







## APPETIZERS

<b>Frankie's Poutine</b> Fries, parmesan, garlic, parsley, beef gravy & mozzarella.	12.50
<b>Mozzarella Sticks</b>  Served with marinara sauce.	13.50
<b>Calamari</b> Fried crisp with lemon, red onion, jalapeño & tzatziki.	19.75
<b>Stuffed Meatballs &amp; Fries</b> Slow cooked meatballs stuffed with bocconcini cheese, fries, parmesan & marinara.	16.25
<b>Chicken Wings</b> Crispy salt & pepper wings served with a choice of dipping sauce: hot buffalo, bbq, ranch, blue cheese or sweet & sour.	19.75
<b>Cheesy Flatbread</b>  Rosemary garlic oil, parmesan, mozzarella & balsamic reduction. Served with marinara & basil pesto aioli.	15
<b>Onion Rings</b>  Served with ranch & chipotle mayo.	11
<b>Crispy Brussel Sprouts</b>  Crispy fried Brussel sprouts & carrots tossed with parmesan, mozzarella, garlic, parsley, balsamic reduction & charred lemon.	15.75

## CAST-IRON SKILLETS

<b>Mushrooms</b>  Mushrooms sautéed with butter, garlic, white wine, cream, parsley and parmesan. Served with focaccia.	16.75
<b>Curry Prawns</b> Sautéed prawns in sweet curry sauce, finished with green onions. Served with focaccia.	17.75

## SOUPS

<b>Seafood Chowder</b> Bowl (12oz.) 16.50 Cup (8oz.) 12.50 Seafood, shellfish, cream, vegetables & bacon, served with focaccia.	
<b>Momma's Tomato Soup</b>  Bowl (12oz.) 12 Cup (8oz.) 8.50 Topped with basil pesto & parmesan cream. Served with focaccia.	
<b>Soup &amp; Salad Combo</b> Choose your salad: Caesar, Garden, Roasted Beet & Arugula or Mediterranean salad + a cup of tomato soup & focaccia. Sub Seafood chowder add: \$3.50	17

## SALADS

Salads served with focaccia.

Add: ½ Avocado \$5 | Grilled Chicken \$7 | Prawns \$10 | BC Wild Salmon \$10 | Steak \$12


<b>Caesar</b> Romaine, parmesan, creamy anchovy house made dressing & focaccia croutons. Add: Crispy capers \$2   Bacon \$3	reg. 15	sm. 10
<b>Garden Salad</b>  Artisan greens, cucumber, carrots, tomatoes, dried cranberries, toasted pumpkin seeds & honey lemon vinaigrette	reg. 15	sm. 10
<b>Mediterranean</b>  Artisan greens, peppers, red onion, cucumbers, tomatoes, chickpeas, grilled zucchini, feta, Kalamata olives, & red wine oregano vinaigrette.	17	
<b>Roasted Beet &amp; Arugula</b>  Roasted beets, goat cheese, arugula, walnut praline & honey lemon vinaigrette.	17	

Gluten free bread & pasta available at \$2 more





## DELUXE BURGERS + SANDWICHES

Served with your choice of two sides: fries, house green salad, caesar salad, apple fennel slaw, or tomato soup. Substitute: Onion Rings \$1  
Or substitute both sides for: Poutine \$3 | Cup of seafood chowder \$3.50



