

breakfast

cranberry + almond granola, organic yoghurt, honey ^v / 80

bircher muesli w/ oat milk ^{vt} / 65

warm oats, milk, raw honey ^v / 45

warm oats, poached fruit, nut + seed crumble, date-tahini syrup ^{vt} / 90

greek yoghurt, berry compote, toasted nuts + coconut ^{gf, v} / 90

extras

stewed fruit 45 | poached fruit 40 | berry compote 40 | organic yoghurt 25

choc-tahini nut crunch 35 | toasted nuts + coconut 35 | date-tahini syrup 20

avo on sourdough toast w/ verjuice + olive oil ^{vt} / 60

smoked trout + avo toast w/ cream cheese, lemon + dill / 185

breakfast sandwich - rosemary ham, 2 eggs, cheddar, Dijon mayo / 145

poached egg, cream cheese, mushrooms, roast tomato, spinach / 100

3 scrambled eggs + toast / 70

2 eggs anyway + toast / 58

3 egg omelettes + toast:

classic herb ^v / 70

grilled mushroom, chives, truffle ^v / 105

smoked trout, cream cheese, chives / 150

bacon, spinach, feta / 160

extras

avo 35 | mushrooms 35 | roast tomatoes 20 | sauté spinach 20 | cream cheese 25

free-range bacon 60 | free-range beef sausage 50 | smoked trout 80 | organic cheddar 40

sandwiches

choose sourdough or ciabatta

chicken, homemade mayo, gherkin, celery, dill, lettuce / 95

hot chicken, house pickles, dijon mayo, soft lettuce / 130

humus, roast pepper, radish, carrot, cucumber, rocket ^{v*} / 80

organic cheddar, house pickles, dijon mayo, lettuce ^v / 85

smoked trout, cream cheese, cucumber, lemon, dill, lettuce 165

flat-iron steak, dijon mayo, radish, rocket 150

extras

avo 35 | feta 30 | rosemary ham 45 | house pickles 25 | organic cheddar 40

lunch

To keep things interesting, fresh and seasonal, our lunch menu changes daily; see the blackboard or cafe frank.com/menu for today's menu.

fresh juices

(subject to availability)

orange / 45

cucumber, spinach, celery + apple / 55

apple, beetroot + blackcurrant / 60

carrot, orange + apple / 55

flu juice - warm apple, ginger, lemon, cinnamon / 65

ginger shot / 30

cold drinks

soft drinks and mineral water

ginger rooibos kombucha / 50

two in a bush sparkling rooibos / 45

mineral water (still or sparkling) 440ml / 30; 750ml / 40

rock shandy / 45

coke, coke zero, stoney, stoney sugar free / 25

hot drinks

americano | espresso / 35

cortado | flat white | cappuccino / 40

latte | tall flat white / 50

mocha / 50

red cappuccino / 50

chai latte / 50

teas – african breakfast; rooibos; sencha green / 30

flu juice – apple juice, ginger, cinnamon, lemon

rooibos, fresh ginger and lemon / 45 add brandy 30

hot chocolate - milk / 50; organic dark / 60

manna brew cortado / 40

Plant-based milk + decaf available at an extra charge

No laptops/tablets are allowed between 12h30 and 13h30 or other busy periods.

beer + cider

cape collective lager 60

cape collective ipa and pale ale 65

castle lite 30

corona 40

craft cider 50

wine + bubbly

250ml carafe (enough for 2 small glasses)

graham beck 375ml mcc brut or brut rosé / 180

steenbergh sauvignon blanc / 130

secateurs chenin blanc / 110

circumstance rosé / 100

gabriel'skloof the blend red / 130

mimosa (with freshly squeezed OJ) / 70

Please see our wine shop for our by the bottle selection which you are welcome to purchase for consumption of or off the premises. We charge a corkage per bottle served in the café.

café **FRANK**

Since 2009, we've been serving wholesome food and warm hospitality on Bree St. Welcome, we hope you love it here x

Food made with love (and actual care)

We cook everything in-house using ingredients from local suppliers we trust.

Ethical by default

All our animal products are sourced from ethical farms. Our packaging is compostable, and we use returnable containers where we can. We keep waste low with sensible portions and a menu that lets you choose exactly what you feel like.

A quick note on laptops

We love a lively lunchtime vibe — not a co-working space — so the café is device-free from 12:30–13:30. Outside that, laptop time is limited to 90 minutes a day. Please take calls outside so you don't inconvenience anyone else.

If we slip up

Tell us! We're here to make you happy, and we genuinely want the chance to fix things.

Deliveries

We deliver in the CBD. Order online at cafe frank.com.

Catering

Fresh, produce-driven food for team lunches, shoots, fittings, school outings, and celebrations across Cape Town — always as sustainably as possible. Visit cafe frank.com for menus and to contact us.

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