

DAILY MENU



Frick and Frack were two Swiss boys full of dreams, talent and joie-de-vivre who ended up as the main act of the Ice Follies, a famous American skating show that entertained a couple of generations. They were hilariously funny, quick on their feet, whimsical at times and unassumingly hip. This is the spirit that animates our endeavour.

We know you are here for a good time, not a long time, and whatever your frame of mind is when you walk through the front doors, we aim for you to depart satisfied and with a smile in your eyes. The food is good, the portions are plentiful, the variety of our beverage lists is astounding and the staff is brazenly cool. So go ahead, enjoy your visit!

You came as a customer but we hope you will leave as a friend...



REGISTERED



CHAPTER OF

“Frick & Frack’s
Famous Flavours
Under the BIG Top”



frick
and
frack

tap house

STARTERS

APPY FEATURE

Please ask your server about our kitchen's most current creation!

FRACK'S CHEESY PEROGIES

Eight pan-fried cheese and potato dumplings, fried onions, crumbled bacon, green onions and sour cream. - \$12.50

ADD grilled Kielbassa sausage for \$3.50

Happy Tuesdays – Only \$8.00

GF CHICKEN WINGS

A Frick & Frack tight rope act... a pound of wings! Teriyaki, buffalo, BBQ, lemon-peppered, dry seasoned, honey garlic, Greek, suicide, sweet Thai chili, tandoori or honey mustard. - \$15.00

Wing Wednesdays – 75¢ each

GF CRAB STUFFED MUSHROOMS

Crab and green onions stuffing blended with cream cheese and spices, topped with melted cheddar and Monterey Jack. Served with grilled garlic pita. - \$14.50

GF CREAMY SPINACH DIP

Blended with sun dried tomatoes, artichoke hearts and cheese. Served with tortilla chips. - \$14.00

PORK NUGGETS

Tender, lightly breaded fried pork bites in your choice of flavour: teriyaki, buffalo, BBQ, lemon-peppered, dry seasoned, honey garlic, Greek, suicide, sweet Thai chili, tandoori or honey mustard. - \$15.00

Thirsty Thursdays - Only \$8.00

GF WORLD FAMOUS NACHOS

Loaded with melted cheddar, Monterey Jack, tomatoes, jalapeños, black olives, green onions, salsa and sour cream. - \$24.00 HALF ORDER - \$14.00

ADD guacamole for \$2.00

ADD chicken, spicy beef or pull pork for \$5.50

GYOZAS

Pan-fried pork and vegetable dumplings, garnished with green onions and served with our tangy ginger vinaigrette. - \$12.50

GF STUFFED POTATO SKINS

Crispy skins loaded with melted cheddar, Monterey Jack, crumbled bacon and green onions. - \$14.00

SOUTH-WESTERN CHICKEN ROLLS

Traditional South-western ingredients: chicken breast, green onions, red bell peppers, corn kernels, black beans, spinach, Monterey Jack, cheddar, jalapeño peppers and spices—wrapped in small flour tortillas and deep fried. Served with our homemade Chimichurri dipping sauce. - \$13.00

GF Ask your server about our GLUTEN FREE meals

PARTY PLATTER

A heaping platter of Frick & Frack's favourites: Gyozas, Chicken Wings, Pork Nuggets, Curly Fries and South-Western Chicken Rolls. - \$45.00

CHICKEN QUESADILLA

Cajun spiced chicken breast and a mix of cheddar and Monterey Jack grilled inside a cheese tortilla, topped with jalapeños, olives, green onions and sour cream, served with salsa. - \$15.00

POUTINE

"Sinfully delicious" would sum up in two words this iconic French-Canadian specialty!

Choice of: **Tex-Mex** - cheddar curds, gravy, salsa, guacamole, tomatoes, jalapenos, green onions and sour cream drizzle;

Butter Chicken – juicy chicken, cheddar curds, homemade butter sauce, diced tomatoes, green onions and fresh cilantro;

or J.D. Peppercorn – beer braised onions, crunchy bacon, sautéed mushrooms, cheddar curds and J.D. peppercorn gravy. - \$14.00

FLATBREADS

MARGHERITA

Stone baked crust topped with tomatoes, extra virgin olive oil, parmesan, bocconcini (soft mozzarella) and fresh basil leaves. - \$16.50

LITTLE ITALY

Spicy capicola ham, hot Italian sausage, roasted red pepper, parmesan and mozzarella. - \$18.00

HAWAIIAN

Shaved Black Forest ham, fire-grilled pineapple, crumbled bacon, cheddar, Monterey Jack and mozzarella. - \$18.00

When the moon hits your eye like a big pizza pie that's Amore!



