WRAP**	
CRISPY ARTICHOKE CAESAR SALAD GF	
BRUSSELS SPROUTS SALAD GF	
BUTTERNUT SQUASH SALAD GF	
SKINNY SESAME FRIES GF	
MARKET SOUP GF	

** +\$6 if ordered together

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MARKET FRESH SHEET

KOREAN FRIED MUSHROOM TACOS GF	16¹/₂
Fried enoki mushrooms, yangnyeom sauce, lime crema, pickled daikon, sesame, green onion	
BRUSSELS SPROUTS SALAD GF	14/22
Brussels sprouts, roasted potato, cucumber, apple, chili citrus dressing	
SINGAPORE LAKSA GF	23
Rich laksa broth, rice noodles, tofu, roasted yams, broccoli, radish, red cabbage, chili oil, green onion	

KATSU GOLDEN CURRY GF	24
Sticky rice, crispy tofu cutlet, golden curry sauce, bok choy, roasted baby carrots, garlic chili crunch, green onion, pickled radish	
CHORIZO RANCHERO BOWL GFO	22³/₄
Made from scratch plant-based chorizo sausage, roasted beets, potatoes, sweet corn salsa, tofu cotija, tomato, chili sauce	
FRANKIE CHEESEBURGER	22³/₄
House-made mushroom patty, plant-based cheese, awesome sauce, lettuce, tomato, kettle cooked chips, served with sesame fries OR organic greens	

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ROASTED SQUASH SANDWICH	22³/₄
Roasted acorn squash, fresh apple, melted cheese, rosemary mayo, lettuce, pickled zucchini	
♦ Add sliced avocado	4
BUTTERNUT SQUASH CORTECCE GFO	24³/₄
Crispy chickpeas, fresh arugula, sage hazelnut pesto, butternut cream sauce, parmesan	
♦ Gluten-free pasta	2
WEST COAST AVOCADO BOWL GF	22³/₄
Grilled avocado, sticky brown rice, cherry tomatoes, Thai basil, sauteed napa cabbage, red cabbage, crispy chickpeas, cashew edamame crunch	