

BREKKIE BOWLS (all day from 6am)

ACAI HEALTH BOWL / 16

banana, organic acai berry, granola, chia,
seasonal fruit, toasted coconut served chilled **v**

EGG MACRO BOWL / 20

2 free range poached eggs, brown rice, dill,
chickpea, seaweed, sweet potato,
tuscan kale, roasted sesame served warm **gf**

PITAYA BOWL / 16

dragonfruit, banana, strawberry, mango,
coconut milk, seasonal fruit, black sesame
& coconut served chilled **v, vg, gf**

TOAST & BREADS (all day from 6am)

BROOKLYN BOY BAGELS / 7

cream cheese or pepe saya butter or jam **vg**
+ avocado / 3.5
+ smoked salmon / 5.5

GLUTEN FREE BREADS / 5

gf bread, gf banana bread **gf**

SOURDOUGH TOAST / 6.5

served with pepe saya cultured butter
light deli rye, organic white, quinoa & soya
grain, sour cherry & raisin

vegemite, strawberry jam, honey, peanut
butter

PEANUT BUTTER & JELLY FRENCH TOAST / 16

french toast with peanut butter & strawberry
jam, honeycomb, roasted pecans, maple
syrup, vanilla cream cheese & edible flowers

TAHINI AVO ON TOAST / 14.5

avocado, pepita seeds, tahini dressing on
sourdough toast **v**
+ free range poached egg / 3.5

BREKKIE PLATES (all day from 6am)

gf bread available on request

BUCKWHEAT & RICE PORRIDGE / 15

coconut sago, ginger & orange syrup, sesame
coconut tuile served warm **vg, gf**

BREKKIE ROLL / 15

grilled lucas bacon, spiced tomato sauce
chilli fried egg, halloumi, red cabbage &
fennel slaw truffle mayo served on a milk
bun by brasserie bread

SAUSAGE & EGG MUFFIN / 11

house made pasture raised chicken & pork
sausage, free range highland fresh scrambled
egg, aioli, american cheese served on an
english muffin
+ hash brown / 3

EGGS N’ TOAST / 14

free range highland fresh eggs, scrambled /
poached / fried, brasserie bread sourdough
served with pepe saya cultured butter

EGGS & HALLOUMI FRIES / 22

crispy halloumi, 2 poached eggs, grapes,
greek yoghurt, pomegranate, seeds, thyme
infused honey on sourdough toast by
brasserie bread

HASH BROWN & EGGS / 23

homemade hash browns, 2 free range
poached eggs, chorizo, jalapeño salsa, roasted
tomatoes and buttered schiacciata toast

HEALTHY KICK START / 20

free range poached eggs, smashed avocado,
roasted tomatoes, sautéed mushrooms &
sourdough toast

TRADIE BACON & EGG ROLL / 12

grilled lucas bacon, spiced tomato sauce chilli
fried egg & hollandaise served on a milk bun

BUILD YOUR OWN BREKKIE

please select from our menu add-on’s to
create your own brekkie

BREKKIE ADD ONS

+ sourdough toast / 2.5
+ side of pepe saya cultured butter / 1.50
+ homemade hash brown / 3
+ free range highland egg, avocado, sautéed
spinach, sautéed kale / 3.5
+ mushrooms, grilled halloumi, smokey bacon,
goats cheese feta / 4.5
+ roasted vine tomatoes / 5
+ pasture raised chicken & pork sausage
100gm / 5.5
+ smoked salmon, chorizo sausage /5.5

BURGERS & ROLLS (from 11am)

gf bread available on request

KOREAN STYLE CHICKEN BURGER / 20

organic fried chicken breast, spicy tomato, cos
lettuce, aioli, pickled cucumber, onion,
served on a milk bun with shoestring fries

LAMB & TZATZIHI FLATBREAD / 22

pasture raised lamb shoulder, sumac spiced
chickpea, fennel & coriander salad, tzatziki
dressing served on homemade bread

CHARLIES CHEESEBURGER / 20

pasture fed beef patty, double american
cheese, pickled cucumbers, spiced tomato
sauce, lettuce, truffle mayo served on a milk
bun with shoe string fries

