





Vegetable Platter with Hummus  
\$24.99(serves 4-6)

Frank's cookie platter 
assorted cookies, all gluten free
\$26.99(serves 4-6)

Frank's strudel platter
with creme anglaise
\$29.99(12 pieces)

Seasonal fruit platter  
\$26.99(serve 4-6)



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

- | | |
|------------------------------|-------------|
| Black Forest Cake | \$23 |
| Vanilla Confetti Cake | \$23 |
| Layered Mousse Cake | \$23 |
| Lemon Blueberry | |
| Operetta | |
| Chocolate & Raspberry | |
| Coconut | |
| Strawberry Mousse | |

SOFT DRINKS(\$2.50 each)

FLOW WATER(non-sparkling)
Natural spring water, peach+blueberry,
strawberry+rose, cucumber+mint,
black berry+hibiscus

SAP SUCKER(sparkling)
The Orange one, the Peach one, the Lime one

Customer Information & Inquiry Form

24hrs is required for orders of more than 10 people
**email us a photo of the entire filled out brochure
or drop it off at our location:)**

TODAY'S DATE: _____

NAME: _____

PHONE: _____

EMAIL: _____

DATE OF EVENT: _____

TIME OF PICK-UP: _____

NUMBER OF GUESTS: _____

HOW WOULD YOU LIKE THE ITEMS PACKED?
PLEASE CIRCLE ONE BELOW

packed separately **family style**

PLEASE CIRCLE YOUR SELECTIONS IN THE MENU
WITH THE QUANTITIES OF EACH SELECTION THAT
YOU WOULD LIKE.

LEGEND

-  • gluten free
-  • dairy free
-  • vegan
- pp** • per person

Contact Us

289.857.8000
info@franksorganicgarden.com
15 First Commerce Dr., Unit 1
Aurora, ON L4G 0G2



Market place

Mon - Sat 9am-9pm
Sun 9am-5pm

Takeout

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

Restaurant

Mon - Sat 11:30am-8:30pm
Sudayn Brunch 10:00am-3:00pm

DELIVERIES ARE AVAILABLE FOR ORDERS
ABOVE \$500.00 BEFORE TAX
Within New Market/Aurora and nearby regions



Frank's Organic Starters

Fresh Bread \$5.5 pp

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

Mushroom Bisque \$12 pp

Cremini mushroom, coconut cream, truffle oil

Charcuterie & Cheese \$26 pp

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

Tapas Trio \$16 pp

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

Smoked Salmon \$20 pp

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

Frank's Organic Salads

Beet Salad \$6 pp

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

Green Garden \$8 pp

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

Green Kale Caesar \$8 pp

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

Back to the Roots \$8 pp

Celery root, cabbage, carrot, caraway, cherry tomatoes, pumpkin seed oil & apple cider vinaigrette

Frank's Organic Pizzas

Florida Margherita \$23 pp

pesto genovese, tomato, fresh mozzarella

Original Margherita \$23 pp

Tomato sauce, fresh mozzarella, parmesan, basil

Pepperoni \$24 pp

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

Carnivore \$26 pp

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

Vegan \$22 pp

Tomato sauce, roasted garlic, roasted red pepper, cherry tomatoes, red onion, kalamata olives, cashew cheese

Chicken Florentine \$25 pp

Parmesan cream sauce, grilled chicken breast, sauteed spinach, red onion, chili flakes

Frank's Organic Pastas

*Gluten Free Penne available for +\$2.50

Rigatoni Bolognese* \$22 pp

Beef ragu, house-made rigatoni, parmesan

Spaghettini Pomodoro* \$18 pp

Beef ragu, house-made rigatoni, parmesan

Spinach Ricotta Ravioli \$22 pp

Pomodoro sauce, parmesan, balsamic reduction

Homemade Gnocchi \$26 pp

Parmesan cream sauce, mushrooms, sun dried tomatoes, green peas, truffle oil

Frank's Organic Main Courses

Portobello Mushroom Steak \$26 pp

Grilled and sliced portobello mushrooms, spicy red Thai marinade, edamame coconut puree, roasted red peppers, toasted cashews, limes

Vegetable Delight \$26 pp

Grilled and sliced portobello mushrooms, spicy red Thai marinade, edamame coconut puree, roasted red peppers, toasted cashews, limes

Frank's Organic Main Courses

Mushroom Risotto \$24 pp

Cremini mushrooms, arborio rice, green peas, coconut cream, truffle oil

Thai Vegetable Curry \$24 pp

Chickpeas, sweet potato, celery root and spinach in an aromatic mildly spiced red curry coconut sauce, basmati, rice, cilantro oil and green onion

Crispy Polenta \$20 pp

Chickpeas, sweet potato, celery root and spinach in an aromatic mildly spiced red curry coconut sauce, basmati, rice, cilantro oil and green onion

Elfriede's Famous Chicken Schnitzel \$23 pp

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

Chicken Curry \$24 pp

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

Chicken Scallopini \$25 pp

Chicken jus, sauteed mushrooms, house made spaetzle and seasonal vegetables

Chicken Fricassee \$24 pp

Organic chicken in a mild red pepper coconut sauce, basmati rice, olive oil, green onion

Pan Seared Wild BC Sockeye Salmon \$24 pp

Dill, caper sauce, celery root puree, pickles and seasonal vegetables

Sliced Roast Beef with Au Jus \$26 pp

Organic grass-fed and free-range beef slow roasted in jus, potato parmesan rosti, focaccia, old fashioned mustard

The Frank Burger \$24 pp

Organic grass-fed, free-range beef burger, caramelized onions, celery root puree, pickles, sprouted whole grain bun, ketchup, dijon mustard

Beef Goulash \$25 pp

Onions, grass fed beef, basmati rice, hungarian paprika, served with focaccia

Chateau Beef Royale \$38 pp

free range beef, sliced and topped with demi glaze, celery root puree, pickles, seasonal vegetables, sauteed mushrooms