<b>Frankie's Deluxe Bacon Cheeseburger</b> Brioche bun topped with lettuce, bacon, tomato, pickles, onion & burger sauce. Add: Mushrooms \$3   Avocado \$3 or another patty to make it a double burger \$7	22.50
<b>Garden Burger</b>  House-made spiced chickpea and corn patty, onion, arugula, tomato & tzatziki on a brioche bun.	22
<b>Grilled Salmon Burger</b> Grilled wild salmon, served on a brioche bun with tartar sauce, onion, tomato & lettuce.	23
<b>Diner Lamb Dip</b> Braised lamb shoulder, smoked mozzarella, crispy onions, roasted garlic, rosemary aioli, & au jus.	22
<b>Frankie's Turkey Club</b> Roasted turkey breast, bacon, avocado, tomato, arugula & basil pesto aioli. Add: cheese \$2	20
<b>Parmesan Chicken Sandwich</b> Crispy Parmesan crusted chicken breast, marinara sauce, mozzarella, bacon, arugula on a brioche bun with mayo.	23
<b>BBQ Blaze Burger</b> Buttermilk fried chicken, lettuce, tomato, bbq sauce, cheddar cheese, pickles, bacon & an onion ring on a brioche bun with chipotle mayo.	23

## CASUAL FAVOURITES

<b>Quesadilla</b>  Add: Chicken \$5 Bell peppers, black beans, mozzarella & monterey jack cheese. Served with sour cream, salsa and fries.	16
<b>Chicken Tenders &amp; Fries</b> Buttermilk fried chicken tenders with fries or salad. Served with your choice of dip (honey mustard, bbq, sweet & sour, hot buffalo or ranch).	20
<b>Fish &amp; Chips</b> Tempura battered Cod served with fries, apple fennel slaw & tartar sauce.	1pc: 17 2pcs: 23
<b>Chicken &amp; Waffle</b> Buttermilk fried chicken tenders on a Belgian waffle with bacon, green onions and hot & honey syrup. Add: ham, bacon, or sausage for \$5 each.	18
<b>Classic Grilled Cheese &amp; Tomato Soup</b>  Cheddar & smoked mozzarella served with tomato Soup. Add: Ham \$3   Tomato and Pesto \$3   Bacon \$3 Substitute Seafood Chowder \$3.50	17

## PIZZAS & STROMBOLI

Roma style pizza just like Frank's mom used to make.

<b>Add Ons... \$2</b> Mushrooms, arugula, roasted garlic, artichoke hearts, cheese, ham, pepperoni, bacon.	
<b>Margherita</b>  Marinara sauce, roasted tomatoes, mozzarella & pesto.	20
<b>Pepperoni</b> Pepperoni, mozzarella.	21
<b>Hawaiian</b> Ham, pineapple & mozzarella.	21
<b>Supremo</b> Rosemary & garlic olive oil base, mozzarella & parmesan, Italian sausage, pepperoni, roasted tomatoes, olives and Pepperoncinis. Finished with basil pesto.	22
<b>Vegan Pizza</b>  Marinara, mushrooms, artichoke hearts, roasted garlic, red onion, fresh arugula, olive oil & balsamic reduction.	21
<b>Meat Lovers</b> Marinara, pepperoni, bacon, Italian sausage, ham & mozzarella.	22
<b>Meatball Stromboli</b> Meatballs, marinara sauce, pesto, pepperoncinis & mozzarella.	23



## PASTAS

Pastas & Mains available after 11:00am Mon-Fri & 1:00pm Sat-Sun.

All pastas are served with focaccia.

### Vegetarian Lasagna

Add: Meatball \$6 | Italian sausage \$5

House-made sauce, grilled zucchini, roasted peppers, mushrooms, bechamel, mozzarella, ricotta, basil, spinach & parmesan, with green salad.

### Diner Mac & Cheese

Add: Italian sausage \$5 | Bacon \$3 | Mushrooms \$3 | Meatball \$6  
3 cheese baked mac & cheese with parmesan & a focaccia crust.

### Spaghetti & Meatballs

Bocconcini stuffed meatballs simmered in our marinara sauce with herbs & parmesan.

### Linguine Alfredo

Add: Chicken \$5 | Prawns \$10 | Bacon \$3

Mushrooms, peas, white wine cream sauce, parsley & parmesan.

### Seafood Linguine

BC wild salmon, prawns & mussels finished with a tomato & a white wine cream sauce.

