

WEEKEND BRUNCH SATURDAY AND SUNDAY ☺

SAT + SUN 11 - 3

- SHAKSHOUKA BENNY BOWL VO/GF** 19³/₄
Crispy potatoes, stewed tomatoes, roasted beets, spiced chickpeas, feta, parsley, cilantro, cauliflower hollandaise, with a farm run egg OR grilled avocado
- APPLE PIE WAFFLES V** 17¹/₂
Vanilla protein waffles, apple butter, coconut whip, maple caramel, snickerdoodle streusel, fresh apple & candied pecans
- SMOKED CARROT "LOX" ON TOAST V** 18³/₄
Plant-based feta, dill, capers, red onion, nori, crispy potatoes, organic greens
- CHORIZO RANCHERA BOWL VO/GFO** 22³/₄
Plant-based chorizo sausage, roasted beets, potatoes, sweet corn salsa, tofu cotija cheese, cherry tomatoes, cilantro, chilli sauce
 - ♦ add a farm run egg OR grilled avocado 3 or 4

BOOZEY BOOZE

- ♦ **Bottle of Hatch Bubbles 'Octobubble' Sparkling Rosé** 45
- ♦ **Bloody Frankie Vegan Caesar 10z** 13¹/₂
- ♦ **Hot or Iced Coffee + Housemade Vegan Bailey's 2oz** 10¹/₂
- ♦ **Seasonal Mimosa 3oz**

TUESDAYS

- ## TACO TUESDAY ☺
- KOREAN FRIED MUSHROOM TACOS V/GF** 10¹/₂
Fried enoki mushrooms, yangnyeom sauce, lime crema, pickled daikon, sesame, green onion
 - ♦ Single Taco 6³/₄
 - COMBO DEAL! V/GFO** 74
2 orders of tacos + 1 queso + 1 chile lime fries + 1 salad + 2 margaritas OR 2 beers

BOOZEY BOOZE

- ♦ **Neighbourhood Pilsner 20oz** 9
- ♦ **Margaritas** 10¹/₂
- ♦ **Frankie's Sugar Free Orange Blossom Lime Soda** 5

EVERY WED FROM 5PM

- ## WING WEDNESDAY ☺
- CAULIFLOWER WINGS V/GF** 13 each
 - ♦ Nashville Hot 'n Sticky
 - ♦ Chilli Lime
 - ♦ Maple Garlic
 - COMBO DEAL! V** 74
2 wings, 2 burgers, salad, fries and 2 beers

BOOZEY BOOZE

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

EVERY SUN FROM 5PM

- ## RAMEN SUNDAY ☺
- FRANKIE'S FAMOUS PUMPKIN RAMEN V/GFO** 23³/₄
Roasted Japanese pumpkin, charred corn, edamame, napa cabbage, miso pumpkin ramen broth, pumpkin seed togarashi, green onion

BOOZEY BOOZE

- ♦ **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)	

TIME TO
EAT!



TO START & SHARE

- MARKET SOUP GFO** 9/11
Served with grilled sourdough
- CHICKPEA FRIES GF** 14^{1/2}
Served with wasabi pea mayo
- MUSHROOM PÂTÉ GFO** 15^{3/4}
Pickled shimeji mushrooms, smoked onion jam, and crusty Sprout Bakery sourdough
- SWEET CORN QUESO GF** 16^{3/4}
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** 16^{1/2}
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** 22^{3/4}
Made from scratch plant-based chorizo sausage, roasted beets, potatoes, sweet corn salsa, tofu cotija, tomato, chili sauce

- FRANKIE CHEESEBURGER** 22^{3/4}
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** 22^{3/4}
Roasted acorn squash, fresh apple, melted cheese, rosemary mayo, lettuce, pickled zucchini
♦ Add sliced avocado 4

- BUTTERNUT SQUASH TUBETTONI GFO** 24^{3/4}
Crispy chickpeas, fresh arugula, sage hazelnut pesto, butternut cream sauce, parmesan
♦ Gluten-free pasta 2

- WEST COAST AVOCADO BOWL GF** 23^{3/4}
Grilled avocado, sticky brown rice, cherry tomatoes, Thai basil, sauteed napa cabbage, red cabbage, crispy chickpeas, cashew edamame crunch