

DAILY MENU



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



frick
and
frack
tap house

SOUPS & SALADS

SOUP OF THE DAY

Served with grilled garlic pita. - \$6.99

MAKE IT A COMBO

ADD the F&F Farmhouse Salad for \$4.50

** F&F FARMHOUSE SALAD

Crisp greens, tomatoes, red onions, carrots, olives, red cabbage and your choice of dressing.

Served with grilled garlic pita. - \$7.99

WONTON SOUP

Pork wontons, wok vegetables and green onions in a savory chicken broth. - \$7.99

WONTON NOODLE BOWL

Six pork wontons, egg noodles, broccoli, carrots, mushrooms, bok choy and baby corn in a savoury chicken broth, garnished with green onions. - \$14.99

ADD shrimp for \$3.99

ADD a skewer of garlic prawns for \$6.99

CLASSIC CAESAR SALAD

Crisp romaine tossed in a creamy garlic parmesan dressing. Served with grilled garlic pita. - \$11.50

ADD a skewer of garlic prawns for \$6.99

ADD a 6 oz Cajun chicken breast for \$4.50

** TANGY PEAR SALAD

Mixed greens, chicken breast, tangy blue cheese, red onions, carrots, red cabbage, fresh sliced pear, creamy avocado and crunchy candied pecans all pulled together with a poppy seed vinaigrette.

Served with grilled garlic pita. - \$16.50

THAI CHICKEN SALAD

Marinated chicken breast, mixed greens, grilled noodles, julienned peppers, pineapple and roasted peanuts served with spicy sesame ginger vinaigrette. - \$16.50

** FIESTA SALAD

Black beans, corn, red peppers, avocado, roasted pumpkin, tortilla strips and pomegranate seeds, cilantro and sliced Cajun chicken breast, all gently laid on a bed of romaine lettuce and tossed in our famous tangy Chimichurri dressing.

Served with grilled garlic pita. - \$16.50

** MIGHTY GREEK SALAD

Tomatoes, cucumbers, red onions, green peppers, kalamata olives and feta cheese served with pita bread and tzatziki. - \$13.50

ADD a skewer of garlic prawns for \$6.99

ADD a 6 oz Cajun chicken breast for \$4.50

STRIPS N' CAESAR

Crusted chicken tenderloins served with crisp Caesar salad and your choice of honey mustard or plum sauce. - \$14.99 add ½ fries -\$1.50

** Ask your server about our GLUTEN FREE meals



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

*Born to be wild,
Frick and Frick
were inseparable!*

FLATBREADS & PIZZAS

MARGHERITA

FLATBREAD "Mamma Mia!"

Stone baked crust topped with tomatoes, extra virgin olive oil, parmesan, bocconcini (soft mozzarella) and fresh basil leaves. - \$13.99

TEXAS-STYLE FLATBREAD - NEW

Everything is tastier, not just bigger, in the Lone Star state! Stone baked crust topped with grilled BBQ chicken breast, bacon, toasted corn, caramelized onions, cheddar, and Monterey Jack cheeses. - \$15.50

LITTLE ITALY

Spicy capicola ham, hot Italian sausage, roasted red pepper, parmesan and mozzarella. - \$15.50

HAWAIIAN

Shaved Black Forest ham, fire-grilled pineapple, crumbled bacon, cheddar, Monterey Jack and mozzarella. - \$15.50



Frick & Uncle Fred

STARTERS

FRACK'S CHEESY PEROGIES

Pan-fried cheese and potato dumplings, fried onions, crumbled bacon, green onions and sour cream. - \$9.99
ADD grilled Kielbasa sausage for \$2.99

** CHICKEN WINGS

A Frick & Frack tight rope act... a pound of wings! Teriyaki, buffalo, lemon-peppered, dry seasoned, honey garlic, Greek, suicide, sweet Thai chili or honey mustard. - \$11.99

NEW HOG WILD WINGS! Try our new ½ lb of bacon wrapped chicken wings - \$8.99
Add blue cheese or ranch dip for only \$1.25

Wing Wednesday – 49¢ each

** RAGIN' CAJUN MUSSELS

Take a walk on the wild side and bring your taste buds alive with **ONE POUND** of scrumptious mussels tossed in Raj's angry Cajun sauce: garlic, tomato coulis, seasoning spices, green peppers, onions, celery and white wine. - \$14.99

** CRAB STUFFED MUSHROOMS

Crab and green onions blended with cream cheese and spices, topped with melted cheddar and Monterey Jack. Served with grilled garlic pita. - \$11.50

** CREAMY SPINACH DIP

Blended with sun dried tomatoes, artichoke hearts and cheese. Served with tortilla chips. - \$11.50

