



TIONAL BRAND

Served from sea to shining sea.

(L) BUDWEISER (341 ml)

The King Of Beers! Needs no further introduction. - \$6.00

(L) BUD LIGHT (341 ml)

The sure sign of a good time. Here we go! - \$6.00

(L) COORS LIGHT (341 ml)

Gold Medal Winner of the Light Lager Category for the 2005 Canadian Brewing Awards! - \$6.00

(PI) LABATT BLUE (341 ml)

Canada's foremost pilsner, named in honour of the Winnipeg Blue Bombers. - \$6.00

(L) MOLSON CANADIAN (341 ml)

Past winner of the Gold Medal for "North American Style Lager". - \$6.00

(L) MOLSON ULTRA (341 ml)

Premium light beer specially brewed to only 70 calories; clean, crisp and fresh taste. - \$6.25

CANADA WEST

(PA) 33 ACRES OF OCEAN (330 ml)

A Westcoast style pale ale with a focus on Pacific and pine. The aroma exudes a light sweetness with more malt tones than you would expect, in harmony with the piney hop finish. - \$6.25

(A) DAGERAAD BLONDE (650 ml)

Burnaby's most famous beer! A complex, medium-dry Belgian blonde ale brewed with a secret blend of spices. - \$10.50

(MN) DOMINION DARK LAGER (355 ml)

Consistently recognized as one of the world's best dark lagers, this refreshing beer has a toasty malt body, yet is very smooth and finishes clean. Prosit! - \$6.50

(IPA) FAT TUG IPA (650 ml)

At 7% alc/vol and 80+ IBUs this Northwest style India Pale Ale delivers layers of aroma and flavour that are sure to satisfy anyone with a thirst for all things hoppy! - \$10.50

(F/V) FOUR WINDS NECTAROUS (473 ml)

The complex acidity of this award winning dry-hopped sour is masterfully balanced by tropical fruit esters and gives way to a clean, tart finish. - \$7.25

(L) KOKANEE LAGER (341 ml)

2004 Silver Medal Winner, International Lager Competition in London, England. - \$6.00

(IPA) LIGHTHOUSE SHIPWRECK (355 ml)

From Victoria BC, with love! This hop-forward IPA is a perfectly balanced beer with stone fruit and citrus notes and a decidedly refreshing finish. - \$6.50

(A) NELSON WILD HONEY ALE (355 ml)

This light, malty, organic blonde ale is causing such a buzz in British Columbia! Gold medal winner at the B.C. Beer Awards.

(A) PHILLIPS BLUE BUCK ALE (341 ml)

This amber-red ale was the Gold Medal Winner at the 2007 Canadian Brewing Awards. - \$6.50

- (B) Bitter: An ale high in hops, strong malt finish (BA) Brown Ale: Sweet brewing style of Britain
- (BW) Barley Wine: Strong ale, 8-12% by volume
- (CA) Cream Ale: English, light creamy ale
 (D) Dortmunder: Bigger bodied and less dry than a Pilsner
 (DB) Dopplebock: Extra strong beer
- (F/V) Fruit/Vegetable Beer: A harmonious marriage of fruit and beer

- (L) Lager: German style beer, bottom fermented
 (LB) Lambic Beer: Fruity, fermented with wild naturally occurring yeast
 (MN) Munchener: Dark and malty, not too sweet

- (PI) Pilsner: Pale gold, dry (S) Stout: Very dark, rich and creamy

- (TA) Trappiste Ale: Extra strong Belgian Abbey ale(W) Wheat Beer: Golden, brewed using a varying amount of wheat

(TA) RED COLLAR DUBBEL (650 ml)

Brewed right here in town!!! A delicious, traditional Trappist-style beer, rich in coffee, chocolate and toffee notes, unpasteurized, unfiltered, naturally carbonated and vegan friendly. - \$10.50

(IPA) RED TRUCK IPA (355 ml)

An easy drinking India Pale Ale that showcases five of the best hop varieties from the Pacific Northwest. Hints of toffee malt, with a dry, fresh finish. - \$6.50

(A) RUSSELL'S ANGRY SCOTCH ALE (650 ml)

