

# WEEKEND BRUNCH SATURDAY AND SUNDAY ☺

SAT + SUN 11 - 3

**EVERYTHING BUT THE BIRD BENNY BOWL** VO/GF 19<sup>3</sup>/<sub>4</sub>

Cornbread stuffing, oyster mushrooms, miso mushroom gravy, roasted roots, cauliflower hollandaise, cranberry gastrique, green onions and a choice of poached farm pastured egg OR grilled avocado

**HOLIDAY WAFFLES** V 16<sup>1</sup>/<sub>2</sub>

Eggnog custard, gingersnap crumble, poached pears, mandarin maple syrup, fresh raspberries

**SMOKED CARROT "LOX" ON TOAST** V 18<sup>3</sup>/<sub>4</sub>

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

**CHORIZO RANCHERA BOWL** VO/GFO 22<sup>3</sup>/<sub>4</sub>

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** 13<sup>1</sup>/<sub>2</sub>
- ♦ **Hot or Iced Coffee + Housemade Vegan Bailey's 2oz** 10<sup>1</sup>/<sub>2</sub>
- ♦ **Seasonal Mimosa 3oz**

TUESDAYS

## TACO TUESDAY ☺

**KOREAN FRIED MUSHROOM TACOS** V/GF 10<sup>1</sup>/<sub>2</sub>

Fried enoki mushrooms, yangnyeom sauce, lime crema, pickled daikon, sesame, green onion

♦ Single Taco 6<sup>3</sup>/<sub>4</sub>

**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** 10<sup>1</sup>/<sub>2</sub>
- ♦ **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** 13<sup>1</sup>/<sub>2</sub>  
Fresh pressed carrot juice, tomato, pink peppercorns, crispy nori & vodka

EVERY SUN FROM 5PM

## RAMEN SUNDAY ☺

**FRANKIE'S FAMOUS PUMPKIN RAMEN** V/GFO 23<sup>3</sup>/<sub>4</sub>

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  
VO=VEGAN OPTION

# HAVE A DRINK

ALL OF OUR DRINKS ARE VEGAN.

## FRESH JUICES (12oz)

### LIQUID SUNSHINE JUICE 9<sup>3</sup>/<sub>4</sub>

Pineapple, carrot, grapefruit, lemon, ginger, turmeric

### DR. GREENLOVE JUICE 9<sup>3</sup>/<sub>4</sub>

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

### STRAWBERRY PASSION FRUIT 9<sup>3</sup>/<sub>4</sub>

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 1<sup>1</sup>/<sub>2</sub>
- 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 4<sup>1</sup>/<sub>2</sub>
- Add house made chai OR vanilla syrup 1<sup>1</sup>/<sub>2</sub>

## LOCAL CHAIBABA TEA 4<sup>3</sup>/<sub>4</sub>

Rotating flavours (may contain nuts)

## BC VQA WINE

### WHITE

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

### ROSÉ

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

### RED

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

### BUBBLES

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

## BC BEER + CIDER

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

TO START & SHARE

<b>MARKET SOUP</b> <b>GFO</b>	9/11
Served with grilled sourdough	
<b>CHICKPEA FRIES</b> <b>GF</b>	14 <sup>1</sup> / <sub>2</sub>
Served with wasabi pea mayo	
<b>MISO CARROT HUMMUS</b> <b>GF</b>	15
Sesame crackers, chamomile honey gastrique, edamame, radish, green onion	
<b>SWEET CORN QUESO</b> <b>GF</b>	16 <sup>3</sup> / <sub>4</sub>
Creamy cashew cauliflower dip, with grilled peppers, smoky corn, chipotle black beans and house-made chili lime chips	
<b>TRUFFLE PARMESAN POPCORN</b> <b>GF 7</b>	
Organic, plant-based, popped fresh to order	

SALADS

<b>CRISPY ARTICHOKE CAESAR SALAD</b> <b>GF</b>	14/22
Crispy artichokes, charred broccoli, leccino olives, parmesan breadcrumbs, your favourite Frankie's caesar dressing	
<b>BUTTERNUT SQUASH SALAD</b> <b>GF</b>	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	<b>GF</b>
BRUSSELS SPROUTS SALAD	<b>GF</b>
BUTTERNUT SQUASH SALAD	<b>GF</b>
SKINNY SESAME FRIES	<b>GF</b>
MARKET SOUP	<b>GF</b>

\*\* +\$6 if ordered together

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MARKET FRESH SHEET

<b>KOREAN FRIED MUSHROOM TACOS</b> <b>GF</b>	16 <sup>1</sup> / <sub>2</sub>
Fried enoki mushrooms, yangnyeom sauce, lime crema, pickled daikon, sesame, green onion	
<b>BRUSSELS SPROUTS SALAD</b> <b>GF</b>	14/22
Brussels sprouts, roasted potato, cucumber, apple, chili citrus dressing	
<b>SINGAPORE LAKSA</b> <b>GF</b>	23
Rich laksa broth, rice noodles, tofu, roasted yams, broccoli, radish, red cabbage, chili oil, green onion	

<b>KATSU GOLDEN CURRY</b> <b>GF</b>	24
Sticky rice, crispy tofu cutlet, golden curry sauce, bok choy, roasted baby carrots, garlic chili crunch, green onion, pickled radish	
<b>CHORIZO RANCHERO BOWL</b> <b>GFO</b>	22 <sup>3</sup> / <sub>4</sub>
Made from scratch plant-based chorizo sausage, roasted beets, potatoes, sweet corn salsa, tofu cotija, tomato, chili sauce	
<b>FRANKIE CHEESEBURGER</b>	22 <sup>3</sup> / <sub>4</sub>
House-made mushroom patty, plant-based cheese, awesome sauce, lettuce, tomato, kettle cooked chips, served with sesame fries OR organic greens	

MAINS

<b>ROASTED SQUASH SANDWICH</b>	22 <sup>3</sup> / <sub>4</sub>
Roasted acorn squash, fresh apple, melted cheese, rosemary mayo, lettuce, pickled zucchini	
♦ Add sliced avocado	4
<b>BUTTERNUT SQUASH CORTECCE</b> <b>GFO</b>	24 <sup>3</sup> / <sub>4</sub>
Crispy chickpeas, fresh arugula, sage hazelnut pesto, butternut cream sauce, parmesan	
♦ Gluten-free pasta	2
<b>WEST COAST AVOCADO BOWL</b> <b>GF</b>	22 <sup>3</sup> / <sub>4</sub>
Grilled avocado, sticky brown rice, cherry tomatoes, Thai basil, sauteed napa cabbage, red cabbage, crispy chickpeas, cashew edamame crunch	