** FISH TALE TACOS

Two white corn tortillas filled with grilled Cajun cod, coleslaw, avocado, diced tomatoes and chipotle sauce, served with a side of salsa. - \$9.99

PACIFIC CALAMARI

Lightly breaded and seasoned squid served with red onions and tzatziki. - \$11.99

** STICKY RIBS

Deep fried pork riblets with your choice of honey garlic, sweet Thai chili, teriyaki or dry seasoned flavours. - \$11.50

Thirsty Thursdays - Only \$6.99

** WORLD FAMOUS NACHOS

Loaded with melted cheddar, Monterey Jack, tomatoes, jalapeños, black olives, green onions, salsa and sour cream. - \$19.99

Add guacamole for \$1.50

Add grilled chicken or spicy beef for \$4.50

GYOZAS

Pan-fried pork and vegetable dumplings, garnished with green onions and served with our tangy ginger vinaigrette. - \$10.50

** STUFFED POTATO SKINS

Crispy skins loaded with melted cheddar, Monterey Jack, crumbled bacon and green onions. - \$11.99

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PARTY PLATTER

A heaping platter of Frick and Frack's favourites: Calamari, Buffalo Wings, Honey Garlic Ribs, Sweet Potato Fries and South-Western Chicken Rolls. - \$36.99

SWEET THAI CHILI PRAWNS

A half dozen deep fried prawns in a crisp breading. Served with a sweet and slightly spicy chili sauce. - \$9.99

Only \$6.99 – All Day Tuesdays

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. - \$10.99

CHICKEN QUESADILLA

Cajun spiced chicken breast and a mix of cheddar and Monterey Jack grilled inside a cheese tortilla, topped with jalapeños, olives, banana peppers, green onions and sour cream, served with salsa. - \$12.99

J.D. PEPPERCORN POUTINE - NEW

"Sinfully delicious" would sum up in two words this iconic French-Canadian specialty! Crispy New York fries, caramelized onions, crunchy bacon, sautéed mushrooms, J.D. peppercorn gravy, cheddar curds, and Voila! - \$9.99

Upgrade to garlic fries for \$1.50



ON THE ROAD



** TAVERNA SOUVLAKI

Oregano, rosemary and lemon marinated chicken brochettes served with rice pilaf, Greek salad, pita bread and tzatziki. - \$19.50

** SPIRO'S ROAST LAMB SHOULDER

Succulent slow cooked lamb shoulder served with rice pilaf, Greek salad, pita bread and tzatziki. - \$18.50

ALE BATTERED COD & CHIPS

Two pieces of English style battered cod with coleslaw, dill tartar sauce and crisp New York potato wedges. - \$16.50

GINGERED BEEF & BROCCOLI

Tender beef strips, red onions and broccoli, sautéed in our ginger soy glaze, garnished with green onions and served with rice. - \$16.50

** WEEPING TIGER

Aged Alberta beef pan seared with ginger lemon grass glaze, serrano chilis and jalapeños. Served with rice. - \$16.50

** CHICKEN TAJ MAHAL

Tender marinated butter chicken, served in a basmati rice bowl with cashews, tomatoes, green onions and cilantro, with a side of grilled garlic pita bread and our famous butter sauce. - \$16.50

** SPINACH CURRY CHICKEN

Spinach, ginger, garlic, green and white onions, tomatoes, and tender curried marinated chicken on a bed of basmati rice, draped with a homemade curry sauce. Served with grilled garlic pita bread. - \$16.50

** FISH TALE TACO DINNER

Three white corn tortillas filled with grilled cod, coleslaw, avocado, diced tomatoes and chipotle sauce, garnished with cilantro and served with sweet potato fries and sides of salsa and aioli. - \$16.50

CHICKEN MARSALA - NEW

Tender, breaded chicken breasts laid on a bed of garlic mashed potatoes, draped with a homemade Marsala mushroom sauce and served with grilled vegetables. - \$18.50

TOKYO CHICKEN STIR FRY

Sliced chicken breast, wok fried vegetables and chow mein noodles in a sesame teriyaki sauce. - \$18.50

CALAMARI DINNER "OPA!"

