







APPETIZERS

Frankie's Poutine	13.50
Fries, parmesan, garlic, parsley, beef gravy & mozzarella.	
Mozzarella Sticks 	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 	16
Rosemary garlic oil, parmesan, mozzarella & balsamic reduction. Served with marinara & basil pesto aioli.	
Onion Rings 	12
Served with ranch & chipotle mayo.	
Crispy Brussel Sprouts 	16.50
Crispy fried Brussel sprouts & carrots tossed with parmesan, mozzarella, garlic, parsley, balsamic reduction & charred lemon.	

CAST-IRON SKILLETS

Mushrooms 	17.75
Mushrooms sautéed with butter, garlic, white wine, cream, parsley and parmesan. Served with focaccia.	
Garlic Butter Prawns	18.75
Prawns sautéed with butter, garlic, white wine, cream and parsley. Served with focaccia.	

SOUPS

Seafood Chowder	Bowl (12oz.) 16.50	Cup (8oz.) 12.50
Seafood, shellfish, cream, vegetables & bacon, served with focaccia.		
Momma's Tomato Soup 	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 	reg. 16	sm. 11
Artisan greens, cucumber, carrots, tomatoes, dried cranberries, toasted pumpkin seeds & honey lemon vinaigrette		
Mediterranean 	18	
Artisan greens, peppers, red onion, cucumbers, tomatoes, chickpeas, grilled zucchini, feta, Kalamata olives, & red wine oregano vinaigrette.		
Roasted Beet & Arugula 	18	
Roasted beets, goat cheese, arugula, walnut praline & honey lemon vinaigrette.		

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 \$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 	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

Quesadilla 	17
Add: Chicken \$5 Bell peppers, black beans, mozzarella & monterey jack cheese. Served with sour cream, salsa and fries.	
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 	17
Cheddar & 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 	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 	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, pepperoncinis & mozzarella.	

PASTAS & MAINS

Pastas & Mains available after 11:30am Mon-Fri & 1:00pm Sat-Sun.

All pastas are served with focaccia.

Vegetarian Lasagna 22

Add: Meatball \$6 | Hot Italian sausage \$5
House-made sauce, grilled zucchini, roasted peppers, mushrooms, bechamel, mozzarella, ricotta, basil, spinach & parmesan, with green salad.

Diner Mac & Cheese 23

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

Spaghetti & Meatballs 23

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

Linguine Alfredo 22

Add: Chicken \$5 | Prawns \$10 | Bacon \$3
Mushrooms, white wine cream sauce, parsley & parmesan.

Seafood Linguine 35

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

Prawn & Sausage Penne 27

Add: Chicken \$5
Rosé sauce, prawns, hot Italian sausage, penne noodles, arugula, olives, red peppers, tomatoes & parmesan.

Sesame Salmon Ginger Rice Bowl 26

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.

Vegan Falafel Sesame Ginger Rice Bowl 23

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

Steak & Fries 37.75

Substitute Frankie's Poutine \$4 | Add: Prawns \$10
8oz New York steak with a caramelized onion & horseradish butter. Served with fries, seasonal vegetables & balsamic reduction.

Chicken Parmesan 29.75

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
modern diner

Locally Owned and Frankie Operated

HAPPY HOUR SNACKS

2pm to 5:30pm, Monday to Friday excluding holidays

Single Meatball 5

Served with house made focaccia.

Bowl of Fries 5

Served with basil pesto aioli.

Onion Rings 8

Crispy battered onion rings served with ranch and chipotle mayo.

Personal Sized Pizza 11

Margherita or pepperoni.

Cheesy Flatbread 10

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

Happy Hour Spaghetti & Meatballs 12

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

¼ LB Cheeseburger 12

Brioche bun with pickles & burger sauce.
Add: Mushrooms \$3 | Bacon \$3 | Avocado \$3 or another patty to make it a double burger \$8.

Crispy Chicken Burger 12

Buttermilk fried chicken, lettuce, tomato & ranch dressing.

MEAL DEAL

Make it a 3 Course meal deal for just \$10 more

Meal Deal menu available after 11:30am 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: \$4
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
\$10
more

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

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.