

THANKS for FRANKS

LUNCHEONETTE

"NO MORE DULL LUNCHES"

26 FOUBERTS PLACE, LONDON W1V 1HG

Come in WE'RE **OPEN**

MON - FRI
7.30 - 6
SAT 8 - 6
SUN 11 - 5

TEL: 020 7494 2434 FAX: 020 7494 3435

Winner of **Sun** Top Ten Breakfast AWARD

Winner of **Sun** Top Ten Breakfast AWARD

AND JUST WHERE DOES FRANK GET HIS MAVERIK APPROACH? MUST BE SOMETHING IN THE WATER...

COLD DRINKS...

- Coke/diet coke
- Sprite / Fanta
- Freshly squeezed orange juice
- Freshly squeezed orange & raspberry juice
- Fresh fruit smoothies/yoghurt smoothies
- Mineral water (still or sparkling)
- Peach iced tea
- Lemon iced tea
- Organic lemonade / St.Clements ginger beer or Elderflower
- Firefly - Variety of flavours
- Pomegranate / Mango / Cranberry no added sugar

Flavoured syrups - 30p extra*

- From a selection including: hazelnut, caramel, coconut, cinnamon & vanilla

COFFEES...

Cappuccino - £1.95

Take Away Cappuccino - £1.50

- Shot of espresso topped with frothy hot milk

Espresso - £1.50

Double Espresso - £1.80

- As espresso, but double the jolt

Café Americana - £1.80

- A shot of espresso topped up with hot water

Café latte - £1.95

- Espresso & lots of hot milk

Café mocha - £1.95

- Espresso mixed with chocolate, topped with hot milk

*Iced coffee - £1.95 * Iced latte - £2.25*

Any of the above can be served with Whipped Cream - 30p Extra

WE GOT A WHOLE HILL O'BEANS. JUST TELL US HOW YOU LIKE 'EM.

WITH WHIPPED CREAM? YOU SHOULD COCOA!

HOT CHOCOLATE...

£1.95

Whipped cream - 30p extra

TEAS...

Tea - £1.20

Take Away Tea - 95p

Lemon Tea - £1.20

Herbal Teas - £1.30

- Ask for your favourite

BUILDERS, LEMON. OR HERBAL. (SYMPATHY - 10P EXTRA)

HOME MADE CAKES & COOKIES...

- "Pasta de natas" Portuguese custard tarts
- Pecan Chocolate brownie
- Chocolate chips & peanut butter cookies
- Cheesecake - Cranberry Almond Madeira
- Roasted pecan brownie
- Chocolate button cake
- Carrot cake
- Banana bannoffi cake
- "Apple cake"
- Florentines
- Bakewell tart

*** Frank's Weekly Menu ***

5 main dishes, 7 salads & Frank's 'Sandwich Special' - changed weekly
Just ask and we'll fax them each week to your office

AS THE CITY APPROACHED SUNDOWN, OUR HERO WAS LEFT TO PONDER THE ADVENTURES THAT LAY AHEAD...



TO BE CONTINUED TOMORROW...

"FRANKS MENU" ©2008 BY FRANK

IT BEGAN LIKE ANY NORMAL DAY. BUT FRANK HAD OTHER IDEAS...

ALL DAY BREAKFASTS...

The Works - £4.95

- Bacon, egg, sausage, tomato, French fries, toast, tea or coffee

The Veggie Works - £4.95

- Double egg, beans, mushrooms, tomato, French fries, tea or coffee

The Full Monty - £7.50

- 2 Bacon, 2 eggs, 2 sausage, tomato, French fries, 2 toast, tea or coffee

- Double egg & double toast £3.50

- Bacon or sausage on a cholla roll £3.75

- Sausage, egg & double toast £3.75

- Bacon or sausage sandwich £3.25

- Bacon & egg on a cholla roll £4.25

- Bacon & egg sandwich £3.75

- Fried egg sandwich £2.50

FANCY JACKETS...

- Plain - £2.50
- 3 cheese mix: cheddar, red Leicester, mozzarella - £3.95
- 3 cheese mix: tuna, sweetcorn, tomato & chives - £4.75
- 3 cheese mix & beans - £ 4.50
- Caramelised onions - £3.95
- Low-fat fromage fraits with chives - £3.95
- Baked beans - £3.95
- Sauteed courgette & mushroom - £4.50
- Roasted vegetables - £4.50
- Caesar salad - £4.50
- Salad of the week - £4.50
- Char grilled chicken breast - £4.95

Tortilla Wrap*

- Humous, roasted peppers & baby spinach
- Rare roast beef with horseradish, fresh parmesan & rocket lettuce
- Italian mozzarella, romaine lettuce, roasted artichoke hearts, sun dried tomato
- Chicken escalope, roasted onion & tomato chutney, beefsteak tomato, rocket lettuce
- Italian salami & brie cheese
- Crab sticks, sweetcorn 1000 island

PANCAKES...

