

WEEKEND BRUNCH CLUB

SAUSAGE FLORENTINE

BENNY BOWL VO/GF

Crispy potatoes, plant-based sausage, sautéed spinach, roasted parsnip, cauliflower hollandaise, fresh apple, and a poached farm pastured egg OR grilled avocado

PINA COLADA WAFFLES V

Pineapple waffles, pineapple and apricot compote, coconut granola, coconut lime whipped cream, maple rum butter, rum spritz

SMOKED CARROT "LOX" ON TOAST V/GFO

Plant-based feta, dill, capers, pickled red onion, nori, crispy potatoes, organic greens

CHORIZO RANCHERO BOWL VO/GFO

Made from scratch plant-based chorizo sausage, roasted beets, potatoes, sweet corn salsa, tofu cotija, chili sauce

- ♦ Add a farm run egg OR grilled avocado

19³/₄

15³/₄

18³/₄

22¹/₂

3

BOOZEY BOOZE

- ♦ Bottle of The Hatch Octobubbles Sparkling Rosé 45
- ♦ Bloody Frankie Vegan Caesar 13¹/₂
- ♦ Hot or Iced Coffee + Housemade Vegan Bailey's 10¹/₂
- ♦ "Audrey's Tears" blackberry sage mimosa 14¹/₂
- ♦ "Frappe All Day" boozy, whipped banana chai coffee 14¹/₂

WING WEDNESDAY

CAULIFLOWER WINGS V/GF

- ♦ Chili Lime
- ♦ Nashville Hot 'n Sticky
- ♦ Maple Garlic

COMBO DEAL! V

2 wings, 2 burgers, salad, fries and 2 beers

13 each

64

BOOZEY BOOZE

- ♦ All beers 8
- ♦ Bloody Frankie Vegan Caesar 13¹/₂
Fresh pressed carrot juice, tomato, pink peppercorns, crispy nori & vodka

VEGAN SUSHI, ANYONE?

SUSHI V/GF

- ♦ Smoked Carrot + Avocado Roll
- ♦ *NEW* Portobello Crunch Roll
- ♦ *NEW* Crispy Eggplant Caviar Roll
- ♦ Crispy Beet "tuna" Oshi Sushi

SUSHI SIDES V

- ♦ Garden Leek Gyoza
- ♦ Charred Broccoli Gomae GF

SUSHI COMBO V/GFO

2 Sushi Rolls + 2 sushi sides

13

9

42

SUSHI DRINKS

- ♦ Hakutsuru Junmai Sake 17
- ♦ BNA Brewing 76 Wolverine Lager 6
- ♦ Mt Boucherie 'Mt Bubbles' Sparkling Wine (6oz) 11
- ♦ Organic Cherry Blossom Tea 4

GF = GLUTEN FREE
GFO = GLUTEN FREE OPTION
V=VEGAN OPTION

HAVE A DRINK

ALL OF OUR DRINKS ARE VEGAN.

FRESH JUICES (12oz)

LIQUID SUNSHINE JUICE 9³/₄

Pineapple, carrot, grapefruit, lemon, ginger, turmeric

DR. GREENLOVE JUICE 9³/₄

Spinach, celery, cucumber, lime, organic Scenic Road apple

STRAWBERRY PASSION FRUIT 9³/₄

Strawberry, passion fruit, coconut water, lemon

FRANKIE'S LEMONADES 6

Made from scratch

- Blueberry Cucumber
- Strawberry Mint
- Cherry Lemongrass Limeade

FRANKIE'S SUGAR FREE SODAS 6

Sweetened with house-made monkfruit syrup

- Orange Blossom Lime
- Elderberry Lemon

SAJIVA KOMBUCHA (12OZ) 6

- Rotating Tap

COCONUT WATER 6

CRAFT SODAS 6

Botanically brewed

- Fentimans Ginger Beer
- Boylan Natural Cola

ICED COFFEE 6

Tug 6 coffee, creamy oat milk, shaken over ice with simple syrup.

or sugar free monkfruit syrup

- Add house made chai OR vanilla syrup 1¹/₂
- Sub sugar-free house monkfruit syrup 2

ORGANIC APRICOT ICED TEA 6

Shaken over ice with simple syrup

- Sub sugar-free house monkfruit syrup 2

HOT

TUG 6 CRAFT COFFEE 5

- Add house made vegan Baileys 2oz 4¹/₂
- Add house made chai OR vanilla syrup 1¹/₂

LOCAL CHAIBABA TEA 4³/₄

Rotating flavours (may contain nuts)

BC VQA WINE

WHITE

	6oz	9oz	750ml
DA SILVA • 2020 Pinot Gris	11 ³ / ₄	17	45 ¹ / ₂
JOIEFARM • 2020 A Noble Blend	13	19	49 ¹ / ₂
SPEARHEAD • 2018 Clone 95 Chardonnay	—	—	49 ¹ / ₂
BENCH 1775 • 2019 Reising	11 ³ / ₄	17	45 ¹ / ₂
ANTHONY BUCHANAN • 2020 Pinot Blanc	—	—	45 ¹ / ₂

ROSÉ

UNSWORTH • 2021 Provence Style Rosé	11 ³ / ₄	17	45 ¹ / ₂
PHANTOM CREEK • 2021 Biodynamic Rosé	—	—	51 ³ / ₄

RED

MODEST WINES • 2020 'By Jove' Sangiovese	11 ³ / ₄	17	45 ¹ / ₂
VIN AMITÉ • 2020 Gamay Noir	14	20 ¹ / ₄	54
PLOT WINES • 2019 Merlot	—	—	59
LE VIEUX PIN • 2018 Syrah Cuvée Violette	—	—	65 ¹ / ₂

