

# FRANK

## BREAKFAST ALL DAY LONG

ENGLISH BREAKFAST .....	7,5
FRIED BLACK BREAD, 2 EGGS - fried, boiled, poached, scrambled - HAM, MUSHROOMS, GRILLED TOMATO	
AVOCADO SMOOTHIE .....	4,5
avocado, banana, dates (V, G, L)	
HEMP SMOOTHIE .....	4,5
raspberry, banana, blackcurrant, strawberry, raisin, ginger, hemp seeds (V, G, L)	

## SOUPS

DAILY SOUP .....	3,5
changes daily, ask staff	
UDON NOODLES .....	7,8
miso soup, poached egg, prawn bite, wakame & greens (L)	

## MEZE

VEGETARIAN SELECTION .....	8,8
lobbio, dolma, baba ghanoush, tapenade, phali, hoummus, guacamole (V)	
BRUSCHETTA SELECTION a la FRANK .....	8,5
tomato, guacamole, hoummus, tapenade, capers & mascarpone, spinach (V)	
ESCARGOTS a la BOURGUIGNONNE 6 pcs. ....	8,5
roasted snails in garlic-herb butter (G)	
PIRI PIRI PRAWNS 6 pcs .....	8,8
fried prawns with hot piri piri sauce (G, L)	
SELECTION OF CHEESE .....	13,5
perfect platter to enjoy with wine (V)	
KOTZEBUE CHARCUTERIE KIWALIK cured lamb salami .....	5

## SALADS & LIGHTER

TOAST a la FRANK .....	8,9
guacamole, prosciutto, poached egg, arugula salad & Kotzebue pot bread	
BOEUF TARTARE .....	11
a classic with anchovy, capers, onion, pickles & egg yolk	
SCALLOPS .....	11,9
green pea purée & bacon (G)	
MINCED LAMB .....	8,8
shaved carrots served with herbed fresh yoghurt finished with fresh parsley	
FRANK'S MASH-UP of INDIAN STYLE STREET FOOD (G)	
FRANK'S SALAD with chicken or pulled pork or grilled vegetables ...	8,8
FRANK'S SALAD with salmon or prawns .....	9,8

## PLANT BASED (V, G, L)

MUNGBEAN VERMICELLI .....	11
pak choi, leeks, bell peppers, tomatoes, almonds & corn dressed with garlic-scallion sesame-soy sauce	
"MEXICAN" RICE BOWL .....	8
mixed rice with peas, corn, bell peppers, cilantro & wakame in tangy soy sauce	
PROTEIN BOWL .....	8
buckwheat & lentils with coconut milk, garlic, hoummus, tofu, chia seeds and sunchoke chips	
GREEN BOWL .....	8
roasted cauliflower and broccoli with almonds, peanut dressing & sunflower seeds	
CLUB SANDWICH .....	11,5
garlicy Kotzebue pot bread with hoummus, zucchini, eggplant, avocado, tomato, greens, mint yoghurt dressing & carrot and parsnip fries (V)	
FOR MEAT LOVERS add to your veggies:	
prawns / pulled pork / salmon / chicken .....	5
tofu .....	3,5

## BURGERS & LARGER

CLASSIC NEW YORK with bacon .....	10,5
PHILLY CHEESEBURGER .....	9
our version of Philadelphia cheesesteak, thinly-sliced pieces of steak and melted cheese with juicy bell peppers and fresh greens on ciabatta	
NO BUN BURGER with PORTOBELLO .....	9
our bun-less burger, we use portobello mushrooms instead of bread (G) .....	9
CAROLINA STYLE BURGER .....	11
smoked and pulled pork with juicy salad, fried egg and a delicious bun	
KEEMA PAU .....	8,8
a classic of Indian streets: spiced minced lamb and peas with a toasted, buttered bun and mint yoghurt sauce	
LENTIL DAHL .....	8
Oriental lentil dish with crispy lavash (V)	

## MAINS

WIENER SCHNITZEL veal .....	10,9
served with lemon and anchovy butter	
COD FILLET .....	11
oven baked cod fillet with anchovy spiced butter and warm bulgur salad	
HARISSA CHICKEN .....	10,5
with roasted miso glazed squash & almonds	
GRILLED SALMON STEAK .....	10,5
with remoulade sauce and prawn bite (G)	
NOISETTES OF FILLET OF BEEF (200 g) .....	18,5
noisettes of tenderloin of beef wrapped in bacon with green pepper sauce (G) .....	18,5
FISH & CHIPS .....	9,5
perch, green peas, remoulade & soy vinegar	

**PLEASE ORDER SIDES SEPARATELY**

## SIDES

WITH (or without) ANY DISH WE RECOMMEND OUR

CLASSIC FRENCH FRIES served in a basket (V, G, L) .....	3
CARROT & PARSNIP FRIES (V, G, L) .....	3,9
CHEESY FRIES (V, G) .....	3,9
GRILLED CORN ON THE COB with Manchego cheese (V, G) .....	4,9
"FARM TO PLATE" GRILLED VEGETABLES (V, G, L) .....	3,9
FRESH GREEN SALAD (V, G, L) .....	3,9
SPINACH MIX with butter and garlic (V, G) .....	3,9

## DESSERTS

BAKED ALASKA aka omelette à la norvégienne .....	5,5
CHOCOLATE FONDANT WITH ICE CREAM .....	6,3
RHUBARB PANCAKES with mascarpone and honey .....	6,6
GOAT CHEESE CREME BRULEE with rhubarb jam .....	6

V - VEGETARIAN / G - GLUTEN FREE / L - LACTOSE FREE

SPEAK TO STAFF REGARDING INFORMATION ON ALLERGENS & DIETARY RESTRICTIONS

THE KITCHEN SERVES FOOD EVERY DAY 12 PM - 11 PM