SPICED CAULIFLOWER BURGER / 20

fried cauliflower, romesco sauce, lettuce
pickled carrots, fermented chilli’s served on a
wholemeal bun by brasserie bread
with shoestring fries **vg**

SUPER GREEN PEA BURGER / 20

green pea & ricotta fritters, lettuce, pickled
zucchini, black russian tomato, green chilli & dill
yoghurt, served on a milk bun with shoestring
fries **v**

BURGER EXTRAS

+ organic chicken breast 100gm grilled / 8
+ highland fresh free range egg / 3.5
+ half avocado / 3.5
+ chorizo sausage / 5.5
+ grilled halloumi / 4.5
+ smokey bacon / 4.5
+ chicken & pork sausage 100gm / 5.5
+ homemade pasture fed beef patty 180gm / 7
+ american cheese / 2

SHAKES / 8.5

maple roasted pecan & salted caramel
salted chocolate & crunchy peanut butter

HEALTH BOWLS (from 11am)

SOUP OF THE DAY / 14.5

served with toast and pepe saya cultured
butter

AVOCADO CHICKPEA BUDDHA BOWL / 20

2 free range poached eggs, sumac spiced
sesame and chickpea salad, avocado,
pumpkin topped with tahini dressing,
smashed beetroot, pumpkin seeds served
warm **gf**

SALMON FILLET / 23

grilled salmon fillet with thai style lentil,
grape & almond salad **gf**

CHICKEN MACRO BOWL / 23

poached organic chicken, brown rice, dill,
chickpea, pecans, broccoli, sesame & peanut
dressing served warm

GREEN SALAD POWER BOWL /16

broccoli, baby cos, green pea, avocado, kale,
parsley, mint, lemon dressing **vg, gf**

VEGAN HEALTH BOWL / 20

soy braised eggplant, avocado, peanut butter
dressing, sweet potato & asian slaw served
warm **vg**

HEALTH BOWL ADD ONS

+ organic chicken breast 100gm grilled / 8
+ salmon fillet 200gm grilled / 12
+ side of naughty chips / 7.50

V - vegetarian
VG - vegan
GF - gluten free

DIETARY REQUIREMENTS

please advise our staff with any dietary /allergen
requirements as the menu does not list
every ingredient used.

ingredients are subject to availability

Follow us on instagram @charlieandfranks
charlieandfranks.com.au

COFFEE BY PABLO & RUSTYS

espresso, macchiato, piccolo **4oz** / 3
black single origin / 4
white **6oz** / 3.5 **8oz** / 4 **12oz** / 4.5
filter batch brew **12oz** / 4.5 **bottomless** / 7
chocolate **6oz** / 3.5 **8oz** / 4 **12oz** / 4.5
black **all sizes** / 4

ICED 12oz

black / 4
latte / 5
mocha / 5.5
chocolate / 5.5

LIQUEUR SHOT / 6

add a shot to your favourite coffee
+ frangelico
+ kahlua
+ amaretto

AFFOGATO / 7

by Charlie & Franks
60ml espresso, ice-cream
+ frangelico / 5
+ cookie sandwich / 5.5

OTHER STUFF 12oz / 5

prana chai latte premium black tea,
honey, ginger & 9 spices
matcha coconut mylk organic matcha
green tea, honey, coconut milk
golden turmeric mylk turmeric, ginger,
cinnamon, pepper, coconut milk

decaf, single origin, mocha, almond milk, bonsoy,
lactose free milk, coconut milk, oat milk, extra
shot, syrups / .50
+ macadamia milk / 1

LOOSE LEAF TEA / 5

english breakfast recharge
earl grey uplifting
gunpowder green antioxidant
lemongrass & ginger anti-inflammatory
peppermint & liquorice digestive

WATER / COLD DRINKS

kombucha / 6.95
asia beauty oolong, wild hops, midnight chai,
jasmine green tea
LLB / 4.5
pink lemonade / 4
soft drink coke, zero, sprite / 3.5
sparkling mineral water s.pellegrino / 5.5
sparkling mineral water purezza / bottomless / 3.5

