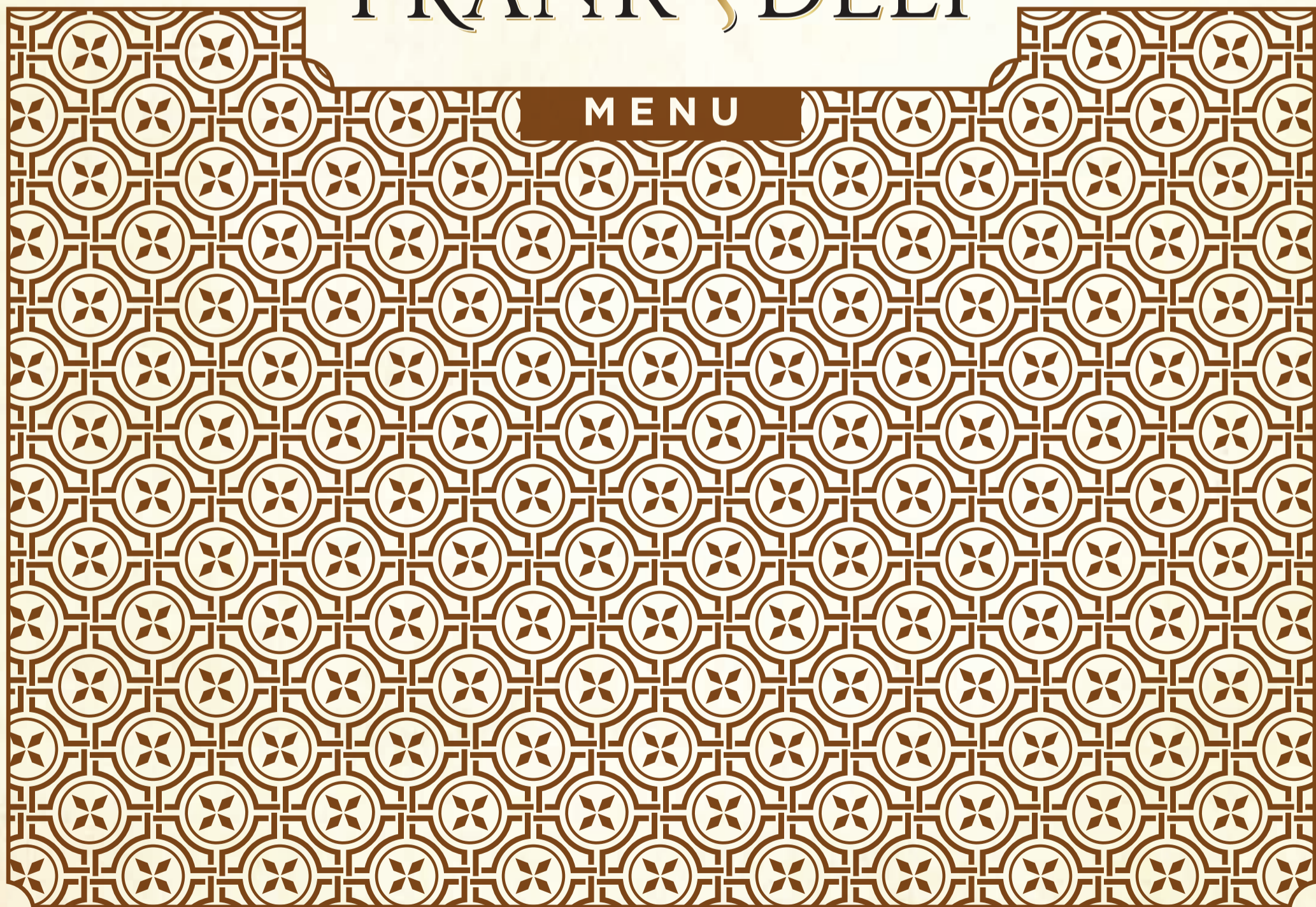


# FRANK'S DELI

## MENU



Tue - Fri: 12h00 - 16h00 • Sat - Sun: 10h00 - 16h00



## FRANK'S ALL DAY BRUNCH

GRANOLA.....	6.00
<i>Homemade lavender infused granola</i>	
ACAI BOWL.....	10.00
<i>Granola, almond milk, banana, red fruit</i>	
EGGS BENEDICT.....	10.00
<i>Poached eggs, muffins, bacon, hollandaise</i>	
EGGS HEMINGWAY.....	11.00
<i>Poached eggs, muffins, smoked salmon, hollandaise</i>	
EGGS SAUSAGE FETISH.....	11.00
<i>Poached eggs, muffins, three sausages, hollandaise</i>	
EGGS VEGGIE.....	10.00
<i>Poached eggs, feta, baby spinach, relish</i>	
SPANISH OMELET.....	9.00
<i>Omelet, chorizo, onion</i>	
BACON OMELET.....	9.00
<i>Omelet, crispy bacon</i>	
FRANK'S SPECIAL.....	11.00
<i>Potato waffle, poached egg, goat cheese, chorizo</i>	
FRANK'S CHEESY.....	11.00
<i>Potato waffle, poached egg, leak, cheddar</i>	

## SANDWICHES

CARPACCIO - cold.....	9.00
<i>Beef carpaccio, rocket, tomato, parmesan, cherry tomato, balsamic</i>	
PASTRAMI - cold.....	9.00
<i>Pastrami, pickles, sweet and sour vegs, mustard mayo</i>	
CHICKEN - warm.....	10.00
<i>Grilled organic chicken, guacamole, sour cream, corn</i>	
BEEF - warm.....	11.00
<i>Brazilian Picanha, zucchini, eggplant, coleslaw, honey mustard</i>	
FRANK'S TACO - warm.....	10.00
<i>Pulled pork, corn, veggies, korean BBQ sauce</i>	

## FRANK'S CLUB SANDWICHES

CHICKEN CLUB.....	13.00
<i>Grilled organic chicken, smoked bacon, eggs, cheddar, guacamole, homemade coleslaw, lettuce, basil mayo</i>	
BEEF CLUB.....	14.00
<i>Brazilian Picanha, smoked bacon, eggs, cheddar, guacamole, homemade coleslaw, lettuce, basil mayo</i>	
PORK BELLY CLUB.....	13.00