Not too far from being epic, it grabbed a bronze at the 2010 World Beer Cup. A strong, dark ale with a smoky character thanks to the use of peated malt. - \$10.50

(PI) STEAMWORKS PILSNER (330 ml)

A homage to the original Pilsners of the Czech Republic, this full-bodied beer has a spicy, herbal finish with hints of lemon. Na zdravi! - \$6.25

(P) TIN WHISTLE KILLER BEE (650 ml)

Float from wildflower to wildflower with this sweet and silky-smooth dark honey ale brewed in the Southern Okanagan. Live like a honeybee for a day. - \$10.50

(P) YELLOW DOG SHAKE A PAW (473 ml)

A well-balanced porter, dark, smooth and complex, with hints of chocolate and coffee and a subtle, smokey aroma on the nose. Best enjoyed with friends and canine companions. - \$7.25

(PA) YUKON GOLD (473ml)

This Whitehorse Brewery was originally named the Chilkoot Brewery. - \$7.25

CANADA EAST

(A) ALEXANDER KEITH'S IPA (341 ml)

All of Nova Scotia celebrates Alexander Keith's Birthday every October 5th. - \$6.50

(L) MOOSEHEAD LAGER (341 ml)

This beer is a popular one, over 110,000 bottles were stolen in transit 3 years ago. - \$6.50

(CA) SLEEMAN'S CREAM ALE (341 ml)

First brewed in 1898, this is the flagship brew for Sleeman's Brewery. - \$6.50

(PI) STEAM WHISTLE PILSNER (355 ml)

Floral hop aroma and sweet graininess with distinctive grassy notes, balanced by a clean, crisp finish and pleasant lingering bitterness. - \$6.50



(F/V) RADLER GRAPEFRUIT (500 ml)

Originally brewed for thirsty cyclists in Austria who wanted a great tasting, low alcohol beer they could take along on bike rides. Only 75 calories in this all-natural Shandy! - \$7.75

BELGIUM

(TA) CHIMAY BLUE CAP (330 ml)

This 9% ale is a deep copper-brown with a creamy head and a slightly bitter taste. This bottle-conditioned beer will show some sediment and will age for up to 15 years. - \$9.00

(A) DUVEL (330 ml)

This Devil at 8.5% is fermented twice in the brewery, again in the bottle and will last up to three years. Say "Doov'l" in Belgium but pointing will work at Frick & Frack. - \$8.50

(F/V) FRULI (330 ml)

A unique blend of white beer and strawberry juice. The result is a balanced and refreshing brew packed with strawberry fruit flavour. - \$7.00

(BW) GULDEN DRAAK (330 ml)

A dark brown Triple Ale that balances a natural malt toffee-like sweetness with mellow, hoppy accents. Strong in content, at 10.5%, yet velvety in texture and aroma, it was named after the golden dragon at the top of the belfry in Ghent. - \$9.00

(W) HOEGAARDEN WHITE (330 ml)

In Belgium, the first (Hoo-garden) upon ordering must be finished in three gulps. These classic "Whit" or wheat beers are perfect for thirst quenching, especially in the summer. - \$7.00

(TA) LEFFE BLONDE (330 ml)

An Abbey Ale originating in 1152. At 6.6%, this is an easy introduction to Belgian beers — not too hoppy, with banana, citrus, spice and clove flavours. - \$7.00

(F/V) RODENBACH SOUR ALE (500 ml)

The original "Flanders Red Ale" is recognized as a traditional local product. Mixed main fermentation and maturation in oak casks ("foeders") give it the same sweet-sour flavour and complex fruitiness as wine. - \$7.75

(PI) STELLA ARTOIS (330 ml)

Originally brewed as a Christmas beer (hence the Stella/star) in 1926 by the Artois Brewery that dates back to 1726. This crisp, refreshing Lager is the best selling beer in Belgium. - \$7.00

CHINA

(L) TSINGTAO LAGER (330 ml)

This #1 export of China comes from the 10th largest brewery in the world. - \$7.00

CZECH REPUBLIC

(MN) BARON BOHEMIA DARK LAGER (500 ml)

Harry always drank us under the table!

