

Lettuce b frank breakfast

all day

TOAST with house made jam, raw honey or vegemite **\$6 (gf available)**

LOCAL FRUIT LOAF served with raw honey **\$7**

add spiced ricotta **\$3**

ACAI BOWL frozen acai with crunchy homemade granola, fresh berries, banana, goji berries, coconut, cacao nibs & raw honey **\$15 (df) (vegan available)**

FRANKS HOUSEMADE GRANOLA w yogurt panna cotta, pistachio crumb, fruit compote, berries & honey **\$14 (v) gf available with roasted puffed quinoa**

KICKSTARTER 2 poached eggs with baby spinach, fresh avocado, pepitas, toasted almonds & black seeds with fresh lemon on sourdough **\$15 (v)**

AVOCADO SMASH franks famous guacamole...hint of chilli & coriander on seeded sourdough with cherry tomato, feta, lemon & dressed rocket **\$14 (v) ADD eggs \$4 (vegan available)**

MIDDLE EASTERN EGGS 2 poached eggs with grilled haloumi, hommus, roasted tomato, baby spinach & house made dukkah on sourdough **\$16**

PALEO B'FAST franks roasted veg salad w bacon & 2 poached eggs **\$16 (gf)(df)(p)**

FRANKS B'FAST STACK roasted sweet potato, wilted kale, poached eggs, goats cheese & pinenuts on seeded sourdough **\$17**

BUDDHA B'FAST BOWL a protein packed bowl of chicken, a poached egg, roasted mushrooms, quinoa, kale & broccolini **\$17 (gf) (df)**

Gluten free bread \$1 extra

(gf) gluten free (v) vegetarian (vg) vegan (df) dairy free (p) paleo

10% Surcharge Sundays & Public Holidays

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GREEN EGGS pesto scrambled eggs on seeded sourdough w feta & spinach
\$14 (v) **ADD** crispy bacon \$4

VEGAN BREAKFAST vegan pattie, potato rosti, mushroom, avocado smash,
hummus, roasted tomato & baby spinach on seeded sourdough \$17 (vg)

FRANKLY BIG BREAKFAST with 2 eggs any way, bacon, potato hash, tomato,
mushrooms, chipolatas & baby spinach on sourdough \$19

FREE RANGE EGGS ON SOURDOUGH \$11 (v)
poached, scrambled or fried with roast tomato & baby spinach

ADD: mushrooms, feta, hummus, pesto \$3 each
 bacon, chipolatas, potato rosti, haloumi, avocado \$4 each
 smoked salmon, grilled chicken \$5 each

other daily offerings on our boards...

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Lettuce B. Frank lunch

starts 11.30am

Burgers & Rolls

FRANKS MUSHROOM BURGER roast field mushroom w haloumi, harissa, rocket & tomato w kumera chips **\$16 (vg)**

GARLIC LEMON CHICKEN CIABATTA grilled garlic & lemon chicken w spinach avocado, roast capsicum, creamy feta, aioli w kumera chips **\$16**

PULLED PORK ON MILK BUN BBQ pulled pork w crispy apple & fennel slaw, rocket & chipotle mayo w kumera chips **\$16**

STEAK SANDWICH tender seared beef on ciabatta with caramelized onions, roast beetroot, rocket, tomato & dijon mayo w kumera chips **\$16**

VEGAN BURGER chickpea & sweet potato patty with beetroot, carrot, alfalfa, guacamole & peanut sauce on a seeded roll w kumera chips **\$16 (vg)**

NORI CRUMBED CHICKEN BURGER chicken breast "nori" crumbed w cucumber, avocado, rocket & wasabi mayo on a milk bun w kumera chips **\$16**

go bun-less for gluten free or gluten free bread add \$1

Plates & Bowls

SMOKED SALMON AND AVOCADO STACK marinated kale w broccolini, asparagus, avocado smash, smoked salmon, lemon & pesto **\$16 (gf) (p)**

SWEET CORN & RICOTTA FRITTERS served with a poached egg, avocado, baby spinach & tzatziki **\$16 (gf)**

THE PRIMAL PLATE grilled chicken breast, smoked salmon, 2 poached eggs, kale, broccolini & avocado **\$18 (gf) (p)**

