






FRANKIE'S EGGS BENEDICT

Served with hash browns. Substitute fruit for hash browns for an additional \$4.


Diner Classic	20	half: 16
English muffin, poached eggs, ham, sweet onions, & our classic hollandaise sauce.		
West Coast	23	half: 18
English muffin, poached eggs, lemon cream cheese, smoked salmon, avocado with lemon chive hollandaise & crispy capers.		
Tree Hugger 	21	half: 17
English muffin, poached eggs, spinach, roasted tomatoes, roasted red peppers, goat cheese, & basil pesto hollandaise.		
Italian Mambo	21	half: 17
Grilled focaccia, poached eggs, roasted garlic, roasted tomatoes, Italian sausage & basil pesto hollandaise.		
The Florentine	21	half: 17
English muffin, poached eggs, spinach, bacon, mozzarella, & basil pesto hollandaise.		

PANCAKES / WAFFLES / FRENCH TOAST

Buttermilk Pancakes 	14
Served with butter & syrup. Whipped Cream \$2 Fresh Banana \$2 Chocolate Sauce \$2 Blueberry Compote \$2 Fresh Strawberries \$3	
Banana Nut Waffle 	18
Your choice of regular or gluten-free batter + fresh banana, walnut praline, dulce de leche & whipped cream.	
Churro Style French Toast 	18
Cocoa & cinnamon dusted crispy brioche with fresh strawberries, whipped cream, granola with almonds, & strawberry puree.	
Belgian Waffle 	18
Your choice of regular or gluten-free batter + whipped cream, blueberry compote & lemon curd.	

OMELETTES

Served with hash browns + toast or pancake.
Substitute fruit for hash browns or toast for an additional \$4.



Garden Omelette 	21
Mushrooms, spinach, roasted peppers, roasted tomatoes, artichokes, & mozzarella.	
Meat Lover's Omelette	21
Bacon, Italian sausage, ham, roasted peppers, mushrooms, cheddar, & jalapeño jack.	

BUILD YOUR OWN OMELETTE

BYO Omelette	23
Pick 4 items MAX. Served with hash browns & your choice of toast or pancake.	



Mushrooms | Spinach | Arugula | Roasted red peppers | Roasted tomato
Bacon | Italian sausage | Ham | Smoked salmon | Basil pesto | Green Onion
Cheddar | Jalapeno jack | Mozzarella | Goat cheese | Feta | Artichokes

FRUITS & GRAINS

Frankie's Oatmeal 	16
Steel-cut oats, cinnamon, blueberries, strawberries, banana & granola with almonds. Served with toast or pancake & your choice of vanilla steamed milk or oat milk.	
Fresh Fruit Salad 	17
Fresh fruit with yogurt, granola & toast or pancake.	

BREAKFAST WRAPS

Served with hash browns or substitute fruit for \$4.

Frankie's Garden Wrap 	20
Scrambled eggs, roasted red peppers, mushrooms, roasted tomatoes, spinach, pesto & mozzarella.	
Diner Wrap	20
Scrambled eggs, Italian sausage, bacon, ham, roasted red peppers, mushrooms, marinara sauce, & cheddar.	
Vegan Wrap 	20
House made chickpea patty, tahini sauce, avocado, arugula, grilled zucchini, red onion & red peppers.	


DAILY 7 - 9 AM

Early Riser	12.95
2 eggs, hash browns, & your choice of ham, sausage, avocado or bacon+ toast or pancake.	

HASH

Italian Diner Hash	22
Hash browns, ham, Italian sausage, smoked bacon, mushrooms, roasted red peppers, green onions, cheddar, jalapeño jack, 2 poached eggs & hollandaise.	
Veggie Hash 	22
2 poached eggs, hash browns, tomatoes, spinach, peppers, mushrooms, goat cheese, avocado, & pesto hollandaise.	
Falafel Vegan Hash 	22
Hash browns, falafel fritters, tomatoes, spinach, roasted peppers, mushrooms, black beans, avocado & sesame sauce.	

BREAKFAST CLASSICS

Chicken & Waffle	19
Buttermilk fried chicken tenders on a Belgian waffle with bacon, green onions and hot & honey syrup. Add ham, bacon, or sausage for \$6 each.	
Breakfast Burger	21
Brioche bun, beef patty, egg, bacon jam, lettuce, tomato & hollandaise. Served with hash browns.	
3 Eggs Your Way 	16
Add ham, bacon, or sausage for \$6 each. 3 eggs, hash browns, & your choice of pancake or toast. Substitute fruit for hash browns or toast for an additional \$4, 2 eggs option subtract \$1	
Steak & Eggs	31.50
Add ham, bacon, or sausage for \$6 each.. 8oz New York steak, 2 eggs, hash browns & your choice of pancake or toast. Substitute fruit for hash browns or toast for an additional \$4.	