BUBBLES

MT. BOUCHERIE • 'Mt Bubbles' Frizzante	11 ³ / ₄	—	45 ¹ / ₂
TANTALUS • 2018 Blanc De Blanc	—	—	59
THE HATCH • 2019 'Octobubbles' Sparking Rosé	—	—	46 ¹ / ₂

BC BEER + CIDER

	12oz	20oz
CRANNOG ALES , Sorrento BC 5.2% Backhand of God Stout	6	9 ³ / ₄
VICE & VIRTUE , Kelowna BC 4% Love Potion Raspberry Berliner Vice	6	9 ³ / ₄
33 ACRES , Vancouver BC 6.5% Fluffy Cloud Hazy IPA	6	9 ³ / ₄
NEIGHBOURHOOD , Penticton BC 5% Flightless Bird NZ Pilsner	6	9 ³ / ₄
SCENIC ROAD CIDER , Kelowna BC 6.5% Every Day Apple Cider	7	10 ³ / ₄
STRANGE FELLOWS , Delta BC 5.5% Guardian IPA	8 ³ / ₄ (473ml)	
FOUR WINDS , Delta BC 5.5% Nectarous Dry Hopped Sour	8 ³ / ₄ (473ml)	
ABANDONED RAIL , Naramata BC 5.7% Marzen Amber Lager	7 (355ml)	
NOMAD , Summerland BC 6.5% Pear Cider	12 (500ml)	
DAGERAAD BREWING , Burnaby BC 5% Inge Winter Strength Witbier w/ Chamomile and lemon	13 (650ml)	
WHISTLER BREWING , Whistler BC 5% Forager Gluten Free	6 ³ / ₄ (355ml)	
BNA BREWING , Kelowna BC 4.8% 76 Wolverine Lager	7 (355ml)	
PHILLIPS BREWING , Victoria BC 0% IOTA Non-Alcoholic Pale Ale	7 (355ml)	

TIME TO
EAT!



TO START & SHARE

- MARKET SOUP GFO** 8/10
Served with grilled sourdough
- CHICKPEA FRIES GF** 14^{1/2}
Served with wasabi pea mayo
- WONTON NACHOS** 16^{3/4}
Shiitake teriyaki, lime crema, pickled shishito peppers, cilantro, radish, red cabbage, spicy mayo, green onion
- SWEET CORN QUESO GF** 16^{3/4}
Creamy cashew cauliflower dip, with grilled peppers, smoky corn, chipotle black beans and house-made chili lime chips
- TRUFFLE PARMESAN POPCORN GF 7**
Organic, plant-based, popped fresh to order

SALADS

- BROCCOLI CAESAR GF** 14/22
Romaine, "Vegilante" tempeh, crispy chickpeas, almond crumble, olives
- STRAWBERRY AND 'OAT' CHEESE SALAD GF** 14/22
Strawberry poppyseed dressing, carrot spirals, tomato pink peppercorn flax crackers, 'oat' cheese

LUNCH SPECIAL UNTIL 3PM

- ANY 2 PLUS A CRAFT LEMONADE 22^{1/2}
- CHIOGA BEET PASTRAMI SANDWICH**
- FRANKIE CHEESEBURGER**
- MEXICAN STREET CORN BURRITO**
- BUFFALO TEMPEH CAESAR WRAP**
- BROCCOLI CAESAR SALAD GF
- STRAWBERRY OAT CHEESE SALAD GF
- MUSHROOM PASTA SALAD
- SKINNY SESAME FRIES GF
- MARKET SOUP GF

** +\$3 if ordered together

GF = GLUTEN FREE
GFO = GLUTEN FREE OPTION

MARKET FRESH SHEET

- BAJA CELERY ROOT TACOS GF** 16^{1/2}
Baja-style battered celery root, chile poblano sauce, crisp slaw, plant-based feta cheese, radish, green onion
- MUSHROOM PASTA SALAD** 14/22
Roasted portobello, grilled artichokes, almond ricotta, rosemary bread crumb, lemon truffle dressing, fancy balsamic
- BALI PEANUT SATAY GFO** 23
Satay tofu skewers, seared napa cabbage, bean sprouts, crisp carrots, fresh herbs, spring roll crackers, vermicelli noodles, chili peanut sauce

- MARRAKESH GRILLED CAULIFLOWER GF** 24
Ras el hanout chickpeas, tomato, mint, beluga lentils, plant-based feta, charmoula cauliflower, beet baba ganoush, date gastrique

- CHORIZO RANCHERO BOWL GFO** 22^{1/2}
Made from scratch plant-based chorizo sausage, roasted beets, potatoes, sweet corn salsa, tofu cotija, tomato, chili sauce

- FRANKIE CHEESEBURGER** 22
House-made mushroom patty, plant-based cheese, awesome sauce, lettuce, tomato, kettle cooked chips, served with sesame fries OR organic greens

**M
A
I
N
S**

- CHIOGA BEET PASTRAMI SANDWICH** 22^{1/2}
Horseradish mayo, lettuce, tomato, pickled red cabbage, melty cheese
♦ Add sliced avocado 4

- SUMMER MAFALDINE PASTA GFO** 24^{3/4}
Whole roasted portobello, white wine lemon tarragon sauce, rosemary breadcrumbs, arugula, plant based Grana Padano, arrabiata coulis, fancy balsamic
♦ Gluten-free pasta 2

- GRILLED AVOCADO BOWL GF** 22^{1/2}
Sticky brown rice grilled avocado, sautéed greens, "Vegilante" tempeh, spicy pickled onions, chickpeas, Thai cashew dressing