

Brekkie

ALL DAY FROM 6AM

Acai Health Bowl 14 / V / VGO

served with granola, toasted coconut, seasonal fruit

+ peanut butter 1.5

+ protein powder 2

Eggs n Toast 10 / V / GFO

two free range eggs - scrambled / poached / fried, on sourdough, served with butter

+ wilted spinach 4

+ grilled halloumi (2) 6

+ seasoned crushed avocado 5

+ bacon 5

+ smoked salmon 6

Green Goodness Eggs 13

scrambled egg with homemade pesto, fetta, spinach topped with parmesan served with sourdough toast

+ bacon 5

+ grilled halloumi (2) 6

Charlie's Bacon + Egg Bagel 12 / GFO

grilled bacon, fried egg, spiced tomato sauce, aioli, rocket, served on a brooklyn boy bagel

+ hashbrown 1

Brooklyn Boy Bagels 7.5 / VGO

cream cheese or butter or jam

+ seasoned crushed avocado 5

+ smoked salmon 6

Sourdough Toast BY LUXE BAKERY 6

(gluten free option available) served with butter

classic white, soy & linseed, light rye

+ seasoned crushed avocado 5

vegemite, strawberry jam, honey, peanut butter

Grab + Go

PLEASE SEE OUR DISPLAY FOR TODAY'S FLAVOURS

Assorted Yoghurt Cups 6

Vegan Chia Coconut Cup 6 / VG

Fresh Seasonal Fruit Cups 6

Brekkie Wraps 10

Ham + Cheese Croissants 10

Ham, Cheese + Tomato Toastie 10

Omelette 10

+ egg white, baby spinach, feta, mushroom, cherry tomato

+ traditional ham, tomato, mozzarella & parmesan

Gourmet Chef Sandwiches STARTING FROM 7.5

Gourmet Chef Salads 12

Lunch

ALL DAY FROM 6AM

Sushi Rice Cups (300ml) 8

loaded with the freshest ingredients, they're healthy and easy to eat. a great light lunch or afternoon snack

+ chicken teriyaki [gf]

+ salmon & avocado [gf]

+ sesame tofu & edamame [vg / gf]

Poke Bowls (750ml) 14 / GF / DF

individual poke bowl with your choice of protein

brown rice, edamame beans and cabbage & carrot slaw, served with fresh lemon and soy dijon dressing

+ grilled salmon

+ chicken & avocado

+ sesame tofu (vegan)

Fish & Chips 14

crispy fried barramundi served with chips and tartare sauce

Frankie's Cheesy Hot Dog 10

traditional frankfurt sausage, fried onion, shredded mozzarella cheese, american mustard on soft luxe roll

Slow Cooked Lamb Roll 12

greek style braised lamb shoulder, sautéed kale, tomato relish on a milk bun

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

Chips & Wedges

+ hot chips - small 5.5 large 8.5

+ potato wedges - small 6 large 9

+ gravy 1

+ sour cream 1

+ sweet chilli 0.5

+ tomato sauce 0.5

+ bbq sauce 0.5

Special

Add Chips to ANY meal purchase for only \$4

(normally \$5.5)

Sweets

PLEASE SEE OUR DISPLAY FOR TODAY'S FLAVOURS

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 *Recommends*



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

12oz
black 4.5
latte 5.5
mocha 6
chocolate 5.5

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 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 AÇAI [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

FRESHLY SQUEEZED ORANGE JUICE [VG / GF] 7

KOMBUCHA 5.5

SOFT DRINK COKE, ZERO, SPRITE, FANTA 3.5

STILL WATER BOTTLE 3.5

SPARKLING MINERAL WATER S.PELLEGRINO 5.5

COLD PRESSED JUICE 6.5

ICED TEA 5.5

GINGER BEER 5

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www.charlieandfranks.com.au

CHARLIE + FRANKS LOCATED IN NORTH SYDNEY + ST LEONARDS
CREDIT CARD SURCHARGE APPLIES

Charlie +Franks

CAFÉ

CATERING

EVENTS

Canteen Menu

AUSTRALIAN CATHOLIC UNIVERSITY