

Our galettes (savory crêpes) are made with home-milled Australian buckwheat flour which is naturally gluten-free (GF). Note that while our galettes are made with gluten-free buckwheat flour, they may still contain some traces of gluten. Please inform our staff if you have any allergies.

(V) Vegetarian

LA JAMBON FROMAGE	\$16	LA SAUMON FUMÉE	\$24.5
Ham & Swiss cheese		Smoked Salmon, Baby Spinach, Lemon, Dill, Baby Capers & Lemon Cream Cheese	
LA GRECQUE (V)	\$16	LA BRETONNE	\$24.5
Baby Spinach & Feta		Pork & Apple Cider Sausage, Swiss Cheese, Mushrooms, Slow-cooked Onions in Cider & Crème Fraîche	
LA COMPLÈTE	\$18	LA PÉKIN EXPRESS	\$24.5
Ham, Swiss Cheese & Egg <i>Add avocado 4.5, mushrooms 4.5</i>		Smoked Duck, Spring Onion, Swiss Cheese & Hoisin Sauce	
LA BREAKY	\$18	LA CANARD CONFIT	\$25
Bacon, Swiss Cheese & Egg <i>Add avocado 4.5, extra bacon 5, mushrooms 4.5</i>		Swiss Cheese, Confit Duck, Rosemary & Caramelised Onions	
L'IBERICO	\$19	LA TARTIFLETTE	\$25.5
Chorizo, Mushrooms & Swiss Cheese <i>Add avocado 4.5, extra chorizo 5</i>		Bacon, Swiss & Raclette Cheese, Potatoes & Slow-cooked Onions in Cider <i>Add an egg 4, extra cheese 5, extra bacon 5</i>	
L'AUSSIE (V)	\$20	LA VEGGIE (V)	\$19
Spinach, Feta, Mushrooms & Avocado		Spinach, Feta, Cherry Tomatoes, Avocado, Pine Nuts, Mixed Leaves & French Dressing <i>Add salmon 6 or bacon 5</i>	
LA POULET	\$21	LA CHÈVRE (V)	\$20
Chicken, Swiss Cheese, Mushrooms, Garlic & Parsley Sauce <i>Add an egg 4</i>		Goat's Cheese, Dried Figs, Walnuts, Mixed Leaves, Sun-dried Tomatoes & Honey Mustard Dressing <i>Add prosciutto 6</i>	
LA PERI PERI	\$21	LA BURRATA (V)	\$25
Peri Peri Chicken, Swiss Cheese & Spring Onion <i>Add an egg 4</i>		Burrata, Mixed Leaves, Swiss Cheese, Cherry Tomatoes, Fresh Basil, Balsamic Dressing & Crushed Pistachios <i>Add prosciutto 6</i>	
L'ITALIENNE	\$22		
Prosciutto, Cherry Tomatoes, Swiss Cheese & Fresh Basil			
LA PROVENÇALE	\$22.5		
Prosciutto, Goat's Cheese, Walnuts, Sun-dried Tomatoes & Honey			

The French classic. These delicious sweet treats can also be prepared with our naturally gluten free buckwheat flour.

BUTTER & SUGAR	\$10.5	LA FAVOURITE	\$18
La double \$14.5		White Chocolate Ice Cream, Homemade Salted Caramel Sauce & Grilled Almonds	
BUTTER, SUGAR & CINNAMON	\$11	La double 22	
La double \$15		LA DÉLICIEUSE	\$20
BUTTER, SUGAR & LEMON	\$12	Fresh Strawberries, Crushed Pistachios, White Chocolate Ice Cream & Berry Coulis	
La double \$16		La double \$24	
NUTELLA	\$13.5	LA BANANA SPLIT	\$20.5
La double \$17.5		Homemade Chocolate Sauce, Banana, Whipped Cream, Vanilla Ice Cream & Grilled Almonds	
NUTELLA & STRAWBERRIES OR BANANA	\$17	La double \$24.5	
La double \$21		LA BISCOFF	\$20.5
NUTELLA, STRAWBERRIES & VANILLA ICE CREAM	\$19	Biscoff Sauce, Banana, Vanilla Ice Cream & Biscoff Crumble	
La double \$23		La double \$24.5	
HOMEMADE CHOCOLATE SAUCE	\$14	LA TATIN	\$22
La double \$18		Caramelised Apple, Salted Caramel Sauce, Vanilla Ice Cream, Whipped Cream & Crumble	
HOMEMADE CHOCOLATE SAUCE & BANANA OR STRAWBERRIES	\$17.5	La double \$26	
La double \$21.5		RUM OR GRAND MARNIER	\$17.5
HOMEMADE SALTED CARAMEL	\$13.5	La double \$21.5	
La double \$17.5		LA GM	\$19.5
MAPLE SYRUP	\$14	Homemade Chocolate Sauce, Vanilla Ice Cream & Grand Marnier	
Candian Grade A Syrup		La double \$23.5	
La double \$18		LA CRÉOLE	\$19.5
MAPLE SYRUP & BANANA	\$17.5	Rum, Homemade Chocolate Sauce & Vanilla Ice Cream	
La double \$21.5		La double \$23.5	
		LA SUZETTE	\$24
		Orange Segments, Candied Orange Zest, Homemade Salted Caramel Sauce & Grand Marnier	
		La double \$28	



