

ALL DAY

HOUSE MADE PASTRIES

Croissant, French butter, preserves. 7.9
*Almond croissant** 8.9

HOUSE BAKED 7.9
Banana loaf, French butter

TOAST 8.5
Sourdough | Fruit w. French butter, preserves [GFO]

HAM & CHEESE CROISSANT . . . 11.9
Cannings free range ham, cheddar, honey mustard mayo

RASPBERRY BIRCHER 17.5
*Coconut yoghurt, almond granola, seasonal fruit, pistachios [VG] **

ORGANIC ACAI 19.0
*Granola, pure peanut butter, seasonal fruit, coconut yoghurt [VG/DF]**

PALEO LOAF 12.9
*Avocado, lemon [V/GF/DF]**

Add poached egg 3.0

Add grilled salmon 9.5

AVOCADO 19.5
Toasted sourdough, sweet chilli jam, haloumi fries [V]

Add poached egg 3.0

Add streaky bacon 6.0

BRIOCHE 15.9
Streaky bacon, cheddar, fried eggs, tomato & eggplant relish

FREE RANGE EGGS 12.5
Poached | Fried on buttered sourdough [V]

PARMESAN SCRAMBLE 15.9
Toasted sourdough, chives [V]

RICOTTA HOTCAKES 22.9
Roasted strawberries, creme fraiche, pure maple [V]

CHEESEBURGER 22.5
Cannings grassfed pattie, Gruyere, house pickles, mayo, ketchup, french fries

FRENCH FRIES 9.0
Sweet chilli aioli [V]

SIDES

AVOCADO	5.5	HALOUMI FRIES	6.5
STREAKY BACON	6.0	RELISH MAYO	1.0
MUSHROOMS	4.5	FREE RANGE EGG	3.0
SPINACH	4.5	GRILLED ATLANTIC	
FRESH TOMATO	4.0	SALMON 110g	9.5

SANDWICHES/TOASTIES

FREE RANGE CHICKEN TOASTIE – poached Cannings chicken, honey mustard mayo, toasted almonds, avocado [DF]* 16.9

CONTINENTAL SANDWICH – Cannings free range ham, dijon, Swiss cheese, mozzarella, house pickled cucumber 15.5

CURRIED CAULI TOASTIE – spiced roasted cauliflower, chopped almonds, pickled fennel slaw, kasundi, goats cheese [V]* 15.5

THREE CHEESE TOASTIE – mozzarella, Swiss, Parmigiano, onion jam, chilli mayo [V] 13.5

SMOKED SALMON TARTINE – creme fraiche, avocado, rocket, lemon, capers 15.5

SALADS (FROM 11AM)

REGULAR 18.5 (choose 2-3) SIDE 7.9

BABY COS, avocado buttermilk dressing, Parmigiano, pepitas [V/GF]

GREEN BEANS, cherry tomatoes, feta, almonds, red wine vinegar, basil [V/GF]*

FARRO, roasted eggplant, lentils, chickpeas, pomegranate, pinenuts, currants, herbs [V/DF]*

ADD GRILLED SALMON 9.5

ADD POACHED EGG 3.0

GF = gluten free | V = vegetarian
 VG = vegan | * contains nuts
 DF = dairy free

Frank & Harri cannot guarantee any items will be trace free, and will not be liable for any adverse reactions to food consumed or other items an individual may come into contact with while eating any of our products.

SURCHARGE

A surcharge of 10% applies on weekends

*No split bills or changes to menu.
 1.5% surcharge applies to all card transactions*

FRANK & HARRI

CAFE | PATISSERIE | CATERING

COFFEE

Niccolo house blend	4.5
Strong	0.5
Large	0.5
Soy Oat Almond.	0.5
Batch brew	4.5
Cold brew	5.0
Prana Chai.	5.5
Hot chocolate	5.0
Mocha.	4.5
Golden latte	4.5
Iced coffee (ice-cream)	7.0
Iced chocolate (ice-cream)	7.0
Kid's milkshake (choc/van)	5.9

TEA

*Evermore Breakfast - Black
Sri Lankan tea*

*Lady Melba - Earl grey, with
a touch of bergamot*

*Peppermint - Peppermint
leaves with a touch of lemon
myrtle*

Leafy Green

*Grass Roots - Lemongrass,
ginger & turmeric*

*Floral Fields - Chamomile,
lavender & rose petal*

5.0

CAPI

Sparkling water
250ml 4.0
1Lt 8.0

Assorted flavoured soda 4.0

REMEDY KOMBUCHA

Assorted flavours 6.5

COLD PRESSED JUICE

Orange 7.5

KIDS MENU

RICOTTA HOTCAKE 9.0
Pure maple, salted butter

POACHED EGG 9.0
Buttered toast

FRENCH FRIES. 6.5
House ketchup

CATERING | CAKES

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