Gluten free bread available at \$2 more

BREAKFAST SIDES

Egg	\$3.50	Ham steak	\$6	Single Pancake	\$5
Grilled tomatoes	\$4.50	½ Avocado	\$5	Hash browns	\$6
Side Bacon	\$6	Toast	\$5	Side Fruit	\$8
Side Sausage	\$6	Patty hash	\$5		



Lunch menu is available after 11:00am Daily

APPETIZERS

- Frankie's Poutine** 13.50
Fries, parmesan, garlic, parsley, beef gravy & mozzarella.
- Mozzarella Sticks** (V) 14.75
Served with marinara sauce.
- Calamari** 20
Fried crisp with lemon, red onion, jalapeño & tzatziki.
- Stuffed Meatballs & Fries** 16.25
Slow cooked meatballs stuffed with bocconcini cheese, fries, parmesan & marinara.
- Chicken Wings** 19.75
Crispy salt & pepper wings served with a choice of dipping sauce; hot buffalo, bbq, ranch, blue cheese or sweet & sour.
- Cheesy Flatbread** (V) 16
Rosemary garlic oil, parmesan, mozzarella & balsamic reduction. Served with marinara & basil pesto aioli.
- Onion Rings** (V) 12
Served with ranch & chipotle mayo.
- Crispy Brussel Sprouts** (V) 16.50
Crispy fried Brussel sprouts & carrots tossed with parmesan, mozzarella, garlic, parsley, balsamic reduction & charred lemon.

SOUPS

- Seafood Chowder** Bowl (12oz.) 16.50 Cup (8oz.) 12.50
Seafood, shellfish, cream, vegetables & bacon, served with focaccia.
- Momma's Tomato Soup** (V) Bowl (12oz.) 12 Cup (8oz.) 8.50
Topped with basil pesto & parmesan cream. Served with focaccia.
- Soup & Salad Combo** 18
Choose your salad: Caesar, Garden, Roasted Beet & Arugula or Mediterranean salad + a cup of tomato soup & focaccia. Sub Seafood chowder add: \$4

SALADS

- Salads served with focaccia.
Add: ½ Avocado \$5 | Grilled or Cajun Chicken \$7 | Prawns \$10 | BC Wild Salmon \$10 | Steak \$19
- Caesar** reg. 16 sm. 11
Romaine, parmesan, creamy anchovy house made dressing & focaccia croutons. Add: Crispy capers \$2 | Bacon \$3
- Garden Salad** (V) reg. 16 sm. 11
Artisan greens, cucumber, carrots, tomatoes, dried cranberries, toasted pumpkin seeds & honey lemon vinaigrette
- Mediterranean** (V) 18
Artisan greens, peppers, red onion, cucumbers, tomatoes, chickpeas, grilled zucchini, feta, Kalamata olives, & red wine oregano vinaigrette.
- Roasted Beet & Arugula** (V) 18
Roasted beets, goat cheese, arugula, walnut praline & honey lemon vinaigrette.

FRANKIE'S
modern diner

Locally Owned and Frankie Operated

Circa 1960
My aunt in Italy.

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 \$2
Or substitute both sides for: Poutine \$4 | Cup of seafood chowder \$4

- Frankie's Deluxe Bacon Cheeseburger** 22.75
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 \$8
- Vegan Wrap** (V) 20
House made chickpea patty, tahini sauce, avocado, arugula, grilled zucchini, red onion & red peppers.
- Grilled Salmon Burger** 23.50
Grilled wild salmon, served on a brioche bun with tartar sauce, onion, tomato & lettuce.
- Diner Lamb Dip** 23.50
Braised lamb shoulder, mozzarella, crispy onions, roasted garlic, rosemary aioli, & au jus.
- Frankie's Turkey Club** 20
Roasted turkey breast, bacon, avocado, tomato, arugula & basil pesto aioli on focaccia. Add: cheese \$2
- Parmesan Chicken Sandwich** 23.50
Crispy Parmesan crusted chicken breast, marinara sauce, mozzarella, bacon, arugula on a brioche bun with mayo.
- BBQ Blaze Burger** 23.50
Buttermilk fried chicken, lettuce, tomato, bbq sauce, cheddar cheese, pickles, bacon & an onion ring on a brioche bun with spicy chipotle mayo.

CASUAL FAVOURITES

- Chicken Tenders** 20
Buttermilk fried chicken tenders with fries or salad. Served with your choice of dip (honey mustard, bbq, sweet & sour, hot buffalo or ranch).
- Fish & Chips** 1pc: 18 2pcs: 24
Tempura battered Cod served with fries, apple fennel slaw & tartar sauce.
- Chicken & Waffle** 19
Buttermilk fried chicken tenders on a Belgian waffle with bacon, green onions and hot & honey syrup. Add ham, bacon, or sausage for \$6 each.
- Classic Grilled Cheese & Tomato Soup** (V) 17
Cheddar & smoked mozzarella served with tomato Soup. Add: Ham \$3 | Tomato and Pesto \$3 | Bacon \$3
Substitute Seafood Chowder \$4

PIZZAS & STROMBOLI

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

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

Gluten free bread & pasta available at \$2 more

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.

(V) Vegetarian/Plant based menu offerings

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