## **MR FRANKS**

## **WHITE COFFEE**

Latte/Flat white/Cappuccino from 4.5 Magic 4.5 Short Macchiato 4 Long Macchiato 4.5 Picollo 4

Espresso 4 Long Black from 4.5

Hot Chocolate from 5
Mocha from 5
White choc 6
Sticky Chai (Pot) 7.5
Powdered Chai 5
Matcha Latte 7.5
Golden Latte 7.5
Beetroot Latte 7.5
Dirty Chai from 5

## **Alternative Milk**

Soy milk-Almond milkcoconut milk-lactose free-oat +0.8

## TEA

English
Breakfast/lemongrass
ginger/ earl
grey/peppermint/green 5

### **ICED DRINKS**

Iced Coffee (Ice Cream & Cream) 9
Iced Latte 8
Iced Choc (Ice cream & Cream 9
Iced Chai (Ice cream & Cream) 9
Iced Black 7
Iced Mocha (Ice cream & Cream) 9

## **MILKSHAKES**

Vanilla, Chocolate, Caramel, Strawberry, Banana, Blue heaven 11 Mix +0.5 Thick +2 KIDS SHAKES 5

#### PLEASE CHECK DRINKS FRIDGE FOR MORE OPTIONS

### https://mrfrankscafe.com.au

FIND US ON INSTAGRAM AND FACEBOOK @MRFRANKSCAFE

101 WELLS STREET FRANKSTON 0466942595

## **PROTEIN SMOOTHIES**

BLUEY- Frozen blueberries, vanilla whey, almond milk, ice 12 P= 33g C=16.7g F=8.5g

BIG RIG- almond milk, oats, banana, vanilla whey, dates, Peanut butter and ice 14 P=44g C=72g F=23.5g

# MOCKTAILS (non alcoholic

Mixed Berry 12 Tropical 12

## **SMOOTHIES**

SUNRISE - Coconut and pineapple chunks, mango, apple and papaya chunks 12

BERRY BREEZE- Coconut, blueberry, blackberry, blackcurrant, apple and banana 12

GREEN EARTH- Almond flakes, coconut, kale, mango, lemongrass, apple and banana 12

ALL DAY BREAKFAST		CRISPY WAFFLES	19.5
EGGS YOUR WAY ON TOAST Scrambled/Fried eggs on sourdough toast add chilli oil +	<b>13.5</b>	2 crispy waffles topped with whipped vanilla mascarpone, drizzled with maple syrup and icing sugar	
GRANOLA BOWL	18	SMASHED AVO	20
Whipped vanilla yoghurt, pats and granola, nut and seed mix, vanilla panacotta with seasonal fruits (VG, N)		avo smashed on sourdough/white/WM/GF +2, beetroot hommus, blistered cherry tomatoes pomegranate mollases, feta	
PORRIDGE BOWL	18	cheese, lemon oil, dukka	
Oats soaked in choice of milk with berry compote, peanut butter, seasonal fruits drizzled with maple syrup and dusted with cinnamon (VG, N)	(	Add 2 scrambled/fried eggs+6  CHILLI SCRAMBLE  Folded scrambled eggs, truffle infused goats cheese, guindilla pepper, confit chilli,	22
<b>「O3S</b> 「O <b>3S</b> Sourdough/white/WM/fruit loaf with butter, jam, peanut	8	cherry tomatoes finsihed with chilli oil	
butter, vegemite	•	BREKKIE ROLL	17
FRENCH TOAST Twice cooked broiche french toast, biscoff sauce, caramelised banana, biscoff		fried eggs/scrambled on sourdough, crispy bacon, hashbrown, cheese, tomato relish and aioli add fries +5	10
crumble and vanilla icecream (VG)	n	GREEN BOWL Tomato, cuccumber, capsicun	<b>16</b> n,
PANCAKES Stack of pancakes, whipped vanilla mascarpone, coconut and white choc ganache, berry storm drizzled with maple syrup and icing sugar	21	red onion, Feta, Avocado, Beetroot, Balsamic Vinaigrett (add eggs +6)	е
		<b>BOWL OF FRIES</b> add chicken tenders +6	10
		VG- vegetarian N-contains nuts V-Vegan GF-Glu PLEASE ADVISE STAFF FOR ANY DISTARY/ALLERGY REQUIREM	
		THE RESERVE AS A SECOND COMPANY OF THE PARTY	

(VG)

TRY TO ACCOMODATE TO THE BEST OF YOUR NEEDS

## **DISPLAY WINDOW**

### **TOASTIES**

Ham and cheese 8.5 Cheese 8 add tomato +1

### **WRAPS (from 13)**

Chicken Tandoori Chicken Avocado Peri peri chicken

### **FOCACCIA (from 15)**

Chicken Schintzel Chicken Avocado Roasted Vegetable (V, VG) Falaffel (V, VG)

### **ROTI ROLLS (from 13.5)**

Chicken Tikka Falaffel (V, VG)

### FRESH ROLLS (from 12)

Cheese and salad Chicken and Salad Ham and salad SOUP OF THE DAY SALADS SAVORY PASTRIES/PIES

### ADD ONS/SIDES

Extra egg 3 extra bread 3 spinach 4 chilli oil 2 chicken 6.5 FRIES 6 Aioli 2

bacon 6.5 feta 5 hashbrown 4 avocado 5 Tomatoes 2 tomato relish 2 Sweet chilli 2