

Brekkie

ALL DAY FROM 6AM

Coconut Milk Porridge 18 / DF

oats, seasonal fruits, almond crumble, chia seeds, coconut yoghurt & freeze dried citrus

Acai Health Bowl 16 / V / VGO

served with granola, toasted coconut, seasonal fruit (contains guarana)
+ peanut butter 3

Eggs n Toast 16 / V / GFO

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

+ wilted spinach 4

+ seasoned crushed avocado 5

+ lucas bacon 6

+ citrus cured salmon 8

Sausage + Egg Muffin 13 / GFO

free range chicken + pork sausage, folded eggs, American cheese, house mayo + sourdough english muffin

+ potato rosti 4

+ chicken + pork sausage patty 6

Charlie's Bacon + Egg Roll 13 / GFO

2 crispy fried eggs, lucas bacon, silverbeet, hollandaise, black garlic ketchup served on a milk bun

+ grilled halloumi (2) 6

+ potato rosti 4

+ chicken + pork sausage patty 6

Charlie & Franks Omelette 23

please select one flavour - served with sourdough toast + pepe saya cultured butter

- **miso mushroom, spinach & feta topped with herbs**

- **cherry tomatoes, spinach, parmesan, topped with shaved ham, house-made chilli crisp, and soft herbs**

- **lucas bacon, minced chorizo, spinach, mozzarella, topped with spiced brown butter and chives**

please note, omelettes come as is, no changes allowed

Avocado Toast 21 / V / GFO

smashed avocado, labneh, pickled beetroot, almond paste, chilli crisp + seeded sourdough toast

+ poached egg 4

+ citrus cured salmon 8

+ lucas bacon 6

Herb + Sweet Corn Fritters 24 / V / GFO

poached egg, avocado, zataar roasted tomatoes, spiced brown butter, labneh, soft herb salad

+ grilled halloumi (2) 6

+ lucas bacon 6

+ house chilli crisp 3

Healthy Kick Start 24 / GFO

poached eggs, spiced hollandaise, zataar roasted tomatoes, crushed avocado, zucchini pickles, shaved leg ham, cucumber, golden

raisins + grain sourdough

+ citrus cured salmon 8

+ lucas bacon 6

Spelt Ricotta Pancakes 24 / V

macerated berries, maple butter, almond crumble, berry + beetroot syrup, mascarpone cream (please allow 15 minutes)

+ vanilla ice cream 4

+ lucas bacon 6

Toast + Breads

ALL DAY FROM 6AM

Brooklyn Boy Bagels 8.5 / VGO

cream cheese or pepe saya cultured butter or jam

+ seasoned crushed avocado 5

+ citrus cured salmon 6

Sourdough Toast 7.5

(gluten free + vegan options available)

served with butter

organic white, multigrain, light rye, fruit

peanut butter, strawberry jam, honey, vegemite

Add ons

+ house chilli crisp 3

+ sourdough toast (1) w/ pepe saya butter 3.5

+ free range egg fried or poached 4

+ free range eggs scrambled 8

+ potato rosti 4

+ wilted spinach 4

+ miso mushrooms 4.5

+ seasoned crushed avocado 5

+ free range chicken + pork sausage patty 6

+ lucas bacon 6

+ citrus cured salmon 8

+ grilled halloumi (2) 6

+ grilled chicken breast 8

Sides

Skin On Fries 8

served with chipotle mayo + black garlic ketchup

+ truffle mayo and parmesan 3

Herbed Garden Salad 6

Kids

12 YEARS AND UNDER

SCRAMBLED EGGS served on sourdough with tomato sauce / 12

KIDS PANCAKES 3 mini pancakes served with vanilla ice cream, berries, maple syrup / 12

CHEESEBURGER grass fed beef patty, american cheese, tomato sauce served on a milk bun with skin on fries / 12

CHICKEN BURGER fried chicken, american cheese, tomato sauce served on a milk bun with skin on fries / 12

CHOCOLATE OR VANILLA MILKSHAKE / 6

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

Lunch

FROM 11AM

Gourmet Toastie collection 16

served on sourdough bread

THE CAPRESE v roasted tomatoes, double melted mozzarella, provolone cheese & fresh basil

PERI PERI CHICKEN portuguese style pulled chicken, mild peri peri mayo, cabbage salad, provolone cheese

THE BRISKET BOSS slow cooked beef brisket, swiss cheese, sauerkraut, slaw, spicy smoked bbq mayo

CHORIZO MELT chorizo crumb, rocket, provolone, mozzarella, parmesan, chipotle mayo

MISO MUSHROOM MELT v miso mushrooms, spinach, provolone, mozzarella, parmesan, truffle mayo

+ skin on fries 8

+ herbed garden salad 6

Turmeric + Coconut Barramundi 26 / GF

turmeric + coconut curry, poached barramundi, sprouted beans, organic brown rice, fried shallots + spiced brown butter

+ house chilli crisp 3

Soy Braised Eggplant 24 / VG / GF

brown rice, cucumber, avocado, golden beetroot, toasted pecans, sesame seeds, house chilli crisp and soft herbs