<i>Pork belly, eggs, cheddar, guacamole, homemade coleslaw, lettuce, basil mayo</i>	
VEGGIE CLUB.....	13.00
<i>Zucchini, eggplant, eggs, cheddar, guacamole, homemade coleslaw, lettuce, basil mayo</i>	

## FRANK'S TOASTS

FRANK'S SERRANO.....	8.00
<i>Serrano ham, cheddar, truffle mousse</i>	
FRANK'S CHICKEN.....	9.00
<i>Chicken breast, guacamole, cheddar, red onion, truffle mousse</i>	
FRANK'S COJONES.....	9.00
<i>Bacon, guacamole, cheddar, red onion, truffle mousse</i>	
FRANK & BRUT.....	9.00
<i>Grilled sausages, guacamole, red onion, truffle mousse</i>	

## SALADS

THAI BEEF.....	15.00
<i>Grilled beef, mixed lettuce, lime, soya, spring onion, ramen, sesame</i>	
GOAT CHEESE.....	15.00
<i>Goat cheese, honey, bacon, apple, beetroot, nuts</i>	
FRANK'S BURRATA.....	13.00
<i>Burrata, tomato variety, basil, olive oil</i>	
FRANK'S WEEKLY SPECIAL.....	13.00
<i>Frank's surprise recipe</i>	

## SUPER FOOD SALADS

QUINOA SALAD.....	16.00
<i>Quinoa, marinated salmon, sweet &amp; sour vegetables</i>	
GREEN CABBAGE SALAD.....	16.00
<i>Green cabbage, grilled chicken, zucchini spaghetti, avocado</i>	

## SWEETS

HOMEMADE CAKES.....	5.00
<i>Delicious homemade cakes of the day</i>	

## SMOOTHIES

GREEN.....	6.00
<i>Spinach, cucumber, kiwi, lime, granny smith</i>	
MILKY.....	7.00
<i>Acai, goji, forest fruits, camu camu, almond milk</i>	
HEALTHY.....	6.00
<i>Carrot, orange, apple, ginger</i>	
FRUITY 1.....	6.00
<i>Orange, mango, pineapple, banana</i>	
FRUITY 2.....	6.00
<i>Pineapple, banana, strawberry</i>	
FRUITY 3.....	6.00
<i>Granny smith, strawberry, forest fruits</i>	
JUICE 1: ORANGE.....	5.00
JUICE 2: GRAPEFRUIT.....	5.00
JUICE 3: CARROT.....	5.00

