


FRANK'S ORGANIC GARDEN

RESTAURANT | MARKETPLACE

All our recipes are crafted using organic, traceable ingredients. Our soups, sauces, stews, chutneys are made from raw whole food ingredients, incorporating herbs and spices, that are beneficial to your health. The meats and dairy we source are from animals raised free range in their natural environment, organic, free from antibiotics, hormones, and genetically modified organisms.

Vegan  Gluten Free  Dairy Free 

Organic Starters

- | | | | |
|--|------------|---|-----------|
| Fresh Baked Bread   | 5.5 | Cream of Mushroom Soup  | 12 |
| served with extra virgin olive oil and balsamic vinegar | | mushrooms, cream, chicken stock, truffle oil | |
| Tapas Trio | 16 | Carrot Ginger Soup    | 12 |
| house-made focaccia, hummus, kalamata olive tapenade, pesto genovese | | carrot, ginger, orange, chives, parsley oil | |
| Smoked Salmon | 20 | Chicken Wings  | 18 |
| BC sockeye salmon smoked in house, egg, red onion, chives, lemon zest, capers, seasoned aioli, rye bread | | Salt & Pepper Organically Hot Asian BBQ
crudités with choice of dip: blue cheese ranch dill caper | |







Charcuterie and Cheese Board **27**
assortment of organic cheeses, artisanal organic, house cured meats, selection of pickled vegetables, rye bread, accompaniments

Serves 2-4 Guests

The Sausage Flight **27**
Frank's all beef hot dog, bratwurst, and cheese smoky, brioche bun, ketchup, old fashioned mustard, selection of pickled vegetables

Serves 2-4 Guests

Organic Salads

- | | | | |
|---|-----------|--|-----------|
| Kale Caesar Salad  | 15 | Beet Carpaccio with Arugula    | 16 |
| kale, confit garlic, parmigiano reggiano, lemon zest, parmigiano reggiano crisp, house-made caesar dressing | | beets, lemon zest, shredded horseradish, chives, pumpkin seed oil, apple cider vinegar | |
| Green Garden   | 13 | Choice of Add on Protein | |
| mixed greens*, radish, cucumber*, cherry tomatoes, carrot, toasted pumpkin seeds, house-made dijon vinaigrette | | Grilled Chicken Breast 12 | |
| | | BC Smoked Sockeye Salmon 12 | |
| | | BC Sockeye Salmon Fillet 16 | |

Organic Pizzas

- | | | | |
|---|-----------|--|-----------|
| Original Margherita | 23 | Pepperoni Supreme | 24 |
| Frank's pizza sauce, fresh mozzarella, parmigiano reggiano, basil | | Frank's pizza sauce, mozzarella, pepperoni, red onion, mushrooms, chili flakes, balsamic reduction, basil | |
| Florida Margherita | 25 | Garden Pizza | 22 |
| pesto genovese, tomato, fresh mozzarella, basil | | Frank's pizza sauce, confit garlic, mozzarella, roasted peppers, cherry tomatoes, red onion, kalamata olives, oregano, kale, basil | |
| Carnivore | 26 | | |
| Frank's pizza sauce, house-made sausages, bacon, caramelized onions, chili flakes, arugula*, shaved parmigiano reggiano, balsamic reduction | | | |

Organic Pastas

Housemade Spinach Ravioli

Frank's pomodoro sauce, spinach ricotta filling, parmigiano reggiano, basil

22

Housemade Rigatoni Bolognese

Frank's bolognese, butter, parmigiano reggiano, parsley

22

substitute for gluten-free penne \$2.50

Housemade Gnocchi

Frank's parmesan cream sauce, sautéed mushrooms, green peas, sun-dried tomatoes, chives, truffle oil, parmigiano reggiano

28

Chicken Alfredo

free-range chicken, spaghetti, Frank's parmesan cream sauce, nutmeg, lemon zest, parmigiano reggiano

26

substitute for gluten-free penne \$2.50



Organic Vegan Courses



Thai Vegetable Curry

chickpeas, sweet potato, celery root, bell peppers, and spinach in an aromatic mildly spiced red curry coconut sauce, basmati rice, cilantro oil

22

Vegan Pizza

Frank's pizza sauce, cashew cheese, confit garlic, roasted peppers, cherry tomatoes, red onion, kalamata olives, oregano, basil, kale

22

Butternut Squash Ravioli

butternut squash, toasted pecans, sage, plant-based butter sauce

22

Spaghettini Pomodoro

Frank's pomodoro sauce, garlic, parsley, basil

18

substitute for gluten-free penne \$2.50

Organic Courses

Pan Seared Wild BC Sockeye Salmon

dill caper sauce, celery root purée, pickles, seasonal vegetables

29

Braised Beef

grass-fed and free-range beef, onion gravy, celery root purée, pickles, seasonal vegetables

28

Elfriede's Famous Chicken Schnitzel

free-range chicken, celery root purée, pickles, seasonal vegetables, lemon turmeric sauce

26

Chicken Scallopini

free-range chicken, chicken jus, sautéed mushrooms, spätzel, seasonal vegetables

26

Mushroom Risotto

sautéed mushrooms, arborio rice, green peas, coconut cream, parmigiano reggiano, butter, truffle oil
option to make vegan

25

Chicken Curry

free-range chicken, aromatic spices, basmati rice, green peas, mango chutney

24

Beef Goulash

grass-fed and free-range beef, onions, basmati rice, hungarian paprika, focaccia

24

The Frank Burger

grass-fed and free-range beef burger, arugula, tomato, onion, burger sauce, roasted potatoes, brioche bun, house-made ketchup, old fashioned mustard

24



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For parties of 8 or more, a pre-tax gratuity of 21% will be applied