A huge Lager from the Lobkowicz family brewery (est. 1466). - \$7.75

(PI) CZECHVAR LAGER (500 ml)

The original "Budvar" from the country boasting the largest per capita beer consumption in the world. - \$8.00

(PI) KOZEL (500 ml)

Brewed since 1874 in Velke Popovice—close to Prague, this premium pilsner has a pleasantly bitter taste, gentle malt, hops aroma and a perfect spark. - \$7.75

(PI) PILSNER URQUELL (330 ml)

From Pilsen, 1842, the Pilsner brew that would spread around the world. - \$7.00

DENMARK

(L) CARLSBERG (330ml)

Hamlet, The Little Mermaid and THIS beer are Denmark's most famous symbols. $\,$ - $\,$ \$7.00

(L) TUBORG PILSNER (330 ml)

The blonde bombshell from Copenhagen—Tuborg, or not Tuborg ... - \$7.00

ENGLAND

(BA) NEWCASTLE BROWN (330 ml)

Won the first of its Gold Medals at the International Brewers' Exhibition in 1928. - \$7.00

(PA) OLD SPECKLED HEN (500 ml)

This great British ale was first brewed to commemorate the 50th anniversary of the MG car factory in Abingdon, Oxfordshire. - \$7.75

(A) WYCHWOOD HOBGOBLIN (500 ml)

Full bodied and well balanced with a chocolate toffee malt flavour, moderate bitterness and a distinctive fruity character with a ruby red glow. - \$7.75

FRANCE

(W) 1664 BLANC (330 ml)

A smooth and sparkling white beer with ripe grapefruit and citrus notes; different, fresh and fruity. - \$7.00

(PI) KRONENBOURG (330 ml)

Brewed since 1664, this is France's #1 selling premium Lager. - \$7.00

GERMANY

(PI) BECK'S PILSNER (330 ml)

The world's number one selling German beer. - \$7.00

(D) DAB ORIGINAL (500 ml)

This beer is perfect for that bad hair day because a little Dab will do you. - \$7.75

(MN) HACKER PSCHORR MUNCHNER (500 ml)

Still brewed to this day according to an age-old recipe, this slightly stronger beer is a mature brewing gem that delights with its enticing malty aroma. - \$7.75

(W) KONIG LUDWIG (500 ml)

The "Beer of Royal Highness" had a monopoly on Weiss beers for 200 years. - \$7.75

(MN) LOWENBRAU (473 ml)

Once brewed under license world-wide, it is now brewed only in Munich for export. - \$7.50

(W) PAULANER HEFEWEIZEN (500 ml)

The #1 wheat beer in Germany and one of the world's favorites. In fact, beer experts call it a masterpiece! \$7.75

(PI) RADEBERGER PILSNER (500 ml)

The quintessential quality German pilsner. Bismarck, the first German chancellor, elevated Radeberger to "Kanzler-Bräu" (Chancellor's Brew) in 1887. - \$7.75

GREECE

(L) MYTHOS (330 ml)

An authentic Greek Heritage beer brewed in Thessaloniki, with a pleasant, refreshing taste – a guarantee of enjoyment for those who choose to drink it. Hopa! - \$7.00

ICELAND

(PI) BRIO #1 (500 ml)

This award-winning pilsner hails from the land of geysers and hot springs. Order a Brio and save yourself the cost of the plane ticket to Reykjavik! - \$7.75

INDIA

(PI) KINGFISHER PILSNER (330 ml)

Silver Medal Winner at the 2006 World Beer Cup for German-Styled Pilsner. - \$7.00

IRELAND

(A) SMITHWICK'S (500 ml)

Has been Ireland's biggest selling beer since 1920. - \$7.75

ITALY

(PI) BIRRA MORETTI (330 ml)

More Italian! A quality beer made in the traditional way. Perfect for drinking at lunch, at dinner or for evenings out with friends. - \$7.00

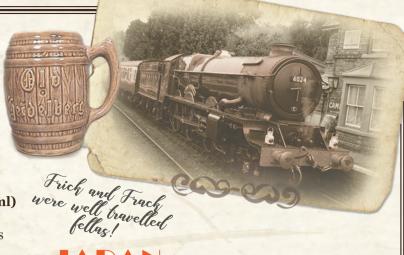
(PI) PERONI NASTRO AZZURO (330 ml)