SOUPS & SALADS

SOUP OF THE DAY

Served with grilled garlic pita. - \$8.00

MAKE IT A COMBO

ADD the F&F Farmhouse Salad for \$5.00

GF F&F FARMHOUSE SALAD

Crisp greens, tomatoes, red onions, carrots, olives, red cabbage and your choice of dressing. Served with grilled garlic pita. - \$9.00

WONTON NOODLE BOWL

Six shrimp and pork wontons, egg noodles, broccoli, carrots, mushrooms, bok choy and baby corn in a savoury chicken broth, garnished with green onions - \$19.00

ADD a skewer of garlic prawns for \$7.50

CAJUN CAESAR SALAD

Chicken breast grilled Louisiana-style on a bed of crisp romaine lettuce tossed in Frick and Frack's delicious homemade Caesar dressing. Served with grilled garlic pita. Available with soy chicken. - \$18.00

REPLACE the chicken with a skewer of garlic prawns for \$2.50

GF WILD SALMON SALAD

Salad greens tossed in our fat-free raspberry dressing, topped with feta cheese, avocado, cucumbers, red onions, apples and kalamata olives and finished with a grilled salmon fillet. - \$19.50

THAI CHICKEN SALAD

Marinated chicken breast, mixed greens, grilled noodles, julienned peppers, pineapple and roasted peanuts served with spicy sesame ginger vinaigrette. Available with soy chicken. - \$19.00

GF MIGHTY GREEK SALAD

Tomatoes, cucumbers, red onions, green peppers, kalamata olives and feta cheese served with pita bread and tzatziki. - \$16.50

ADD a skewer of garlic prawns for \$7.50

ADD a 6 oz Cajun chicken breast for \$5.50

STRIPS N' STUFF

Crusted chicken tenderloins with the dip of your choice (barbecue, plum or honey mustard) on side, served with Caesar salad and crisp fries. - \$18.50

FRACK'S SAVOURY SALAD DRESSINGS

1000 Islands

Blue Cheese

Chimichurri

Green Goddess

Honey-Mustard

Italian

Oil & Balsamic Vinegar

Ranch

Raspberry (fat free)

Sesame-Ginger

Enjoy them here, or take some home!

- \$5.00/jar (250 ml)



SENIORS' FARE

If you have already celebrated 65 birthdays - or more - and have a lighter appetite, you may want to try one of our Golden Age meals – all come with a bowl of daily soup or a small Caesar salad as starter.

GRAMPS' FISH & CHIPS

Battered cod served with coleslaw, dill tartar sauce and fries. - \$14.00

OMA'S SCHNITZEL

A breaded pork cutlet covered in mushroom gravy with mashed potatoes and seasonal vegetables on side. - \$14.00

SOUVLAKI TOU PAPPOU

A skewer of marinated chicken brochettes served with rice pilaf, Greek salad, pita bread and tzatziki. - \$14.00

NONNA'S SPAGHETTI

Meatballs and spaghetti cooked in a rich marinara sauce. - \$14.00

GF Ask your server about our GLUTEN FREE meals

BURGERS

&

OTHER HANDHELD MEALS

Gone Fishin!

*Frick's Grandma
Jack's 1936*

ALL BURGERS AND SANDWICHES are served with a choice of soup, salad or fries. Add another side - \$1.75

UPGRADE YOUR FRIES! Garlic fries with chipotle mayo - \$1.75

Curly fries with garlic aioli - \$2.25, or J.D. poutine - \$4.00

UPGRADE YOUR SALAD! Caesar salad or Greek Salad - \$1.00

TAPHOUSE BURGER

A 1/2 lb butcher beef patty topped with Monterey Jack cheese, beer braised onions, jalapenos, lettuce, tomato and red onion, all served on an artisan potato scallion bun. - \$18.00

BACKYARD BBQ BURGER

A 1/2 lb butcher beef patty smothered with smoky barbecue sauce, melted cheddar, lettuce, tomato, red onion and crispy bacon, all served on an artisan potato scallion bun. - \$18.00

THE HANGOVER BURGER

It will smack the hangover out of just about anyone. A flame grilled 1/2 lb butcher beef patty, crispy bacon, garlic sautéed mushrooms, melted bleu cheese, lettuce, tomato and our secret sauce, all served on an artisan potato scallion bun. - \$18.50

