

DRINKS (COLD)

POWER SMOOTHIES \$10

BREAKY BLEND

Granola, blueberries, banana, protein, honey & almond milk

PERUVIAN POWER

Coffee, honey, oats, macca powder & almond milk

NUTTY BANANA

Almonds, cacao, bananas, house made peanut butter, protein & coconut milk

PINA COLADA PROTEIN

Banana, pineapple, mango, coconut milk & protein powder

FRESH JUICE \$9.5

VITAMIN C

Orange, carrot, lemon & turmeric

GREEN STARTER

Apple, cucumber, kale & lime

SUMMER CLEANSE

Watermelon, pineapple, mint & ginger

BEETROOT BLAST

Beetroot, watermelon, carrot, lemon & ginger

ZESTY ZINGER

Orange, pineapple, cucumber, kale, lemon, lime & ginger

STRAIGHT UP OJ

Freshly squeezed oranges

GREEN SMOOTHIES \$9.5

GREEN MACHINE

Spinach, banana, mango, pineapple, apple juice

HALE TO KALE

Pineapple, cucumber, lemon, apple juice & kale

ADD SPIRULINA \$1

SWEET SMOOTHIES \$8

NANA DREAMING

Banana, honey & milk

PURPLE RAIN

Berries, honey & Milk

SWEET MANGO

Mango, honey & milk

ICED FRUIT FRAPPES \$8.5

Passionfruit, Mango & OJ

Watermelon, Strawberry & Mango

MILKSHAKES \$7

Caramel, Chocolate, Vanilla

SPECIALTY DRINK \$9.5

SEE SPECIALS BOARD

FROM THE FRIDGE

Kombucha	\$5.5
Karma Cola Range	\$4.8
Organic Orange Juice	\$5.2
Fresh Fruit Juice "Noahs".	\$5.2
Still Bottled Water	\$2.5
Sparkling Water	\$4
Sparkling 750ml	\$7.5

 **Lettuce B. Frank**
don't sugar coat it.

337 CROWN ST, WOLLONGONG, NSW, 2500

ALL DAY BREAKFAST

LOCAL FRUIT TOAST \$8

w either whipped honey ricotta, house made jam, peanut butter or ginger date jam

BISCHOF FRENCH TOAST \$24

Brioche bread stuffed w Bischof spread, caramelised banana, compote.

GREEN EGGS (V) \$17

Scramble egg mixed through house made pesto, feta, sourdough

FREE RANGE EGGS (V, DF,) \$16

Poached, fried or scrambled - roasted tomato & baby spinach w sourdough

FRANK'S BIG BREAKFAST (DF) \$24

2 free range eggs (any way), bacon, potato rosti, roasted cherry tomatoes, mushroom, chipolata, baked beans & baby spinach w sourdough

VEGAN BREKKY (VG) (DF) \$23

Vegan patty, potato rosti, mushrooms, avo smash, beetroot hummus, roasted tomato & baby spinach w sourdough

KETO BREAKFAST (GF) \$22

Avocado, smoked salmon, roast tomato, poached eggs & keto bread

MIDDLE EASTERN EGGS (V) \$18

Poached free range eggs, yogurt feta, beetroot hummus, dukkha, chilli oil w sourdough

HALLOUMI STACK (V) \$22

Mexican beans, toast, baby spinach, roast veg, mushroom, caramelised onion topped with halloumi and drizzle with aioli.

BREAKFAST ROLL \$18

Fried free range eggs w bacon, hash brown, cheese, spinach, tomato relish & aioli on turkish roll

BRUSCHETTA PLATE (V) (DF) \$18

3 toast with different toppings, smash avo, cream salmon, tomato salsa w Italian balsamic glaze.

CORN AND ZUCHINNI FRITTERS \$22

3 pcs of fritters, mexican bean, rocket topped with avosmash

MOROCCAN SPICED SHASHUKA (V) (DF) (GF) \$22

Mixed beans, veggies, napolitana sauce, feta w poached egg and sourdough.

SUPER FOOD BOWLS

HOUSEMADE GRANOLA (V) \$17

Blueberry spirulina yoghurt, granola, pistachio crumb, fresh berries with compote and honey.