A large portion of deep fried calamari served with Greek salad, pita bread, tzatziki and rice pilaf. - \$19.50

** TRES AMIGOS BURRITOS - NEW

Our own chef Ruben's authentic Mexican dish! Three white corn tortillas layered with black beans, green salsa, lettuce, sour cream, diced tomatoes, feta cheese and chopped onions - and individually stuffed with different meats: pork, chicken and beef in a jalapeño sauce. Served with guacamole, salsa and rice pilaf. - \$16.99

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 vegetables and coleslaw. - \$18.50

NORTH AMERICAN FAVOURITES



ENRICO'S ENCHILADAS

Chicken breast, green salsa, cheddar and Monterey Jack cheeses, all wrapped in three tortillas and served with rice pilaf and black beans drizzled with sour cream. - \$18.50

FRANCO'S SPAGHETTI & MEATBALLS

A generous portion of our tender meatballs in a rich, slow simmered marinara sauce. An international favourite that has made North America its home. Served with grilled garlic pita. - \$16.50

CREOLE JAMBALAYA RISOTTO


Southern comfort food...prawns, chicken breast, capicola ham, spicy sausage and julienned vegetables, tossed in our own spicy rosé sauce, infused in a rice risotto and served with garlic pita. - \$19.50

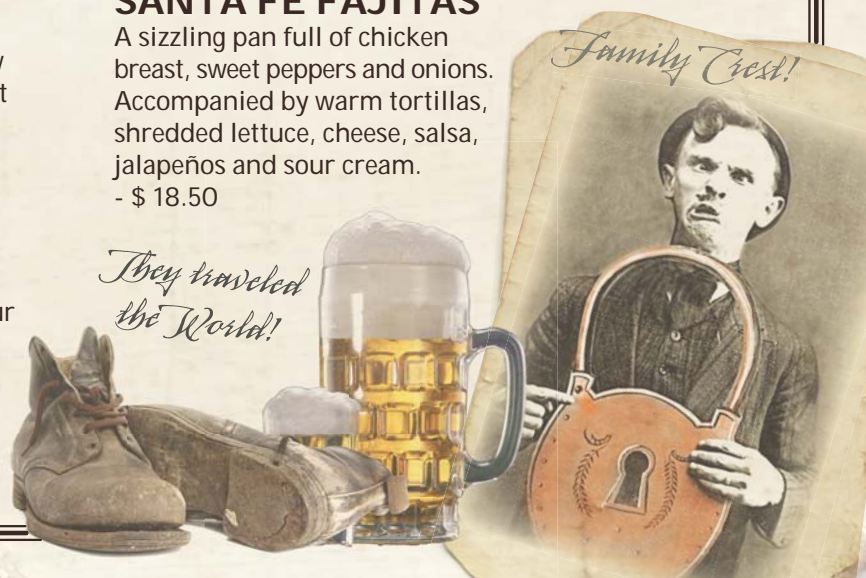
SEAFOOD FETTUCCINE - NEW

Mermaid approved! Scallops and garlic sautéed prawns tossed with fettuccine noodles, diced tomatoes, parmesan cheese and herbed Alfredo sauce. Served with garlic pita bread. - \$17.50

SANTA FE FAJITAS

A sizzling pan full of chicken breast, sweet peppers and onions. Accompanied by warm tortillas, shredded lettuce, cheese, salsa, jalapeños and sour cream. - \$ 18.50

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GREAT EATS FROM THE GRILL

** NEW YORK STEAK DINNER

A juicy and tender premium 12 oz centre cut. The king of steaks! Served with vegetables and our garlic mashed potatoes before 5pm, or an optional baked potato after 5pm. - \$28.50

** A BIG BEAUTIFUL RACK

(Keep focused!)... It's a rack of BBQ Chilean fall-off-the-bone tender back ribs, served with vegetables and our garlic mashed potatoes before 5pm, or an optional baked potato after 5pm. - \$22.50

TEXAS TAILGATE FAJITA

A sizzling skillet of sliced Alberta beef, seared with an ancho honey sauce and served with banana peppers, sweet peppers and onions. Accompanied by warm tortillas, shredded lettuce, cheese, guacamole and sour cream. - \$18.50

EXTRA, EXTRAS!

Sautéed Mushrooms, Fried Onions, Onion Strings and J.D. Peppercorn Sauce - \$1.99 ea.

Skewered Sautéed Garlic Prawns - \$6.99

BURGERS

& SANDWICHES

BACKYARD BBQ BURGER

A ½ lb butcher beef patty smothered with smoky barbecue sauce, melted cheddar, lettuce, tomato, red onion and crispy bacon. Served on an artisan potato scallion bun. - \$14.99

MONTEREY MUSHROOM BURGER

A ½ lb butcher beef patty topped with garlic sautéed mushrooms, lettuce, tomato, red onion and melted Monterey Jack cheese. Served on an artisan potato scallion bun. - \$14.99

CANUCK BURGER

A ½ lb butcher beef patty topped with melted aged cheddar, lettuce, tomato, red onion and Canadian back bacon. Served on an artisan potato scallion bun. - \$14.99

THE HANGOVER BURGER - NEW

It will smack the hangover out of just about anyone. A flame grilled ½ 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. - \$15.50