### Curried Penne (Vegan)

Add: Chicken \$5 | Prawns \$10

Peas, parsley, roasted peppers & tomatoes tossed in a sweet coconut curry sauce. Topped with toasted almonds, coconut & mango chutney.

## MAINS

### Sesame Salmon Ginger Rice Bowl

Wild BC Salmon, sautéed vegetables over jasmine rice with sesame sauce & a sweet ginger teriyaki sauce. Finished with green onions, sesame seeds and pea shoots.

Substitute prawns or chicken for salmon at no charge.

### Falafel Sesame Ginger Rice Bowl

Falafel fritter, sautéed vegetables over jasmine rice with sesame sauce & a sweet ginger teriyaki sauce. Finished with green onions.

### Steak & Fries

Substitute Frankie's Poutine \$3 | Add: Prawns \$10

7oz New York steak with a caramelized onion & horseradish butter. Served with fries, seasonal vegetables & balsamic reduction.

### Chicken Parmesan

A crispy parmesan crusted chicken breast served on pappardelle noodles, tossed in a garlic cream sauce and finished with marinara sauce, mozzarella, & seasonal vegetables.

### Frankie's Baby Back Ribs

BBQ glazed baby back pork ribs served with apple fennel slaw & fries.

Circa 1955  
My mom... I love you ma!  
Celestina Naccarato

## HAPPY HOUR SNACKS

2pm to 5:30pm, Monday to Friday

### Single meatball

Served with house made focaccia.

### Bowl of fries

Served with basil pesto aioli.

### Onion Rings

Crispy battered onion rings served with ranch and chipotle mayo.

### Personal sized pizza

Margherita or pepperoni.

### Cheesy flatbread

Rosemary garlic oil, parmesan, mozzarella & balsamic reduction. Served with marinara & basil pesto aioli.

### Vegan Curried Penne

Peas, parsley, roasted peppers & tomatoes tossed in a sweet coconut curry sauce. Topped with toasted almonds, coconut & mango chutney. Add chicken \$5 or prawns \$8.

### Stuffed Meatballs & fries

House made Italian meatballs stuffed with bocconcini cheese. Slow cooked in our marinara sauce.

## MEAL DEAL

Make it a 3 Course meal deal for just \$8 more

Meal Deal menu available after 11:00am Mon-Fri & 1:00pm Sat-Sun.

### FIRST

Choose your salad or soup starter

#### Momma's Tomato Soup

Topped with parmesan cream & basil pesto.

#### Seafood Chowder

Add: \$3.50

Seafood, shellfish, cream, vegetables & bacon.

#### Frankie's Caesar Salad

Romaine, parmesan, creamy anchovy house made dressing & focaccia croutons.

#### Mediterranean Salad

Artisan greens, peppers, red onion, cucumbers, tomatoes, chickpeas, grilled zucchini, feta, Kalamata olives, & red wine oregano vinaigrette.

#### Roasted Beet & Arugula

Roasted beets, goat cheese, arugula, walnut praline & honey lemon vinaigrette.

### SECOND

Choose any entree from the  
Pizza or Pasta + Mains section of the menu

### THIRD

Choose your dessert (Make it a full-size dessert: add \$4.50)

#### Classic Key Lime Pie

Graham cracker crust topped with fresh cream & lime zest.

#### Frankie's New York Style Vanilla Cheesecake

Top with strawberry, mango, caramel or chocolate

#### Flourless Chocolate Cake

Served with fresh strawberries, chocolate sauce & choice of whipped cream or ice cream.


Gluten free bread & pasta available at \$2 more

only  
\$8  
more

**FRANKIE'S**  
modern diner

Locally Owned and Frankie Operated

We are committed to being allergy aware and friendly. Please inform your server of any allergy or dietary concerns. If you have any recipe related questions please let us know. 18% gratuity for parties of 8 or more.

 Vegetarian/Plant based menu offerings

Disclaimer - All prices included in this menu do not include applicable taxes.