KIDS

At Four Frogs Crêperie, we have a special menu for the kids and we call it, little froggies

All kids receive some crayons and a special placemat on which they can draw and put some nice colors. The little froggies menu is available in all our crêperies.

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(V) Vegetarian

GALETTE : SPINACH & FETA	\$10	CRÊPE : BUTTER & SUGAR	\$7
GALETTE : HAM & CHEESE	\$9.5	BUTTER, SUGAR & LEMON	\$7.5
GALETTE : HAM, CHEESE & EGG	\$10.5	CRÊPE : HOMEMADE SALTED CAMEL	\$7
GALETTE : BACON, CHEESE & EGG	\$10.5	CRÊPE : NUTELLA	\$7
GALETTE : CHICKEN CHEESE & AVOCADO	\$11	CRÊPE : ORGANIC MAPLE SYRUP	\$7
		CRÊPE: NUTELLA, STRAWBERRY & ICE CREAM	\$11

We have a variety of traditional French and Australian beers, ciders, wines and special drinks. Here's a sample beverage list of what you can find at our restaurants.

**LE BAR A CIDRE - BOLÉE (200ML)/
JUG(500ML)/BOTTLE (750ML)**

Ecusson Rosé Normandie 3% - \$8/\$19/\$30
Organic Kerisac semi dry Bretagne 2,5% - \$30
Kerisac dry Bretagne 4.5% - \$8/\$19/\$30
Kerisac semi-dry Bretagne 2.5% - \$8/\$19/\$30
Non alcoholic cider - Ashton Valley South Australia - \$7/\$16/\$21

APÉRITIF

Ricard (French anise-based spirit) - \$9
Campari (sparkling water and fresh orange slice) \$9
Kir (white wine & blackcurrant liqueur) - \$13
Kir Royale (blackcurrant liqueur & Mumm champagne) - \$17
Aperol Spritz - \$14
Mimosa (Prosecco and orange juice) - \$13

BEER

Stella Artois, Lager - \$9.5
Frenchies Pale Ale (Made in Sydney) - \$9.5

DIGESTIF

Cognac - Martell VSOP - \$13.5
Calvados - Le père Jules 3 years old - \$13.5
Whisky - Chivas Regal 12 years old - \$13.5
Genepi - \$13.5

COLD DRINKS

Soft Drinks

Orange juice, Apple Juice - \$6.5
Coke, Coke, Zero, Lemonade - \$5
Pink Lemonade - \$5.5
Ginger beer - \$5.5
Unlimited Sparkling Water - \$ 4,5 pp

Milk Shakes

Coffee, Belgian Chocolate, Nutella, Salted Caramel, French Vanilla,
Strawberry or Mango - \$7/\$8.5

Iced Drinks

Iced Latte - \$6.5
Iced coffee / Iced Chocolate / Iced Mocha - \$8

**WINE - GLASS (120ML)/CARAFE
(500ML)/BOTTLE (750ML)**

Bulles

NV G.H Mumm, Grand Cordon - \$17/\$94
Sam Miranda Processo King Valley, VIC - \$12/\$50

Blanc

Makipai Sauvignon Blanc, Marlborough, NZ - \$10/\$33/\$45
Battle of Bosworth, Chardonnay, McLaren Valley SA (Organic) -
\$12/\$36/\$50
Spring Seed 'Poppy', Pinot Grigio, McLaren Vale SA (Organic) -
\$13/\$33/\$52

Rosé

Fontanet Les Terrasses, 2021, Pays d'Oc, France - \$14/\$33/\$49
Domaine des Blais, 2021, Côtes de Provence, France - \$62

Rouge

Battle of Bosworth Pinot Noir, McLaren Vale SA (organic) -
\$11/\$33/\$45
Famille Gras Les Plans, 2017, VDP, Vaucluse France - \$12/\$36/\$45
Dom Naturaliste 'Discovery' Cabernet Sauvignon, Margaret River,
WA - \$57
Battle of Bosworth Shiraz, McLaren Vale, SA (Organic) - \$57

HOT DRINKS - SMALL/LARGE

Coffee - \$4.3/\$5.1
Hot Belgian Chocolate - \$4.2/\$5
Hot Nutella - \$4.2/\$5
Spiced Chai Latte - \$4.2/\$5
Selection Loose Leaf Tea - \$4.2