FRESH JUICE / 6.95 VG, GF

green detox kale, green apple, spinach,
kiwifruit, celery, lemon & turmeric
veggie fix beetroot, carrot, celery,
cucumber, green apple & ginger
orange freshly squeezed oranges
coconuts whole (+ espresso / 3)

BOTTLED JUICE / 6.95 VG, GF

cold pressed apple, green, orange

HEALTHY SMOOTHIES / 9.5

mango lassi gf
mango, greek yoghurt, lemon, maple syrup,
vanilla, cardamon & pecans

immune boost vg, gf
mixed berry, almonds, coconut, chia seeds,
maple syrup, cinnamon & almond milk

matcha me up vg, gf
banana, coconut milk, spinach,
organic matcha green tea & ginger

super acai vg, gf
organic acai berry, banana & coconut milk

recharge
banana, oats, honey, almonds, yoghurt,
almond milk & cinnamon

pitaya vg, gf
dragonfruit, banana, coconut milk, mango,
black sesame & coconut

+ organic vegan protein / 2
+ organic matcha powder / 2

ALCOHOLIC DRINKS

COCKTAILS

espresso martini / 14
espresso coffee, vodka, frangelico
burnt orange bellini / 12
villa sandi prosecco, burnt orange & vanilla
syrup
negroni / 14
archie rose gin, campari, cinzanno rosso
aperol spritz / 14
as you know it!
spiced vanilla mojito / 14
archie rose vodka, lime juice, ginger beer,
vanilla bean syrup

WINE / SPARKLING

duchess n/v
hunter valley nsw / 29 / 8
villa sandi prosecco
veneto italy / 39 / 10

WINE / WHITES

paxton geusser white
mclaren vale sa 2017 / 29 / 8
vinaceous pinot grigio
adelaide sa 2018 / 36 / 9
flametree sbs
margaret river wa 2017 / 39 / 10
scorpius sav blanc
marlborough nz 2018 / 45 / 13

WINE / ROSÉ

excuse my french rosé
languedoc france 2017 / 39 / 10
longview rosato
adelaide hills sa 2018 / 46 / 13

WINE / REDS

paxton geusser red
mclaren vale sa 2017 / 29 / 8
radio boka tempranillo
valencia spain 2017 / 36 / 9
ingram road pinot noir
yarra valley vic 2017 / 40 / 10
howard park miamup cabernet sauvignon
margaret river wa 2016 / 46 / 13
geoff merrill jackos shiraz
mclaren vale sa 2013 / 55 / 14

BEER / CIDER

sydney cider / 6.5
pyrmont rye / 7.5
lovedale lager / 7.5
stone & wood pacific ale / 8.5
coopers pale ale / 8.5

SPIRITS

vodka, gin / 9.5
kalhua, frangelico, amaretto, campari / 8.5
mixers soda, coke, sprite, lime, ginger ale,
milk, tonic, orange



In line with our strong commitment to
quality, sustainability & provenance we are
proud to partner with the following suppliers
that help us to deliver our vision to you...

**OUR COFFEE IS ROASTED BY
PABLO & RUSTY'S**

**BRASSERIE BREAD ARTISAN HAND
CRAFTED SOURDOUGH**

**FEATHER & BONE FOR OUR SPECIALITY
PASTURE RAISED MEATS**

**HIGHLAND FRESH FREE RANGE FOR
OUR EGGS**

**BROOKLYN BOY BAGELS
FOR OUR BAGELS**

**DARLING MILLS FARM FOR
OUR PREMIUM PRODUCE**

**LITTLE SECRETS BAKEHOUSE FOR OUR
SPECIALTY GLUTEN FREE SWEETS RANGE**

**MAILER MCGUIRE KOMBUCHA FOR OUR
LOCALLY PRODUCED KOMBUCHA**

**BUTTERBOY FOR OUR DELICIOUS
COOKIE RANGE**

FOR HOME / SEE TODAYS COFFEE DISPLAY

espresso 1kg / 42
single origin espresso 250gm / 17
decaffeinated 250gm / 17
single origin filter 250gm / 17
prana chai 250gm / 25 1kg / 49