Add a fried egg for \$1.25

THE GRAND POOBA BURGER

The mother of all burgers. A flame grilled ½ lb butcher beef patty, aged cheddar, crispy bacon, garlic sautéed mushrooms, lettuce, tomato, crispy stacked onion strings and a ¼ lb all beef wiener. Served on an artisan potato scallion bun. - \$15.99

HARVEST GARDEN BURGER

Vegetarian patty, lettuce, tomato, red onion, topped with sautéed mushrooms... tastes like the real thing! Served on an artisan potato scallion bun. - \$14.99

SOCKEYE SALMON BURGER

Gilligan approved! Grilled wild Sockeye fillet, lettuce, tomato, red onion and dill tartar sauce. Served on an artisan potato scallion bun. - \$15.50

B.L.T.

Crispy bacon, lettuce and tomato with mayonnaise on multi-grain. - \$12.99

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Gone Fishin!



*Jack's Grandma
Jack's 1956*



SWEET TEXAS CHICKEN BURGER

A 6 oz grilled chicken breast, melted cheddar cheese, lettuce, tomato, aioli and honey mustard sauce. Served on an artisan potato scallion bun. - \$15.50

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. - \$15.50

MY BIG FAT GREEK WRAP

Souvlaki in a wrap! Oregano, rosemary and lemon marinated chicken brochettes, cucumbers, tomatoes, green peppers, red onions, feta cheese, lettuce, rice pilaf and tzatziki all wrapped in a sundried tomato flour tortilla. - \$14.99

TANDOORI CHICKEN WRAP

A tender broiled chicken breast dusted in tandoori spice and served in a sundried tomato flour tortilla, with mango chutney, romaine lettuce, cucumbers, onions, tomatoes and carrot strings. - \$14.99

CHICKEN CLUBHOUSE

Toasted multi-grain bread layered with roasted chicken breast, crisp bacon, lettuce, tomatoes and mayonnaise. - \$14.99

PRIME RIB FRENCH DIP

Shaved aged Alberta ribeye, garlic sautéed mushrooms and Monterey Jack cheese on pretzel bread. Served with au jus. - \$15.99

"THE BEST" STEAK SANDWICH

A 7 oz centre cut aged New York steak heaped with sautéed mushrooms and crispy stacked onion strings on grilled garlic bread served with ½ fries and ½ Caesar. - \$18.50

PIG ON A SOFA

Southern style slow cooked pork smothered in a smoky BBQ sauce on pretzel bread. Served with coleslaw and onion strings. - \$15.99

ALL BURGERS AND SANDWICHES are served with crisp New York style fries. Add ½ salad for \$1.50.
UPGRADE YOUR FRIES! Garlic fries with chipotle mayo - \$1.50
or sweet potato fries with garlic aioli - \$2.00

DOMESTIC DRAFT

Coors Light Lager

Molson Canadian Lager

Old Style Pilsner

Sleeve - \$5.50

Tower - \$15.99



PREMIUM DRAFT

FRICK & FRACK'S Feature Draft
(ask your server for details)

Crannog's Insurrection India Pale Ale

Dead Frog Nut Brown Ale

Granville Island Cypress Honey Lager

Kamloops Brewery's Black Bear Ale

Okanagan Springs 1516 Bavarian Lager

Okanagan Springs Pale Ale

Red Truck Amber Ale

Rickard's Red Irish Ale

Russell's Angry Scotch Ale

Russell's Blood Alley Extra Special Bitter

Sleeman's Honey Brown Lager

Sleeve - \$6.25

Tower - \$19.99



*Here's mud
in your eye!*



IMPORT DRAFT

Guinness Stout

Kilkenny Irish Cream Ale

Warsteiner Pilsner

20 oz Pint - \$7.50

Tower - \$23.99



**Can't decide? Get brave
and swill back our Six
Pack Sampler - Six taster
glasses of any beer on tap
- \$12.99!! Then you'll
make your Mom proud.**

SHAKES AND SMOOTHIES



OLD FASHIONED SHAKE

Frosty ice cream milkshake in French vanilla, chocolate or strawberry. - \$5.99

**ADD a shot of Kahlua or Bailey's
Irish Cream to your shake for \$2.00**

BETTY BOOP SMOOTHIE

Strawberries, bananas, orange juice and low fat frozen yogurt. - \$5.99

BLACK BEAUTY SMOOTHIE

Blackberries, raspberries, blueberries, strawberries, orange juice and low fat frozen yogurt. - \$5.99

GO BANANAS

Banana, coconut, rum, banana liquor, low fat frozen yogurt. - \$7.50

SOUTHERN BELLE SMOOTHIE

Peaches, raspberries, strawberries, orange juice and low fat frozen yogurt. - \$5.99

*Shake
it up!*