## VEGGIE & GLUTEN FREE

*Our dishes can also be made with veggie chicken or veggie bacon. Gluten free bread available, Ask our staff for more info.*

## TEA

*All Café Couture blends are carefully crafted with health benefits in mind. We include explanations with each product description.*

GREEN OXI-GOJI.....	3.50
<i>Metabolism booster, anti aging, antioxidants, weight loss</i>	
ANTI OXIDANT PLUS.....	3.50
<i>Bomb of antioxidants, anti aging, full of minerals</i>	
EXTREME SLIMMING.....	3.50
<i>Weight loss, purifies blood &amp; liver, reduces fatigue, mood booster</i>	
ORGANIC SCOTTISH BLACK.....	3.50
<i>Strengthens the bones &amp; teeth, contains flavonoids</i>	
ORGANIC GINGER FOREST.....	3.50
<i>Promoting digestion, protects the stomach</i>	
MOROCCAN MINT.....	3.50
<i>0 calorie &amp; cholesterol, strong antioxidant, supports immune system</i>	
YOGHURT OF PASSION.....	3.50
<i>High dose vitamins &amp; minerals, disinfects the skin</i>	
RED IMMUNITY.....	3.50
<i>Excellent vitamins including C&amp;K, good for bones, magnesium</i>	
CHAI LOVE.....	3.50
<i>Full of antioxidants, antibacterial, good for the liver</i>	
WICKED ROOIBOS.....	3.50
<i>Promotes good sleep, calming, low in calories</i>	
SENCHA BERRYDISE.....	3.50
<i>Increase libido, stimulates metabolism, helps weight loss, a lot of vitamin C, healthy skin</i>	
FRESH MOROCCAN MINT.....	4.00
<i>powerful antioxidant, ease and unblock the breathing</i>	

## COFFEE

*All Vascobelo beans are organic, fairtrade and Rainforest Alliance certified. This means our coffee is pure, and established with respect for man and nature.*

ESPRESSO.....	2.50
DOUBLE ESPRESSO.....	4.00
ESPRESSO MACCHIATO.....	3.00
LUNGO.....	2.50
CAPPUCCINO.....	3.00
LATTE.....	4.00
APPLE CINNAMON LATTE.....	4.00
HONEY CAPPUCCINO.....	4.00
CHOCOLATE CHIP LATTE.....	4.50
CARAMEL CAFFE NOIR.....	4.50
CHAI LATTE.....	4.00
CARAMELITO.....	4.50
SPECULATTE.....	4.50
HOT CHOCOLATE.....	4.00
<i>Dark, milk or white</i>	
EXTRA.....	+0.50
<i>Soya, whipped cream, decaf, hazel nut, vanilla, chocolate, maple syrup, caramel, cinnamon</i>	

## WINES

WHITE.....	glass 4.00	bottle 20.00
<i>Kaapse hof</i>		
RED.....	glass 4.00	bottle 20.00
<i>Kaapse hof</i>		
ROSÉ.....	glass 5.00	bottle 25.00
<i>Clos Du Canalet</i>		

## BOOZY DRINKS

MIMOSA.....	7.00
<i>Frank &amp; Brut champagne, fresh orange juice</i>	
BLOODY MARY.....	8.00
<i>Vodka, homemade tomato puree, lemon &amp; pickle</i>	
GIN & TONIC.....	11.00
<i>Copperhead, fever tree tonic</i>	

## BEERS

VEDETT.....	3.50
WILD JO.....	4.00
DUVEL.....	4.00
TRIPLE D'ANVERS.....	4.00
CORONA.....	4.00
DESPERADOS.....	4.00

## SOFT DRINKS

COCA COLA.....	2.50
<i>Regular, life, zero or light</i>	
FANTA ORANGE.....	2.50
ALMDUDLER.....	3.00
FEVER TREE TONIC.....	3.50
FEVER TREE GINGER BEER.....	3.50
CHAUDFONTAINE.....	4.50
<i>blue 50cl, red 50cl</i>	
ICE TEA.....	3.00
HOME MADE ICE TEA.....	4.00
BIONADE.....	3.50
<i>Elderflower or orange ginger</i>	