



STARTERS

JALAPEÑO POPPERS (V) | R65

Spicy jalapeños stuffed with three cheeses and sweet chilli mayo

FERRARI TOASTIE | R69

Toasted ciabatta, matured white cheddar, Parma ham and truffle mayo

BALLS TO THE WALLS | R85

Mexican mince mac ñ cheese balls with a jalapeño sour cream dip

CHICKEN WINGS | R98

Crunchy fried wings served with a warm blue cheese dipping sauce or BBQ flame grilled wings

CRISPY CALAMARI | R95

Marinated and fried served with garlic aioli

FRANKS TATER TOTS | R65

Potato and cheese crumbed and deep fried served with a jalapeño sour cream dip

CHICKEN LIVERS | R88

Cooked in a creamy, spicy chipotle sauce with Portuguese rolls

SALADS

CAESAR | R98

Baby gem lettuce, classic Caesar dressing, anchovies, bacon, croutons, soft crumbed egg and Parmesan (add chicken +R30)

FRANK'S FANCY SALAD (V) | R85

Feta, cherry tomatoes, avo, baby gem lettuce, crunchy onions and ranch dressing (add bacon for +R44)

TEX MEX

NACHOS (V) | R110

Loaded with white cheddar, guacamole, enchilada sauce, jalapeños, cheese sauce, pico de Gallo, sour cream and coriander (add chicken +R25)

TACOS

Two soft flour tortillas, guacamole, pico de Gallo, refried black beans, sour cream, jalapeños, lettuce, coriander and chipotle oven roasted pineapple

Enchilada chicken | R90

Fried fish | R95

Pulled beef | R105

Chipotle oven roasted pineapple (VE) | R85

BURRITO

Flour tortilla wrap filled with Mexican style brown rice, enchilada sauce, iceberg lettuce, Mexican bean, jalapeños and salsa mix with coriander, chipotle seasoning, and cheese sauce

With enchilada chicken | R85

With rump steak | R115

QUESADILLA

Flour tortilla filled with Mexican styled fillings and cheese with a jalapeño sour cream dip

With chicken | R80

With beef mince | R85

SEAFOOD

CRISPY CALAMARI | R185

Marinated and fried served with garlic aioli with side of choice

FISH AND CHIPS | R130

Beer battered hake with homemade tartar sauce

BURGERS

Your choice of either grilled chicken breast or a 100% beef burger patty on a toasted sesame bun, dill pickles, iceberg lettuce, sliced onion, tomato and homemade mayo. Served with a side of your choice

HILUX | R115

(add truffle mushrooms sauce or cheese sauce for +R20)

KILLER FRANK'S CHICKEN | R125

Two chicken breasts marinated in buttermilk and deep fried in Frank's famous blend of Southern spices, with two slices of American cheese and tangy mayo

THE CHEESIER | R140

Cheddar cheese sauce and a slice of American cheddar

DOUBLE TROUBLE | R180

Double beef patties and American cheese with crispy onions

V TWIN | R140

Truffle mushrooms sauce and a slice of American cheese

THE BEAST | R145

Bourbon maple glazed bacon, bacon jam and baconnise

THREE STEPS TO HEAVEN | R160

Sliced avo, bourbon maple glazed bacon and creamy feta

ROCKING THE DAISIES (VE) | R170

Vegan burger patty, vegan aioli, avo and caramelized onions

CHARCOAL GRILL

Served with hand cut chips or onions rings

HALF A FLAME GRILLED CHICKEN | R155

With your choice of either lemon and herb butter or spicy Peri Peri

PORK RIBS

300g / 600g | R185 | R315

Marinated and cooked for 3 hours in our famous Asian BBQ sauce

RUMP 200g / 300g | R155 | R210

Basted in our house BBQ sauce

SIRLOIN 200g / R165

Basted in our house BBQ sauce

FILLET 200g | R245

Basted in our house BBQ sauce

SIRLOIN ON THE BONE 400G | R285

Basted in our house BBQ sauce

PIZZA

Wood fired, hand rolled base with napolitana sauce, oreganum and mozzarella cheese

MARGHERITA (V) | R105

Sliced tomatoes

ENDLESS SUMMER | R120

Ham, pineapple, mushrooms

THREE SISTERS | R145

Bacon, Danish feta and freshly sliced avo

PEPPERONI | R130

BBQ CHICKEN | R130

BBQ chicken breast, freshly sliced avo and peppadews

STEAK OVERLOAD | R175

Loaded with steak, fire roasted red pepper, caramelized onions, sour cream and balsamic reduction

MEXICAN | R159

Spicy ground beef, enchilada, jalapeño and avo. With a jalapeño sour cream sauce

VEGETARIAN | R125

Honey and thyme roasted butternut. With creamed spinach, Danish feta, balsamic caramelised onions and rocket

SAUCES R30

TRUFFLE MUSHROOM SAUCE

CHEESE SAUCE

PEPPERCORN SAUCE

MONKEY GLAND

SIDES

HAND CUT POTATO CHIPS | R30

ZUCCHINI FRIES | R40

SWEET POTATO FRIES | R40

SPINACH & BUTTERNUT | R30

ONION RINGS | R30

SLAW (VE) | R30

SIDE SALAD | R30

MASHED POTATOES | R30

DESSERTS

NEW YORK STYLE BAKED CHEESECAKE | R85

With mixed berry coulis and vanilla ice cream

DARK CHOCOLATE BROWNIE | R75

With pecan nuts and vanilla ice cream

CRÈME BRÛLÉE | R60

Served with seasonal berries

FRANK'S MILKSHAKES | R65

Bar One | Oreo | Peanut Butter Cup