

takeaway menu

BREKKIE BOWLS

(all day from 6am)

AÇAI HEALTH BOWL / 16 / v / vgo

banana, organic açai berry, granola, chia, seasonal fruit, toasted coconut served chilled

SOFT POLENTA PORRIDGE / 16 / gf / vg

with seasonal berries, coconut cream, vanilla and blueberry compote, mixed seeds and nuts

TOAST & BREADS

(all day from 6am)

MUSHROOM TOASTIE / 15 / v

sesame and miso mixed sautéed mushrooms, spinach, provolone, mozzarella, parmesan, truffle mayo served with pickles

CHORIZO TOASTIE / 15

minced chorizo, rocket, provolone, mozzarella, parmesan, chipotle mayo served with pickles

BROOKLYN BOY BAGELS / 7 / vgo

cream cheese or pepe saya cultured butter or jam

+ avocado / 3.5

+ smoked salmon / 6

GLUTEN FREE BREADS / 5 / gf

gf bread, gf banana bread

SOURDOUGH TOAST / 6.5 / vgo

served with butter, deli rye, organic white, quinoa & soya grain, sour cherry & raisin

vegemite, strawberry jam, honey, peanut butter, biscoff

SIDES

+ sourdough toast / 2.5

+ free range egg, fried, poached, scrambled / 3.5

+ potato rosti / 3.5 / gf / df

+ wilted spinach or kale / 4 / gf / df

+ grilled mushroom / 4.5

+ bacon, avocado (1/2), halloumi (2) / 5

+ vine truss tomatoes / 5 / gf / df

+ semi dried tomatoes / 5 / gf / df

+ chorizo or chicken & pork sausage / 5.5

+ smoked salmon / 6

+ fried or grilled free range chicken / 8

+ grilled salmon fillet / 12

BREKKIE PLATES

(all day from 6am)

gf bread available on request

SAUSAGE & EGG MUFFIN / 11

house made free range chicken and pork sausage, free range scrambled egg, aioli, american cheese served on an english muffin

+ potato rosti / 3.5

CHARLIE'S BACON & EGG ROLL / 13

grilled bacon, chilli fried free range egg, spiced tomato sauce, rocket on a milk bun

EGGS N TOAST / 14 / v

two free range eggs cooked your way, scrambled / poached / fried, served with pepe saya cultured butter on sourdough

+ wilted spinach or kale / 4

+ bacon, avocado (1/2), halloumi (2), vine truss tomatoes / 5

FRENCH TOAST / 19 / v

warm apple pie french toast on a brioche loaf with salted caramel, coconut crumble, maple syrup and vanilla custard

CRUSHED AVOCADO / 19 / v

seasoned crushed avocado, feta cheese, almond dukkah, soft boiled egg, hummus on sourdough

HEALTHY KICK START / 20 / v

free range poached eggs, smashed avocado, roasted cherry truss tomatoes, sautéed mushrooms and sourdough

SPANISH OMELETTE / 20

(comes as is. sorry, no changes)

open omelette with chorizo, red onion, baby spinach, roasted capsicum, smokey potatoes, pecorino and salsa verde served with sourdough

KIDS

(12 years and under)

SCRAMBLED EGGS / 10

served with sourdough and tomato sauce

KIDS FRENCH TOAST / 12

with vanilla ice cream, berries, maple syrup

HOUSE MADE FISH AND CHIPS / 12

served with tomato sauce

CHEESEBURGER / 12

with american cheese, tomato sauce served on a milk bun with shoestring fries

CHICKEN BURGER / 12

grilled chicken breast with american cheese, tomato sauce served on a milk bun with shoestring fries

CHOCOLATE, VANILLA OR BANANA MILKSHAKE / 5.95

LUNCH PLATES

(from 11am)

VEGAN HEALTH BOWL / 20 / vg / gf / df

with soy braised eggplant, avocado, sweet potato, asian slaw, peanut dressing, pepitas and sesame seeds ~ served warm

BUDDHA BOWL / 20 / v / gf

grilled halloumi, turmeric fragrant quinoa, chickpeas, radish, avocado, roasted pumpkin, smashed beetroot yoghurt, pumpkin seeds and herbed tahini dressing

FISH TACOS (3) / 22

battered barramundi, avocado, corn and jalapeño salsa, pickled cabbage, chipotle mayo on flour tortilla

MACRO BOWL / 23 / gf / df

(please select grilled chicken or salmon) fragrant brown rice with dill, chickpeas, shallot, grilled broccoli, pecans, peanut dressing, sesame seeds

MUSHROOM GNOCCHI / 23 / v

potato gnocchi, sautéed sesame & miso mixed mushrooms, red kale, walnut pangrattata, mascarpone, herbs

LAMB RAGU PAPPARDELLE / 24

12h slow cooked lamb shoulder in rich sugo, peas, cherry tomatoes, pappardelle and pecorino

BURGERS

(from 11am)

gf bun available on request

CHARLIE'S CHEESEBURGER / 20

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

BFC / 20

free range fried chicken, pickled slaw, cos lettuce, pickled cucumber, curried mayo served on a milk bun with shoestring fries

TO SHARE

SIDE OF CHIPS / 8

with chipotle mayo

Dietary Requirements



df - dairy free

gf - gluten free

v - vegetarian

vg - vegan

vgo - vegan option

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



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www.charlieandfranks.com.au

drinks

COFFEE by Pablo & Rusty's

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

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

BOTTLED JUICE / 6.95 / vg / gf

cold pressed (see today's selection)

HEALTHY SMOOTHIES / 9.5

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

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

super açai [vg, gf] organic açai berry, banana &
coconut milk

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

+ organic vegan protein / 2

+ organic matcha powder / 2

SHAKES / 8.5

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

WATER / COLD DRINKS

kombucha / 6.95

llb / 4.5

pink lemonade / 4

soft drink coke, zero, sprite / 3.5

sparkling mineral water san pellegrino / 5.5

ALL BOTTLES / 25

WINE / SPARKLING

duchess n/v
hunter valley nsw

villa sandi prosecco
veneto italy

WINE / WHITES

vinaceous pinot grigio
adelaide sa 2018

flametree sbs
margaret river wa 2017

scorpius sav blanc
marlborough nz 2018

WINE / ROSÉ

excuse my french rosé
languedoc france 2017

WINE / REDS

radio boka tempranillo
valencia spain 2017

ingram road pinot noir
yarra valley vic 2017

BEER / CIDER / 6.5

the original sydney cider

east coast ipa

sydney lager

coopers pale ale

FOR HOME

see today's display

espresso 1kg / 42

single origin espresso 250gm / 17

decaffeinated 250gm / 17

single origin filter 250gm / 17

prana chai 250gm / 25 1kg / 49

fressko keep cup 8oz / 30 12oz / 35

mmore peanut butter / 14.95



ALCOHOLIC DRINKS / COCKTAILS / 13

espresso martini espresso coffee, vodka, frangelico

manhattan rye whiskey, sweet vermouth, bitters

negroni gin, campari, cinzanno rosso

margarita tequila, tripple sec, lime juice, sugar syrup

new cosmopolitan vodka, blanco vermouth, elderflower liquor, lime juice



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



LUXE BAKERY ARTISAN
HAND CRAFTED
SOURDOUGH



BROOKLYN BOY
BAGELS FOR
OUR BAGELS



LITTLE SECRETS BAKEHOUSE
FOR OUR SPECIALTY GLUTEN
FREE SWEETS RANGE



MMMORE RAW TREATS
FOR OUR HEALTHY
SNACK OPTION