- Stack of 3, maple syrup - £4.25
- Stack of 3, maple syrup, egg & bacon - £5.75

CHOOSE FROM A SELECTION OF...

ALL MADE WITH TLC.

Triple Packs Granary

- Chicken madras, egg mayonnaise & cheese & pickle
- Dolphin friendly tuna, egg mayonnaise & cheese salad
- Chicken & bacon, prawn mayonnaise & ham salad

Granary Bread

- Home roasted chicken breast, bacon & mayonnaise
- Egg mayonnaise with mustard & cress
- Dolphin friendly tuna mayonnaise & sliced cucumber
- Prawn mayonnaise & mixed salad leaves
- Home roasted chicken, beefsteak tomatoes, mayonnaise & mixed salad leaves
- Cheddar cheese, ploughmans pickle, beefsteak tomatoes & mixed salad leaves
- Rare roast beef, horseradish & beefsteak tomatoes

Cholla Rolls

- Cheddar cheese & tomato
- Dolphin friendly tuna & mixed leaves
- Egg mayonnaise & mustard cress
- Smoked salmon & cream cheese

Pretzel Rolls

- Char-grilled salmon teriyaki & mixed leaves
- Parmesan lemon chicken, tomato & lemon mayonnaise
- Italian mozzarella, roasted peppers & balsamic mayonnaise
- Smoked salmon, lemon, blackpepper & rocket lettuce

Granary Sunflower Seeded Rolls

- Home roasted ham, swiss emmental cheese & coleslaw (sloppy Joe)
- Roasted turkey, talagio, cheese, tomato, mixed leaves, caesar dressing
- Prawn avocado, Russian dressing & mixed leaves
- Dolphin friendly tuna nicoise (tuna, olives, egg, beefsteak tomatoes & romaine lettuce)
- Home roasted chicken, pesto & tomato

"CORPORATE MENU" ©2008 BY FRANK

THINGS WERE GETTING TOUGH AROUND TOWN. LUCKILY, FRANK MEANT BUSINESS...

CORPORATE BREAKFASTS...

- Wide selection of Teas & Coffees
- Freshly Squeezed Orange, Orange & Raspberry Juice and Smoothies

Freshly Baked Morning Goods

- Croissants, Pain au Chocolat & Fruit Danish
- Gruyere Cheese & Baked Ham Croissant/ Rolls
- Smoked Salmon & Scrambled Eggs Croissant/ Rolls
- Smoked Salmon & Cream Cheese Rolls
- Hot Bacon Sandwiches or Honeyroast Sausage Sandwich/Rolls - any of the above can be served with a Fried Egg -
- Greek Yoghurt, Honey & Muesli
- Greek Yoghurt & Fruit Puree
- Exotic Fresh Fruit Salad
- Fresh Fruit Kebabs
- Fresh Fruit Platters

5 new hot dishes & 4 new salads every week. Give us your fax or email and we will send you weekly updates.

Breakfast Buffet Selection 1 - £4.25

- Freshly Squeezed Orange Juice
- Danish Pastry, Croissants & Pain au Chocolate

Breakfast Buffet Selection 2 - £6.25

- A Selection of Freshly Baked Croissants,
- Pain au Chocolate & Danish Pastries
- Bagels with Smoked Salmon
- Bagels with Cream Cheese & Chives

Breakfast Buffet Selection 3 - £7.50

- Gruyere Cheese & Baked Ham Croissants
- Smoked salmon & scrambled egg croissants
- Greek yogurt with fruit puree or honey & muesli
- Fresh fruit platter

Breakfast Buffet Selection 4 - £7.50

- Freshly squeezed orange juice
- Fresh fruit platter
- Greek yogurt with fruit puree or honey & muesli
- Bagels with smoked salmon & cream cheese

CORPORATE TEABREAK...