ACAI BOWL (V) (DF) \$18

Acai ,coconut water, banana, granola, seasonal fruit, goji berries, cacao nibs & raw honey

KIDS BREAKFAST

DIPPY EGGS \$7

Soft Boiled egg w sourdough soldier stick

AVO SMASH \$7

1 pc toast w avocado and cherry tomatoes

FRANKS LITTLE BREAKFAST \$12

Bacon, chipolata sausage, mushroom, choice of eggs w toast

NUTELLA PANCAKE \$7

EXTRAS

Haloumi	\$4.5
Tofu	\$5
Moroccan Beans	\$5
Grilled Chicken, Vegan Patty	\$5
Smoked Salmon	\$7
Barramundi Fillet	\$8
Gluten Free Bread	\$2.5
Keto Bread	\$3.5
Feta, Beetroot Hummus	\$4
Potato Rosti , Haloumi, Avocado	\$4.5
Mushrooms, Avo Smash	\$4.5
Bacon, Chipolatas	\$5
Grilled Chicken Breast	\$5
Smoked Salmon	\$7

Something for everyone!

LUNCH FROM 11AM

LBF CLASSIC \$24

House made beef patty, cheese, lettuce w tomato and chipo sauce w sweet potato chip

ANGEL'S DELUXE BURGER \$26

Two beef patties, aioli, lettuce, caramelised onion, bacon and cheese w sweet potato chip

STEAK SANDO (DF) \$23

Seared tender beef, caramelised onion, beetroot, carrots, tomato, rocket, aioli w sweet potato chip

PERI CHICKEN BURGER \$21

Peri grilled chicken burger w salsa, cos lettuce & chipotle sauce w sweet potato chip

VEGAN CHEESEBURGER \$22

Lentil & walnut patty w vegan cheese, pickles, sprouts, carrot, beetroot, lettuce w vegan aioli w sweet potato chips

BARRAMUNDI BURGER (DF) \$23

Marinated fresh barramundi w chermoula, cucumber, lettuce, pickled onion, & lemon aioli w chips

CRISPY SKIN SALMON \$28

Pan-fried salmon, roast veg, with quinoa mix, tendrils, snow pea, beetroot puree w lemon turmeric dressing, grilled lemon wedge

HEALTHY BOWLS

GREEN GODDESS BOWL (VG), (GF) \$18

Asparagus, broccoli, peas, radish, purple cabbage, walnuts, brown & black rice, shallots, kale, fresh herbs w green avo goddess dressing

HARISSA PUMPKIN BOWL (GF)) \$18

Harissa Pumpkin, roast veggies, pea puree , crispy kale spinach, feta with crispy seed crackers

ROASTED SPICED TURMERIC CAULIFLOWER BOWL (V) \$19

Cauliflower, moroccan veggies, pearl cous cous & yoghurt dressing

NOURISH BOWL (VG) (GF) (DF) \$18

House made organic sauerkraut, marinated spinach, quinoa, grated beetroot, cherry tomato, avo smash, grated carrot, seeds, alfalfa sprouts & lemon

KIDS MEAL

SCREAMER BURGER \$14

Beef patty w marshmallow fluff and mayo

SUPER NOVA BURGER \$13

G. Chicken, lettuce w tomato sauce

DRINKS(HOT)

ORGANIC COFFEE

100% Organic & fair trade-roasted in the southern highlands

Espresso	\$3.8
Macchiato	\$3.8
Long Black	\$4.2
Piccolo	\$4
Cappuccino	\$4.2
Flat White	\$4.2
Latte	\$4.2
Chai Latte	\$4.2
Mocha	\$4.5

SPECIALTY BREWS

Dirty Chai	\$4.5
Matcha Latte	\$5
Turmeric Latte	\$5
Vegan Hot Chocolate	\$4.5
Prana Sticky Chai	\$6
Cold Brew	\$5

LOVE ORGANIC TEA \$4.5

All our teas are local & organic

English breakfast

Organic green tea

Organic peppermint

Lemon grass & ginger

French earl grey

Black tea, rose, bergamot , essential oils

Detox

Dandelion root, ginger, licorice root, nettle fennel, burdock root

Licorice Love

Licorice root & spearmint

Floral Love

Chamomile, rose hip, calendula, lavender

lemon grass & ginger

EXTRAS

MILKS .60

Soy, almond, oat, lactose free coconut

EXTRA SHOTS .60

Espresso, syrups - vanilla caramel or hazelnut

10% Sunday & Public Holiday Surcharge Applies