+ grilled chicken breast 8

+ grilled halloumi (2) 6

+ citrus cured salmon 8

Greens Broccoli Bowl 23 / V

roasted florets, spiced chickpeas, zataar roasted tomatoes, tahini dressing, toasted pecans, farro, cucumbers, golden raisins & spiced brown butter

+ grilled chicken breast 8

+ grilled halloumi (2) 6

+ citrus cured salmon 8

Grilled Salmon Bowl 24

220gm salmon fillet grilled an served with broccoli, feta, tomatoes, avocado, gardens greens salad and lemon vinaigrette dressing

Loaded Taco Bowl 20

3 loaded tacos filled with smashed avocado, pineapple salsa, and chipotle mayo in a soft tortilla

select from one of the options below:

- **fried barramundi**

- **grilled halloumi**

- **garlic prawns**

- **grilled chicken**

+ extra taco 7.5

Fried Chicken Burger 24 / GFO

crispy chicken breast, charlie's hot sauce, zucchini pickles, parmesan cheese, shredded iceberg, house mayo, warm milk bun + skin on fries

+ grilled halloumi (2)

+ fried egg 4

+ seasoned crushed avocado 5

Cheeseburger 25 / GFO

grass fed beef, swiss cheese, truffle mayo, onions, tomato, black garlic + tomato ketchup, iceberg lettuce, milk bun + skin on fries

+ beef patty 8

+ lucas bacon 6

Steak Sandwich 26 / GFO

grass fed steak, crispy fried egg, swiss cheese, iceberg, sliced tomato, tempura onion rings, green harissa, house mayo on rustic bread + skin on fries

+ seasoned crushed avocado 5

+ lucas bacon 6

Coffee

BY PABLO + RUSTY'S

espresso, macchiato, piccolo 6oz - 4
black single origin 5
white 6oz - 4.5 / 8oz - 5 / 12oz - 5.5
filter batch brew 12oz - 5.5
bottomless 8
mocha 6oz - 5 / 8oz - 5.5 / 12oz - 6
chocolate 6oz - 4.5 / 8oz - 5 / 12oz - 5.5
black all sizes / 5

Iced 12oz
black 5
latte 6
mocha 6.5
chocolate 6
chai 6
dirty chai 6.5
matcha 6
strawberry matcha 8.95
mango matcha 8.95

Other Stuff 5.5 12OZ

GOLDEN TURMERIC MYLK BY LUCY LOCKET'S [VG] organic turmeric root, ginger root, real vanilla bean, black pepper, coconut nectar & extra virgin coconut oil
PRANA CHAI LATTE premium black tea, aromatic spice, honey
MATCHA COCONUT MYLK organic matcha green tea, honey, coconut milk

decaf, single origin, mocha, extra shot, syrups .50

macadamia milk, almond milk,
bonsoy, lactose free milk, coconut milk, oat milk .80

Loose Leaf Tea 5.5

ENGLISH BREAKFAST recharge
EARL GREY uplifting
GUNPOWDER green antioxidant
LEMONGRASS + GINGER anti-inflammatory
PEPPERMINT digestive

Juice by Charlie+Franks 7.5 VG / GF

100% organic, cold pressed juice using local ingredients

IMMUNITY carrot, orange, pineapple, celery, lemon, turmeric
ANTIOX apple, raspberry, passionfruit, rhubarb
BOTANICAL apple, spinach, kale, cucumber, celery, lettuce, lemon, ginger
PURE ORANGE 100% Australian valencia oranges

Healthy Smoothies 9.5

SUPER AÇAI [VG, GF] organic açai berry, banana + coconut milk
RECHARGÉ 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

Shakes 9

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
LLB 4.5
PINK LEMONADE 4.5
SOFT DRINK COKE, ZERO, SPRITE 4.5
STILL WATER BOTTLE 4.5
SPARKLING MINERAL WATER S.PELLEGRINO 5.5

Sparkling Wine

SERENELLO prosecco
treviso italy **39 / 13**

White Wine

NAMBUCCA sav blanc
marlborough nz **29 / 10**
R.PAULAZZO pinot grigio
southern nsw **29 / 10**
BRIAR RIDGE chardonnay
hunter valley nsw **33**

Rosé

R.PAULAZZO rosé
southern nsw **29 / 10**

Red Wine

R.PAULAZZO cab sav
southern nsw **33 / 12**
PAXTON tempranillo
mClaren vale sa **38**
INGRAM ROAD pinot noir
yara valley vic **35**
MOMENTS OF CLARITY shiraz
barossa valley sa **33 / 12**

Beer + Other Stuff

STONE + WOOD PACIFIC ALE 8.5
COOPERS PALE ALE 8.5
BYRON BAY LAGER 7.5
LITTLE CREATURES PIPSQUEAK APPLE CIDER 8.5

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Charlie + Franks

CAFÉ

CATERING

EVENTS

CHARLIE + FRANKS LOCATED IN NORTH SYDNEY + ST LEONARDS
CREDIT CARD SURCHARGE APPLIES
10% SURCHARGE APPLIES ON WEEKENDS ACROSS ALL VENUES