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NOURISHING BOWL marinated kale & spinach with quinoa, avocado smash, roast beetroot, roast sweet potato, cherry tomatoes, mung beans, roasted seeds, alfalfa sprouts & fresh lemon \$15

(vg) (gf) add chicken \$5 pulled pork \$5 smoked salmon \$5

Sides

SWEET POTATO CHIPS BOWL \$7
FRANKS ROAST VEG HOUSE SALAD \$7

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our coffee is an ORGANIC, FAIR- TRADE coffee that is roasted by
two sisters who live in the southern highlands
we support coffee kids*

COFFEES- 100% ORGANIC COFFEE

short black, macchiato, ristretto, long black 3
cappuccino, flat white, latte, chai latte, hot chocolate 3.5
mocha , matcha latte, dirty chai, golden milk 4
soy, decaf, spelt or almond milk, caramel, vanilla, hazelnut, coconut milk .5

ICED LATTE 4.5

TEAS – T2 POT TEAS 4

melbourne breakfast, crème brulee, english breakfast, earl grey, french earl
grey, sencha, lemongrass & ginger, peppermint, chai, chamomile, detox, rooibos,
rose, relax tea

T2 Green Teas jade mountain, mint mix, tummy tea, gorgeous geisha, china
jasmine

FRESH JUICE Regular 7 Large 8.5

Vitamin C orange, carrot, lemon & turmeric

Green Starter apple, cucumber, kale & lime

Summer Cleanse watermelon, pineapple, mint & ginger

Veg Head carrot, celery, apple, beet, lemon, & ginger

Beetroot Blast beetroot, lemon, ginger, carrot & watermelon

Zesty Zinger lemon, lime, orange, cucumber, pineapple, kale, ginger & tumeric

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GREEN SMOOTHIES 9

Hale to Kale	kale spinach, cucumber, pineapple, lemon & mint
The Green Machine	spinach, banana, pineapple & mango
The Alkalizer	coconut water, spirulina, banana mango, himalayan salt & fresh lemon
The Hulk	almond milk, avocado, spinach, kale, mint, chia, honey, mango & banana
Jungle warrior	coconut water, macca, turmeric, ginger, spinach, kale matcha, banana, lemon
Popeyes	avocado, pear, spinach, chia, protein powder & coconut water

POWER SMOOTHIES 9

Brekky Blend	granola, berries, banana, protein, honey & almond milk
Peruvian Power	almond milk, macca, oats, espresso, banana & honey
Acai Chiller	acai berry, mixed berry & coconut water
Date w Cacao	almond milk, cacao, dates, vanilla, & coconut oil
Nutty Banana	coconut milk, whole almonds, cacao, banana, peanut butter & protein

SWEET SMOOTHIES 7.5

Nana Dreaming	banana, honey milk & ice
Purple Rain	mixed berries, honey, milk, & ice
Rocking Melon	rockmelon, raspberry, milk, honey & ice
Mango	mango, milk, honey & ice
Add	lassi spice .50 yoghurt .50

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FRAPPES	7.5
Mixed Berry Frappe	mixed berry & apple
Pineapple Frappe	pineapple, mint & apple
Rockmelon Frappe	rockmelon & raspberry
Mango Frappe	mango, turmeric & lime
Watermelon Frappe	watermelon, strawberry & lime

from the fridge

ORGANIC 100% ORANGE JUICE	4.2
KOMBUCHA ORGANIC REMEDY	5
hibiscus, original, ginger lemon, apple	
NAKED LIFE SPARKLING (SUGARFREE)	4.2
lemonade & cucumber, ginger & pomegranate, lemon squash, cola	
PARKERS ORGANIC JUICES	4.2
mango apple & orange, blood orange, passionfruit apple & orange, pineapple & mint	
PARKERS SPARKLING	4.2
ginger beer, lemon lime & bitters	
PARKERS KOMBUCHA	5
ginger, raspberry, passionfruit, carrot turmeric ginger	
ORO SPARKLING WATER	250ml 3
	750ml 7
“Not another bloody water”	bottled still water 600ml 2.5

*** COFFEE KIDS - GROUNDS FOR HOPE**

Is a non - profit organisation dedicated to helping coffee farming communities improve the quality of their living

Each coffee you buy contributes to coffee kids

GOOD COFFEE YOU CAN FEEL GOOD ABOUT

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