£5.95

- Sandwich quarters, scones & jam, cakes & cookies

CORPORATE LUNCHES*

Selection 1 - £6.50

- Chefs choice sandwich platter, crisps or piece of fruit, coke/diet coke, water
- Homemade cakes

Selection 2 - £8.50

- Selection of sandwiches & rolls, cakes, fruit platter & any non-organic drink

Selection 3 - £11.95

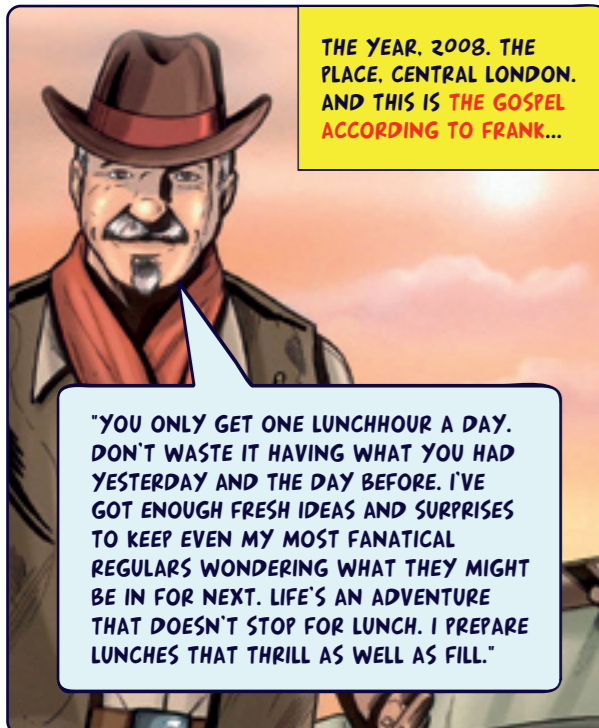
- Chefs selection of sandwiches, rolls, salads, cakes, kettle chips, fruit platter and any non-organic drink

CANAPES...

- Peking style duck & pancakes with hoi san sauce
- "gyoza" pork dumplings with soy vinegar
- "dim sum" with vegetarian or non-vegetarian fillings, dipping sauce
- "bocconcini" small balls of mozzarella cheese with roasted baby tomatoes & basil pesto
- Baby blinis with smoked salmon, crème fraiche & chives
- Prawn Caesar salad cocktails served on a leaf of baby gem lettuce
- Roasted Scottish salmon served on a lemon grass skewer with sweet chilli dipping sauce
- Peanut chicken satay
- Chicken yakitori & sweet chilli dipping sauce
- Hot & spicy bar-b-que chicken
- Mini cocktail sausages basted in honey
- Tartlets filled with a choice of - smoked salmon & fromage fraise, goats cheese & roasted vegetables, gruyere cheese & tomato, courgette & mushroom, tuna nicoise

* Prices are per person

MEANWHILE, FRANK WAS ON A MISSION TO MAKE A DIFFERENCE TO YOUR LUNCH HOUR...



THE YEAR, 2008. THE PLACE, CENTRAL LONDON. AND THIS IS THE GOSPEL ACCORDING TO FRANK...

"YOU ONLY GET ONE LUNCHEOUR A DAY. DON'T WASTE IT HAVING WHAT YOU HAD YESTERDAY AND THE DAY BEFORE. I'VE GOT ENOUGH FRESH IDEAS AND SURPRISES TO KEEP EVEN MY MOST FANATICAL REGULARS WONDERING WHAT THEY MIGHT BE IN FOR NEXT. LIFE'S AN ADVENTURE THAT DOESN'T STOP FOR LUNCH. I PREPARE LUNCHES THAT THRILL AS WELL AS FILL."

THE BEST HAMBURGER IN THE WORLD...

Plain - £5.95

- 5oz ground steak grilled steak with lettuce, tomato, mayonnaise & ketchup on a grilled sesame bun

With Cheese - £6.25

With Cheese & Bacon - £6.75

Melted Swiss Cheese - £6.75

- Swiss cheese, coleslaw & BBQ sauce
- Swiss cheese, caramelised onion & mushrooms

Avocado Bacon & 1000 Island Dressing - £6.75

FRENCH FRIES...

£1.95

CEASER SALADS...

- Eat in add 70p

Char-grilled chicken - £6.25

Char-grilled fresh salmon - £6.25

F.O.B HOT SANDWICHES...

