

Brekkie

ALL DAY FROM 6AM

Acai Health Bowl 14 / V / VGO

served with granola, toasted coconut, chia, seasonal fruits
+ peanut butter 1.5
+ organic vegan protein 3

Eggs n Toast 10 / V / GFO

2 x free range eggs - scrambled / poached / fried, on sourdough, served with butter
+ wilted spinach 4
+ grilled halloumi (2) 5
+ seasoned crushed avocado 5
+ bacon 5
+ smoked salmon 6

Avocado Toast 7 / V / GFO

1 x sourdough toast topped with sliced tomatoes and feta, garnished with dukkah
+ bacon 5
+ grilled halloumi (2) 5

Chia + Blueberry Pancakes 10 / V

4 x pancakes served with maple syrup and butter
+ bacon 5
+ ice cream 3

Chorizo Wrap 10

minced chorizo, scrambled eggs, spinach, and chipotle mayo

Mushroom + Egg Wrap 10 / V

sautéed mushrooms, scrambled eggs, spinach, feta, and truffle mayo

Charlie’s Bacon + Egg Roll 10 / GFO

grilled bacon, fried egg, tomato relish, aioli, and mixed leaves on a toasted milk bun
+ hashbrown 1

Brooklyn Boy Bagels 7.5 / VGO

options: cream cheese, butter, vegemite, strawberry jam, honey, peanut butter
+ seasoned crushed avocado 5
+ smoked salmon 6

Sourdough Toast 6 / GFO

options: butter, vegemite, strawberry jam, honey, peanut butter
+ seasoned crushed avocado 5

Check the display window for daily variations

Assorted Yoghurt + Fruit Cups 6

Ham + Cheese Croissant 10

Ham, Cheese + Tomato Toastie 10

Chef Sandwiches STARTING FROM 7.5

Gourmet Chef Salads (500ml) 10

Lunch

ALL DAY FROM 6AM

Sushi Rice Cups (300ml) 10

loaded with the freshest ingredients, healthy and easy to eat
choice of protein:
+ chicken teriyaki & avocado [gf]
+ salmon & avocado [gf]

Poke Bowls (1000ml) 15 / DF

brown rice, edamame beans, carrot and cabbage slaw served with fresh lemon wedge and kewpie dressing
choice of protein:
+ grilled salmon
+ chicken & avocado

Charlie’s Cheeseburger 12

grass fed beef patty, american cheese, charlie’s special sauce, pickles, cos lettuce, tomato served on a milk bun

Pulled Pork Roll 12

slow cooked tender pork, green apple coleslaw on a milk bun

Loaded Tacos 14

3 x soft-shell tacos filled with smashed avocado, pineapple salsa, and chipotle mayo
choice of protein:
+ grilled chicken
+ grilled halloumi
+ grilled garlic & chilli marinated prawns

Italian Style Penne Bolognese 14

penne pasta tossed in a rich sugo sauce with seasoned beef mince and italian herbs

Mushroom + Spinach Penne 12 / V

penne pasta in a creamy sauce with sautéed mushrooms and baby spinach, finished with parmesan

Skewers + Chips Box 13

2 x skewers served with tzatziki dipping and shoestring chips
Choose one option:
+ chicken satay
+ mediterranean lamb

Portuguese Chicken Wrap 10

Portuguese chicken, tasty cheese, mixed leaves, tomato, and mayo

Karaage Chicken Sandwich 10

cucumber, lettuce, cheese, served on white sliced bread

Hot Snacks

Chips & Wedges

+ hot chips - small 5.5 large 8.5
+ potato wedges - small 6 large 9
+ gravy 1
+ sweet chilli 0.5
+ tomato sauce 0.5
+ bbq sauce 0.5

Karaage Chicken 9.5

10 x crispy karaage chicken, served with smoked paprika and chipotle mayo

Spring Rolls 9.5 / V

5 x crispy vegetable spring rolls with sweet chilli sauce

Falafel Bites 10 / V

5 x falafel bites served with Tzatziki

Coffee

BY PABLO + RUSTY'S

espresso, macchiato, piccolo 4oz - 3.5
black single origin 4.5
white 6oz - 4 / 8oz - 4.5 / 12oz - 5
mocha 6oz - 4,5 / 8oz - 5 / 12oz - 5.5
chocolate 6oz - 4 / 8oz - 4.5 / 12oz - 5
black all sizes 4.5

Iced 360ml
black 4.5
latte 5.5
mocha 6
chocolate 5.5
chai 5.5
dirty chai 6
matcha 5.5
mango matcha 8.95
strawberry matcha 8.95

Other Stuff 5 120Z

GOLDEN TURMERIC MYLK turmeric, ginger, cinnamon, pepper, coconut milk
PRANA CHAI LATTE premium black tea, aromatic spice, honey
MATCHA COCONUT MYLK organic matcha green tea, honey, coconut milk

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

Loose Leaf Tea (Bag) 4.5

ENGLISH BREAKFAST recharge
EARL GREY uplifting
GUNPOWDER GREEN antioxidant
LEMONGRASS + GINGER anti-inflammatory
PEPPERMINT digestive

Shakes 7

SALTED CARAMEL PECAN full cream milk, vanilla ice cream, maple syrup, roasted pecan, salt
CHOC PEANUT BUTTER full cream milk, vanilla ice cream, maple syrup, chocolate syrup, peanut butter, salt

Healthy Smoothies 8

SUPER AÇAÍ [VG, GF] organic açai berry, banana + coconut milk
RECHARGE banana, oats, honey, almonds, yoghurt, almond milk + cinnamon
MANGO LASSI [GF] mango, greek yoghurt, lemon, maple syrup, vanilla, cardamom + pecans
IMMUNE BOOST [VG, GF] mixed berry, almonds, chia seeds, maple syrup, cinnamon + almond milk
+ organic vegan protein 3
+ organic matcha powder 2

Cold Drinks

CHECK THE FRIDGE DISPLAY FOR FULL VARIETY

v - vegetarian vg - vegan gf - gluten free df - dairy free vgo - vegan option
gfo - gluten free option dfo - dairy free option

Please advise our staff with any dietary/allergen requirements as the menu does not list every ingredient used. Ingredients are subject to availability.

Charlie
+Franks

CAFÉ CATERING EVENTS

Canteen Menu

AUSTRALIAN CATHOLIC UNIVERSITY

📷 Follow us on Instagram
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CHARLIE + FRANKS LOCATED IN NORTH SYDNEY + ST LEONARDS
CREDIT CARD SURCHARGE APPLIES