ADD a fried egg for \$1.25

THE GRAND POOBA BURGER

The mother of all burgers. A flame grilled 1/2 lb butcher beef patty, aged cheddar, crispy bacon, garlic sautéed mushrooms, lettuce, tomato, crispy stacked onion strings and a 1/4 lb all beef wiener. Served on an artisan potato scallion bun. - \$19.00

FISH TALE TACOS

Two flour tortillas filled with grilled basa, coleslaw, avocado, bruschetta mix and chipotle sauce, finished with cilantro and served with salsa and your choice of side. - \$17.50

ADD an extra taco for \$4.00

GARDEN BURGER

Plant-based patty, lettuce, tomato, red onion, topped with sautéed mushrooms... tastes like the real thing! Served on an artisan potato scallion bun. - \$16.50

THE A.B.C. BURGER

Apples, bacon and chicken come together in an exquisite symbiosis in this Frick and Frack original recipe! A 6 oz grilled chicken breast draped in honey mustard sauce is topped with crispy bacon and grilled Granny Smith apple slices. Served on an artisan potato scallion bun. - \$18.00

SOUTHWEST CHICKEN BURGER

A 6 oz grilled chicken breast topped with melted Monterey Jack, lettuce, tomato, aioli and sliced avocado. Served on an artisan potato scallion bun. - \$18.00

MEDITERRANEAN CHICKEN WRAP

Tender chicken marinated in Mediterranean spices, tomatoes, cucumbers, red onions, feta cheese, lettuce, rice pilaf and tzatziki all wrapped up in a sundried tomato flour tortilla. - \$18.00

CHICKEN CLUBHOUSE

Toasted multi-grain bread layered with roasted chicken breast, crisp bacon, lettuce, tomatoes and mayonnaise. - \$17.50

CRISPY CHICKEN NAANWICH

In-house prepped breaded chicken fried until golden brown, topped with cheddar, aioli and bruschetta mix and served with lettuce and tomato on grilled naan bread. - \$18.00

PRIME RIB FRENCH DIP

Shaved aged Alberta ribeye, garlic sautéed mushrooms and Monterey Jack cheese on pretzel bread. Served with au jus. - \$19.00

"THE BEST" STEAK SANDWICH

A 6 oz Certified Angus Beef sirloin steak heaped with sautéed mushrooms and crispy onion strings served on a grilled pretzel baguette with 1/2 fries and 1/2 Caesar salad. - \$22.00

PIG ON A SOFA

Southern style slow cooked pork infused with a smoky BBQ sauce. Served on a pretzel bun with coleslaw and onion strings. - \$18.00

SANTA FE FAJITA

A sizzling pan full of chicken breast, sweet peppers and onions, accompanied by warm tortillas, shredded lettuce, cheese, salsa, jalapeños and sour cream. Available with soy chicken. - \$22.00



EXTRA, EXTRAS!

Sautéed Mushrooms, Crispy Onions Strings, Sautéed Onions or Bacon - \$2.00 ea.

Gravy - \$2.00 Double up your burger! - \$5.50



Ask your server about our GLUTEN FREE meals

DIN-DINS FROM AROUND THE WORLD

ENTRÉE FEATURE

Please ask your server about our kitchen's most current creation!

GF TAVERNA SOUVLAKI

Oregano, rosemary and lemon marinated chicken brochettes served with rice pilaf, Greek salad, pita bread and tzatziki. - \$23.00

GF SPIRO'S ROAST LAMB

Succulent slow cooked lamb shank served with rice pilaf, Greek salad, pita bread and tzatziki. - \$25.00

ALE BATTERED COD & CHIPS

Two pieces of English style battered cod served with coleslaw, dill tartar sauce and crisp fries. - \$18.50

GINGERED BEEF & BROCCOLI

Tender beef strips, red onions and broccoli, sautéed in our ginger soy glaze, garnished with green onions and served with rice. - \$19.00

GF BOMBAY BUTTER CHICKEN

Tender marinated chicken, tomatoes, green onions, cilantro, and our famous butter sauce served on basmati rice with a side of naan bread. Available with soy chicken. - \$19.00

PELICAN'S TREAT

A 6 oz honey dill marinated salmon fillet, baked to perfection and served with rice pilaf and seasonal vegetables. - \$22.00

TOKYO CHICKEN STIR FRY

Sliced chicken breast, wok fried vegetables and chow mein noodles in a sesame teriyaki sauce. Available with soy chicken. - \$19.00

