

café FRANK

winter 2026 platter menu

dips and snacks

- roast red pepper and feta dip with olives and pita ^{GF, V} / 45
- pickled veg w/ hummus ^{S, NF, V+, GF} / 40
- marinated mixed olives with preserved lemon and chilli ^{NF, GF, DF, V+} / 50
- spicy mixed nuts ^{V+, GF} / 40

vegetarian mains

- black bean, potato and edamame patties with jalapeno salsa ^{V+, GF, NF} / 85
- mushroom, spring onion gluten free tart ^{V+, GF, NF} / 85
- leek and pecorino quiche ^{NF} / 85
- spanakopita ^{NF} / 85
- courgette and ricotta frittata ^{GF, NF} / 85

meat and fish main

- roisserie chicken w/ aioli ^{GF, NF, DF} / 95
- Peruvian-style rotisserie chicken w/ jalapeño mayo ^{GF, NF} / 105
- herb beef patties w/ mint yoghurt ^{NF, DF} / 95
- creamy chicken and leek phyllo parcels ^{NF} / 85
- roast flat-iron steak, beluga lentils, horseradish, beetroot, ^{GF, DF, NF} / 130
- trout and hake fishcakes with dill crème fraiche ^{NF} / 130
- trout, pea and leek quiche ^{NF} / 100

side salads

- nicola potato salad w/ gherkins, parsley, olive oil ^{GF, NF, V+} / 45
- roast sweet potato wedges w/ lime, pickled red onion and sesame dressing ^S / 40
- mixed baby leaf salad with broccoli, courgette, herb, pepitas ^{GF, V+, NF} / 60
- house green salad with drinkable vinaigrette ^{GF, NF, V+, S} / 60
- roast and marinated beetroot w/ rocket, citrus and walnuts ^{GF, V+} / 40
- roasted aubergine with caponata and green beans ^{V+, NF} / 40
- Uzbeki roast carrot, brown + wild rice salad ^{V+} / 45
- chickpea salad w/ green pepper and yoghurt dressing ^{GF, V, NF} / 40
- cauliflower and green bean salad w/ capers, lemon and parsley ^{GF, V+, NF} / 40
- zingy pickled red cabbage, carrot + sweetcorn ^{V+, GF, NF} / 40
- coleslaw w/ mayo, cranberries and cashews ^{GF} / 40
- scandi slaw with wholegrain mustard dressing ^{GF, NF, V+, S} / 40

some salads can be made nut free or vegan on request

superfood salads

chickpea, beetroot, sweet potato, kale, sprouts, tahini dressing ^{S, GF, V+, NF}

sushi rice, simmered aubergine, edamame, cucumber, spinach, tahini dressing ^{GF, V+, NF, S}

wild + brown rice, lentil, quinoa, sweet potato + fennel ^{GF, NF, V+}

black beans, corn, cucumber, guacamole, red pepper, corn chips ^{GF, V+, NF}

jollof rice, black eye bean salsa, sweet potato, green beans ^{GF, V+, NF}

roast cauli, tzatziki, chickpeas, red cabbage, sumac tomatoes ^{V, NF, GF}

Bowls / 90 each

Extras: chicken / 50, flat-iron steak / 70, sesame tofu / 40, smoked trout / 70, avocado / 35

desserts

dark chocolate brownies (per tray cut in to 9, 12 or 18) ^V / 405

milk tarts ^{V, NF} (per 6) / 180

almond, lemon and yoghurt loaf (10 slices) ^V / 320

flourless chocolate cake (8 to 12 slices) ^V / 520

thankgoodness millionaire's shortbread each ^{V+, NF GF} / 45 (other tgf desserts available on request)

fresh juices

orange / 60

carrot, orange and apple / 55

pineapple, coconut water and lime / 60

beetroot, blackcurrant and apple / 60

iced rooibos with ginger and lemon / 40

To order, please email debbie@cafefrank.com. Please order at least 48 hours in advance (72 over weekends)

Minimum order of 10 portions per item applies (flexible for orders of 30 and more). Prices include VAT.

Harvest lunches and superfood salads can be supplied on platters or individually boxed.

café FRANK

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