The name translates to Blue Ribbon, the number one selling beer in Italy. - \$7.00

JAMAICA

(L) RED STRIPE (330 ml)

The taste of Jamaica, mon! Are you thirsty? Red Stripe! It's beer! HOORAY BEER! - \$7.00



JAPAN

(PI) SAPPORO (355 ml)

A German-trained brewer named Nakagawa brewed the first batch in 1871! - \$7.00

MEXICO

(L) CORONA (330 ml)

The best selling import beer in Canada and the 4th best seller in the world. - \$7.00

(L) CORONA GRANDE (710 ml) - \$10.50

(MN) DOS EQUIS AMBER (355 ml)

Originally named in 1900 to celebrate the beginning of the Twentieth Century. - \$7.00

(L) DOS EQUIS LAGER (355 ml)

The face on the label is that of Montezuma, the 16th century Aztec emperor. - \$7.00

(L) SOL LAGER (330 ml)

This "sun" beer was first brewed in 1899 by a German immigrant. - \$7.00

(MN) NEGRA MODELO (355 ml)

This dark Munich style beer sells well internationally —even in Germany! - \$7.00

NETHERLANDS

(PI) BAVARIA (500 ml)

Brewing suds since 1719 in Lieshout, Bavaria Brouwerij is Holland's second largest beer maker and this is their flagship pilsner. - \$7.75

(L) GROLSCH LAGER (450 ml)

The best selling beer in Holland has come in swing top bottles since 1897. - \$7.50

(L) HEINEKEN (330 ml)

Europe's largest brewery, Heineken beer is sold in over 170 countries around the world. -\$7.00

(L) HEINEKEN BOMBER (650 ml) - \$10.50

(L) HEINEKEN ZERO (330 ml)

This non-alcoholic version of Netherlands' most famous beer is brewed like a traditional lager. Only 70 calories per bottle. - \$6.00

DHILIDDINES

(L) SAN MIGUEL (330 ml)

The Thrilla from Manila. - \$7.00

POLAND

(PI) ZYWIEC (500 ml)

"Ji-vee-its" is Poland's most popular brewery and most popular selling beer. - \$8.00

SCOTLAND

(F/V) CRABBIE'S GINGER BEER (500 ml)

A unique brew containing real ginger and a secret blend of Asian spices, steeped for up to 6 weeks to produce its deep, delicious flavour. They still follow John Crabbie's original recipe created in 1801! - \$8.50

(A) INNIS & GUNN OAK AGED (330 ml)

Aged in whisky barrels, this complex beer has vanilla, toffee and orange aromas. - \$7.00

(BW) MCEWAN'S SCOTCH ALE (330 ml)

Proudly bearing its Highland roots, Scotland's most iconic Scotch Ale has a deep brown colour with a chocolate and caramel body and a lingering sweet finish. Beware! At 8% ABV it might make you lose your kilt. - \$7.00

SINGAPORE

(L) TIGER BEER (500 ml)

Created by a chance meeting between a soda maker and a Heineken brew master in the 1930's. - \$7.75

SLOVAKIA

(PI) URPINER (500 ml)

Exceptional quality pale lager with higher alcohol content and distinctive fullness. Destined to be consumed on festive occasions, like today. - \$7.75

SPAIN

(L) ALHAMBRA RESERVA 1925 (330 ml)

A benchmark beer for a sophisticated beer market. Complex and very tasty. - \$7.00

(PI) ESTRELLA DAMM (500 ml)

August Damm, a German immigrant, started brewing this exceptional pilsner in Barcelona in 1876. Many decades and awards later, Estrella remains a symbol of quality and prestige in the beer world. - \$7.75

THAILAND

(L) SINGHA (330 ml)

The brewery has the capacity of producing 1 billion litres of this full bodied beer annually. - \$7.00

TRINIDAD

(L) CARIB (330 ml)

"Know who you are, drink what you like". Refreshing drinkability for a parched and thirsty palate. - \$7.00

UNITED STATES

(L) COORS ORIGINAL (341 ml)

Brewed with Rocky Mountain water and high country barley, just as it was in 1873. A crisp, full-flavoured beer. - \$6.75

