

Kids Menu



- Carrot and cucumber sticks
with ranch dip \$6
- Soup \$8
- Spaghettini Pomodoro \$10
- Spaghettini Bolognese \$12
- Chicken Schnitzel \$15
- Cheese Pizza \$15
- Pepperoni Pizza \$17

Individual Desserts

All of our desserts are made with gluten free ingredients apart from our apple strudel .

- Apple Strudel w/ Vanilla Sauce 12
- Feature Tart 10
- Feature Cake 10
- Assorted Cookie Plate 10
- Vegan Cheesecake 12

Full Size Desserts

- 6" Tart 14
- Peach | Chocolate Banana | Pecan Pie
- Apple Strudel Half 13 | Whole 23
- Black Forest Cake 23
- Vanilla Confetti Cake 23
- Layered Mousse Cake 23
- Lemon Blueberry | Chocolate & Raspberry | Operetta | Coconut | Strawberry Mousse

Coffee & Tea

Oat Milk | Almond Milk | Barista Myracle Mylk
+\$0.75

Drip Coffee

Birds & Beans Guatemalan Huehuetenango

- Small (12oz) 3.5
- Large (16oz) 4
- Cappuccino (12oz) 5
- Americano (12oz) 4.5
- Latte (16oz) 6
- Magic Chaga Latte (16oz) 7

Espresso

Birds & Beans Commit Espresso Blend

- Single 4
- Double 5

Tea

Earl Grey Lavender | Assam Breakfast |
Sencha Green | Masala Chai | Chamomile
Lemongrass | Elderberry Hibiscus

Tea Latte 6

Hot Chocolate 5



Contact Us

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Vegan  Gluten Free  Dairy Free 



Take Out Menu

Market place

Mon - Sat 9am-9pm

Takeout

Mon-Sat 11:30am-8:30pm

Restaurant

Mon - Sat 11:30am-8:30pm

Frank's Organic Starters

Fresh Bread 5.5

Choice of fresh baked sourdough or sprouted grain bread with a side of olive oil & balsamic

Carrot Ginger Soup 12

Carrot, ginger, orange, chives, parsley oil

Cream of Mushroom 12

Cremini mushroom, coconut cream, truffle oil

Charcuterie & Cheese 26

Assortment of house smoked deli meats, local cheeses, accompaniments, sprouted grain bread

Tapas Trio 16

House-made focaccia, hummus, kalamata olive tapenade, pesto genovese *(option to substitute pesto for a green olive tapenade)*

Smoked Salmon 20

In house smoked and cured BC sockeye salmon, egg, red onion, dill, aioli, sprouted grain bread

Choice of Add on Protein

Grilled Chicken Breast	12
BC Smoked Sockeye Salmon	12
BC Sockeye Salmon Fillet	16

Frank's Organic Salads

Beet Salad 6

Marinated beets, lemon zest, shredded horseradish, chives, pumpkin seed oil & apple cider vinaigrette

Green Garden 8

Arugula, romaine lettuce, watermelon radish, cucumber, shredded carrot, dijon vinaigrette

Green Kale Caesar 8

Kale, roasted garlic, lemon zest, egg free green caesar dressing

Frank's Organic Pizzas

Original Margherita 23

Tomato sauce, fresh mozzarella, parmesan, basil

Pepperoni Supreme 24

Tomato sauce, mozzarella, beef pepperoni, mushrooms, chili flakes, red onion, balsamic reduction

Carnivore 26

Tomato sauce, house-made sausage, bacon, caramelized onions, chili flakes, balsamic reduction, arugula, shaved parmesan

Garden Pizza 22

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

Replace mozzarella with cashew cheese to make vegan

Florida Margherita 25

pesto genoves, tomato, fresh mozzarella, basil

Frank's Organic Pastas

**Gluten Free Penne available for +\$2.50*

Spaghettoni Pomodoro* 18

Frank's pomodoro sauce, garlic, parsley, basil

Housemade Rigatoni Bolognese* 22

Frank's bolognese, organic butter, parmigiano reggiano, parsley

Housemade Spinach Ravioli 22

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

Homemade Gnocchi 28

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

Chicken Alfredo 26

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

Butternut Squash Ravioli 22

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

Organic Main Courses

Mushroom Risotto 25

sautéed mushrooms, arborio rice, green peas, coconut cream, parmigiano reggiano, butter, truffle oil

Thai Vegetable Curry 22

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

Chicken Wings 18

Salt & Pepper | Organically Hot | Asian BBQ
crudités with choice of dip: blue cheese | ranch | dill caper

Elfriede's Famous Chicken Schnitzel 26

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

Chicken Curry 24

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

Chicken Scallopini 26

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

Pan Seared BC Sockeye Salmon 29

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

The Frank Burger 24

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

Braised Beef 28

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

Beef Goulash 24

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