PRAWN & COCONUT CURRY BOWL

Garlic prawns and wok fried vegetables in a coconut curry sauce, served on top of basmati rice. Available with soy chicken. - \$22.00

GF MEXICAN STREET TOSTADAS

Three crispy white corn tortillas loaded with black beans, shredded chipotle chicken and bruschetta mix, then topped with feta and sour cream. Served with guacamole, salsa and rice pilaf on side. - \$20.00

HUNTER'S SCHNITZEL

Frack's fondest childhood memory! Two breaded pork cutlets on a mound of garlic mashed potatoes, covered in homemade mushroom sauce and served with seasonal vegetables and coleslaw. - \$21.00

CHICKEN CORDON BLEU

Cooked from scratch in Frick and Frack's kitchen! A tender, breaded chicken breast stuffed with ham and Swiss cheese, baked to a crisp then draped in our homemade, decadent Mornay sauce and served with garlic mashed potatoes and grilled seasonal vegetables on side. - \$21.00

FRANCO'S SPAGHETTI & MEATBALLS

An international favourite that has made North America its home: a generous portion of tender meatballs in a rich, slow simmered marinara sauce. Served with grilled garlic pita. - \$18.50

CREOLE JAMBALAYA RISOTTO

Southern comfort food... prawns, chicken breast, capicola ham, spicy sausage and julienned vegetables tossed in our own zesty rosé sauce, infused in a rice risotto and served with garlic pita. - \$22.00

PESTO CHICKEN PENNE ALLA GENOVESE

Penne noodles tossed in our homemade creamy pesto-alfredo sauce, mixed with sautéed chicken and mushrooms and finished with bruschetta mix and parmesan cheese. Served with a side of garlic pita. - \$19.50

SHAKES & SMOOTHIES

OLD FASHIONED SHAKE

Frosty ice cream milkshake in French vanilla, chocolate or strawberry. - \$7.00
ADD a shot of Kahlua or Bailey's Irish Cream to your shake for \$2.50

BETTY BOOP SMOOTHIE

Strawberries, bananas, orange juice and low fat frozen yogurt. - \$7.00

BLACK BEAUTY SMOOTHIE

Blackberries, raspberries, blueberries, strawberries, orange juice and low fat frozen yogurt. - \$7.00

EXTRA, EXTRAS!

Sautéed Mushrooms, Fried Onions, Onion Strings and J.D. Peppercorn Sauce - \$2.00 ea. Gravy - \$2.00
Skewered Sautéed Garlic Prawns - \$7.50

SOUTHERN BELLE SMOOTHIE

Peaches, raspberries, strawberries, orange juice and low fat frozen yogurt. - \$7.00

GO BANANAS

Banana, coconut, rum, banana liquor, low fat frozen yogurt. - \$9.50

Shake it up!

GF Ask your server about our GLUTEN FREE meals

DOMESTIC DRAFT

Coors Light Lager
Molson Canadian Lager
Old Style Pilsner

14 oz Sleeve - \$6.00
60 oz Tower - \$19.00

PREMIUM DRAFT

Belgian Moon Wheat Ale
Dead Frog Nut Brown Ale
Four Winds India Pale Ale
Granville Island Pale Ale
Hoyne's Dark Matter Porter
Okanagan Spring's 1516 Bavarian Lager
Red Truck Amber Ale
Rickard's Red Irish Ale

ROTATING TAP (ask your server for details)

SEASONAL TAP (ask your server for details)

Sleeman's Honey Brown Lager
Yellow Dog Hazy India Pale Ale

14 oz Sleeve - \$7.00
60 oz Tower - \$23.00

IMPORT DRAFT

Guinness Stout
Harp Lager
Kilkenny Irish Cream Ale

20 oz Pint - \$9.00
60 oz Tower - \$25.00



*Here's mud
in your eye!*



**Can't decide? Get brave
and swill back our Six
Pack Sampler - Six taster
glasses of any beer on tap
- \$15.00!! Then you'll
make your Mom proud.**

CIDERS AND COOLERS



Growers' Cider (330ml)
Apple, Peach or Pear. - \$6.50

Mike's Hard Lemonade
(330ml) - \$6.50

Palm Bay Grapefruit
(355ml) - \$6.50

White Claw Seltzer (355ml)
Assorted varieties. - \$6.50

Smirnoff Ice
(330ml) - \$6.50

Somersby Apple Cider
(500ml) - \$7.00

Strongbow Beer Cider
(330ml) - \$6.50

Twisted Tea
(355ml) - \$6.50