(IPA) DESCHUTES SQUEEZY RIDER (355 ml)

Chill out with this juicy refresher that's packed with heaps of hops to bring torrential tides of tropical flavor and a bitterness that is laid back, leaving you care-less about IBU's. - \$7.00

(PI) LAKEFRONT'S NEW GRIST (355 ml)

Certified gluten free! It pours a brilliant gold colour, with a bubbly head and light, fruity aroma. Hints of green apple slice through the maltiness of the sorghum, making this an extremely quaffable beer. - \$7.00

(P) MAUI COCONUT PORTER (355 ml)

A trip to Hawaii in a can! It begins with a malty-toasted coconut aroma followed by a rich, silky taste of dark malt, chocolate, and hints of coffee. It finishes with a hoppy spice for balance. Aloha! - \$7.00

(L) MILLER GENUINE DRAFT MGD (355 ml)

"Cold Filtered" to remove bitter elements and keep the beer smooth. - \$7.00

(L) ROLLING ROCK (355 ml)

"Born small town", this classic American extra pale lager is as well-known for its distinctive, full-bodied taste as it is for its craftsmanship and heritage. - \$7.00

(PA) SIERRA NEVADA PALE ALE (355 ml)

A delightful interpretation of a classic style with an exceptionally full-bodied and complex character. Generous quantities of premium Cascade hops give the Pale Ale its fragrant bouquet and spicy flavour. - \$7.00

BEERS ON TAP

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

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

Rickard's Red Irish Ale

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

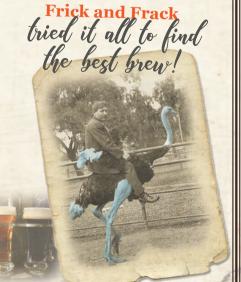
DOMESTIC DRAFT

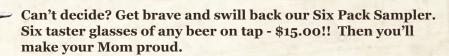
Coors Light Lager Molson Canadian Lager Old Style Pilsner

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

IMPORT DRAFT

Guinness Stout Harp Lager Kilkenny Irish Cream Ale 20 oz Pint - \$9.00 60 oz Tower - \$25.00





WHITE WINES

HOUSE WINE

(o) Chardonnay – MISSION RIDGE (CANADA)

60z - \$6.50 90z - \$9.50 ½ LITRE - \$16.00 LITRE - \$28.00

VARIETALS

(o) Chenin Blanc – SPIER (SOUTH AFRICA)

60z - \$8.00 90z - \$11.50 1/2 LITRE - \$21.00 BOTTLE - \$30.50

(1) Gewurtztraminer – SEE YA LATER VQA (CANADA)

60z - \$8.75 90z - \$12.75 1/2 LITRE - \$23.50 BOTTLE - \$34.00

(2) Riesling – BLUE NUN (GERMANY)

60z - \$7.25 90z - \$10.50 1/2 LITRE - \$19.00 BOTTLE - \$28.00

(o) Sauvignon Blanc – STONELEIGH (NEW ZEALAND)

60z - \$8.75 90z - \$12.75 1/2 LITRE - \$23.50 BOTTLE - \$34.00

(o) Pinot Grigio – FORT BERENS VQA (CANADA)

6oz - \$9.25 9oz - \$13.25 ½ LITRE - \$24.25 BOTTLE - \$35.75

(o) Chardonnay – WYNDHAM ESTATE (AUSTRALIA)

60z - \$8.00 90z - \$11.50 1/2 LITRE - \$21.00 BOTTLE - \$30.50

(2) Rose – MATEUS (PORTUGAL)

60z - \$7.00 90z - \$9.75 1/2 LITRE - \$17.50 BOTTLE - \$25.00

BY THE BOTTLE ONLY

(1) Champagne - YELLOW TAIL (AUSTRALIA)

BOTTLE - \$32.00

(o) Pinot Grigio – SANTA MARGHERITA (ITALY)

BOTTLE - \$39.00

RED WINES

HOUSE WINE

(1) Cabernet Sauvignon – MISSION RIDGE (CANADA)

60z - \$6.50 90z - \$9.50 ½ LITRE - \$16.00 LITRE - \$28.00

VARIETALS

(o) Shiraz – WOLF BLASS (AUSTRALIA)