- Grilled cheese & tomato - £3.95
- Grilled ham & cheese - £4.75
- Tuna & cheese melt - £4.75

B.L.T - £4.75

*Bacon, lettuce, tomato & mayonnaise

Goats Cheese - £5.95

- With roasted peppers & onions on a grilled ciabatta roll

Chicken Parmigiana - £6.25

- Breadcrumbs breast of chicken with Napoli sauce melted mozzarella on a grilled ciabatta roll

Rib-Eye Steak Sandwich - £6.25

- Grilled & served with onions, mushroom & tomato on grilled cholla roll

Philadelphia Style "Cheese Steak" - £6.50

- Grilled peppers & onions with grated cheese on a grilled ciabatta roll

Classic Club Sandwich - £6.25*

- Grilled chicken & bacon with lettuce, tomato & mayo on a toasted triple Decker

Char-Grilled Chicken - £5.95

- Marinated breast of chicken, spring onion chutney, lettuce, tomato on a grilled cholla roll

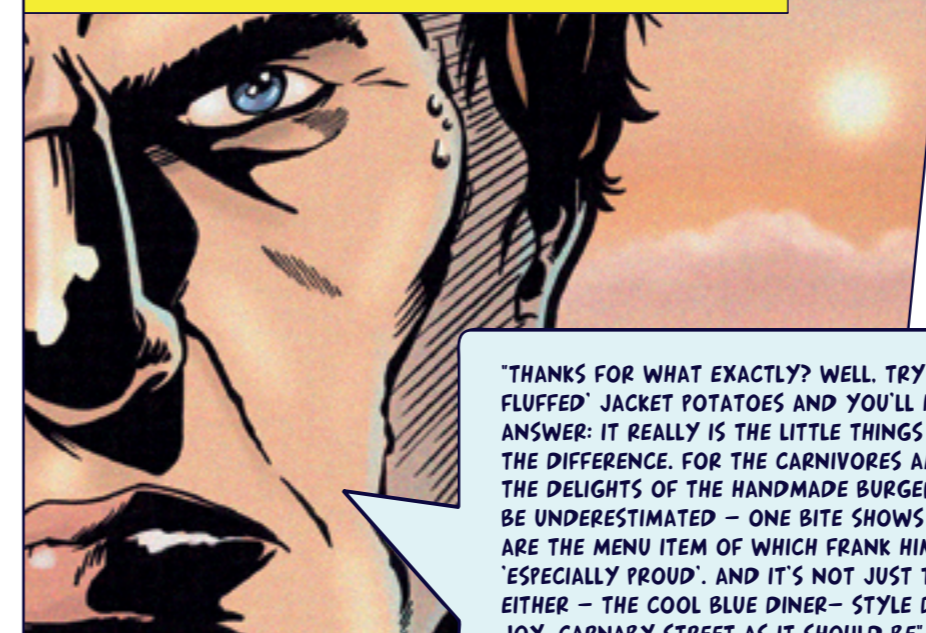
Char-Grilled Teriyaki Salmon - £5.95

- Fresh salmon fillet marinated in teriyaki sauce, with lettuce & tomato on a grilled cholla roll

THAT'S 'FRANK'S OUTSTANDINGLY BRILLIANT' IF ANY KIDS ASK.

- THE PRESS REVIEW FRANKS -

AS IF FROM NOWHERE, 'THE FIREFLY GUIDE TO LONDON CAFES' DROPS IN TO GIVE FRANKS THE THUMBS UP...



"THANKS FOR WHAT EXACTLY? WELL, TRY THE 'FORK FLUFFED' JACKET POTATOES AND YOU'LL HAVE YOUR ANSWER: IT REALLY IS THE LITTLE THINGS THAT MAKE THE DIFFERENCE. FOR THE CARNIVORES AMONG YOU, THE DELIGHTS OF THE HANDMADE BURGERS CANNOT BE UNDERESTIMATED - ONE BITE SHOWS WHY THEY ARE THE MENU ITEM OF WHICH FRANK HIMSELF IS 'ESPECIALLY PROUD'. AND IT'S NOT JUST THE FOOD, EITHER - THE COOL BLUE DINER- STYLE DECOR IS A JOY. CARNABY STREET AS IT SHOULD BE."

LATER...RUSSELL DAVIS* GIVES FRANK A PIECE OF HIS MIND...



"THANKS FOR FRANKS PROVES THAT A GREAT CAFE IS A VIABLE MODERN BUSINESS. THEY'VE UPDATED THE LOOK. ADDED SOME PSYCHEDELIA. SOME U.S. DINER VIBE AND THEY DO GOOD. SIMPLE FOOD. AND THEY'RE NICE."

* Egg Bacon Chips & Beans © 2005 Harper Collins