60z - \$8.00 90z - \$11.50 1/2 LITRE - \$21.00 BOTTLE - \$30.50

(o) Merlot – OYSTER BAY (NEW ZEALAND)

6oz - \$9.00 9oz - \$13.00 1/2 LITRE - \$24.00 BOTTLE - \$34.75

(o) Pinot Noir - CONO SUR (CHILE)

60z - \$7.25 90z - \$10.50 1/2 LITRE - \$19.00 BOTTLE - \$28.00

(1) Grenache – SANGRE DE TORO (SPAIN)

60z - \$8.00 90z - \$11.50 1/2 LITRE - \$21.00 BOTTLE - \$30.50

(o) Malbec – TRIVENTO RESERVE (ARGENTINA)

60z - \$8.00 90z - \$11.50 1/2 LITRE - \$21.00 BOTTLE - \$30.50

(o) Foch - MONTE CREEK VQA (CANADA)

6oz - \$9.25 9oz - \$13.25 1/2 LITRE - \$24.25 BOTTLE - \$35.75

(o) Sangiovese – FARNESE (ITALY)

60z - \$7.25 90z - \$10.50 1/2 LITRE - \$19.00 BOTTLE - \$28.00

(o) Cabernet-Sauvignon – CASILLERO DEL DIABLO (CHILE)

60z - \$8.00 90z - \$11.50 ½ LITRE - \$21.00 BOTTLE - \$30.50

BY THE BOTTLE ONLY

(o) Chianti – FRESCOBALDI CASTIGLIONI (ITALY)

BOTTLE - \$36.00

(1) Malbec – 1884 RESERVADO (ARGENTINA)

BOTTLE - \$38.00

(o) Bordeaux - CHATEAU PEY LA TOUR (FRANCE)

BOTTLE - \$38.00



- \$8.00 **(2 oz)**

THE CLASSIC
Smirnoff or Beefeater, Vermouth and an Olive or a Twist.

FRENCH

Smirnoff, Chambord, Pineapple Juice.

KERMIT'S THIRD LEG

Malibu, Banana Liquor, Blue de Curacao, 7-Up, Orange and Pineapple Juices.

SEX AT SUNSET

Smirnoff, Triple Sec, Peach Schnapps, Orange, Pineapple and Cranberry Juices.

SHARK ATTACK

Hpnotique, Melon Liquor, Blue de Curacao, Cranberry Juice and Tonic.

ESPRESSO

Smirnoff, Kahlua, White Crème de Cacao, Strong Coffee.

APPLE PIE

Crown Royal Apple, Apple Sourpuss, Butter Ripple Schnapps and Apple Juice.

VELVET ROPE

Smirnoff Raspberry, Raspberry Sourpuss, Peach Schnapps, Melon Liquor and Cranberry Juice.

CRISPY CRUNCH

Smirnoff Vanilla, Frangelico and White Crème de Cacao.

SANGRIAS

Individual Serving - 30z of red or white wine and fruit. - \$8.00

For Sharing - 1 LITRE, our own proprietary recipe, red or white - \$20.00

FEATURE COCKTAILS

FRACK'S POTION #9 (a.k.a. POM MOJITO) Captain Morgan, Pomegranate and Cranberry Juices, Soda and Mint leaves. - \$6.00 (Frack Size - \$8.25)

FRICKIN' KOOL-AID

Smirnoff, Melon Liquor, Amaretto, 7-Up and Cranberry Juice. - \$6.00 (Frack Size - \$8.25)

BLUE HIPPO (a F&F signature cocktail) Melon Liquor, Citrus and Vanilla Vodka, Blue Raspberry Slush and a bottle of Smirnoff Ice. - \$12.00

CHILIGUARO SHOTS (a Costa Rican classic) Sugar Cane Rum, Tomato Juice, Spices. - \$4.00 /oz (3 pack - \$10.00)

DAIQUIRIS, MARGARITAS

Glass - \$6.50 (1 oz) Pitcher - \$20.00 (5 oz)

FLAVOURS

Lime, Strawberry, Blue Raspberry, Peach & Banana

