

FRICK & FRACK



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STARTERS & APPETIZERS

FRACK'S CHEESY PEROGIES

\$17.00

Pan-fried cheese and potato dumplings, fried onions, crumbled bacon, green onions and sour cream.

ADD grilled Chorizo sausage for \$5.00

CHICKEN WINGS GF

\$18.00

Saucy: Teriyaki, buffalo, honey garlic, hot, sweet thai chili, BBQ

Dry: Greek, salt & pepper, lemon pepper or dry garlic.

CREAMY SPINACH DIP GF

\$15.00

Baked with artichoke hearts, tomato, jalapeños and three cheeses served with fresh tortilla chips.

DRY RIBS GF

\$17.00

Succulent and tender rib ends marinated in a blend of spices and seasonings. Fried to perfection then tossed in dry garlic seasoning.

CHICKEN STRIPS

\$20.00

Crusted chicken tenderloins and crispy fries served with your choice of dip: bbq, honey mustard or plum sauce.

Swap your fries for a Caesar salad for \$2.50

NACHOS GF

\$26.00

Layered with melted cheddar and Monterey jack cheese, black olives, diced tomato and green onion. Served with salsa and sour cream.

ADD guacamole for \$3.00

ADD jalapeños for \$3.00

ADD chicken, spicy beef or pulled pork for \$6.00

CHICKEN QUESADILLA

\$17.00

Cajun spiced chicken breast, jalapenos, black olives and green onion all inside a grilled tortilla with melted Monterey jack and cheddar cheese. Served with a side of salsa and sour cream.

POUTINE

\$15.00

Sinfully delicious" would sum up in two words, this iconic French Canadian specialty! Cheese curds, house gravy and crispy fries.

Add chicken, spicy beef or pulled pork for \$6

SOUP OF THE DAY

\$9.00

Served with garlic bread.

CAESAR SALAD

\$18.00

A traditional favourite. Crisp chopped romaine lettuce tossed in Frick & Frack's delicious homemade Caesar

F&F HOUSE SALAD

\$15.00

A vibrant medley of crisp mixed greens, with cucumbers, juicy tomatoes, red onion, and matchstick carrots. Each bite offers a burst of garden fresh flavors. Finished with a sprinkle of feta and crunchy croutons.

Served with your choice of dressing: House , Ranch, Italian, Blue cheese or Balsamic vinegar and olive oil.

MIGHTY GREEK SALAD

\$19.00

Tomatoes, cucumbers, red onions, peppers, kalamata olives and feta cheese served with pita bread and tzatziki.

Want to customize your salad?

Add any one or more of these options:

5oz grilled chicken breast **\$6.00**

Chicken, spicy beef or pulled pork **\$6.00**

FLATBREADS

MARGHERITA

\$18.00

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

HAWAIIAN

\$19.00

Shaved black forest ham, pineapple, crumbled bacon, cheddar, monterey jack cheese.

FIESTA MEATZA

\$20.00

Spicy capicola ham, chorizo sausage, crumbled bacon, roasted red peppers, cheddar, monterey jack cheese.



CLASSICS FROM THE VAULT

FIESTA SALAD

\$22

Corn, fresh peppers, matchstick carrots, black olives, crunchy tortilla, cilantro and grilled Cajun chicken breast. Gently laid on a bed of crisp lettuce mix and tossed in our famous tangy Chimichurri dressing.

Served with grilled garlic pita.

PACIFIC CALAMARI

\$17

Lightly breaded and seasoned squid served with red onions and tzatziki.

GINGERED BEEF & BROCCOLI

\$24

Tender beef strips, red onions and broccoli, sautéed in our ginger soy glaze, garnished with green onions and served with rice and seasonal veg

WEeping TIGER

\$24

Aged Alberta beef pan seared with ginger lemongrass glaze, chilis and jalapeños. Served with rice and seasonal veg

CALAMARI DINNER

\$26

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

SANTA FE FAJITAS

\$24

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

SWEET TEXAS CHICKEN BURGER

\$22

A 6 oz grilled chicken breast, melted cheddar cheese, lettuce, tomato, aioli and honey mustard sauce. Served on an artisan potato scallion bun. Served with fries, daily soup or house salad

"THE BEST" STEAK SANDWICH

\$26

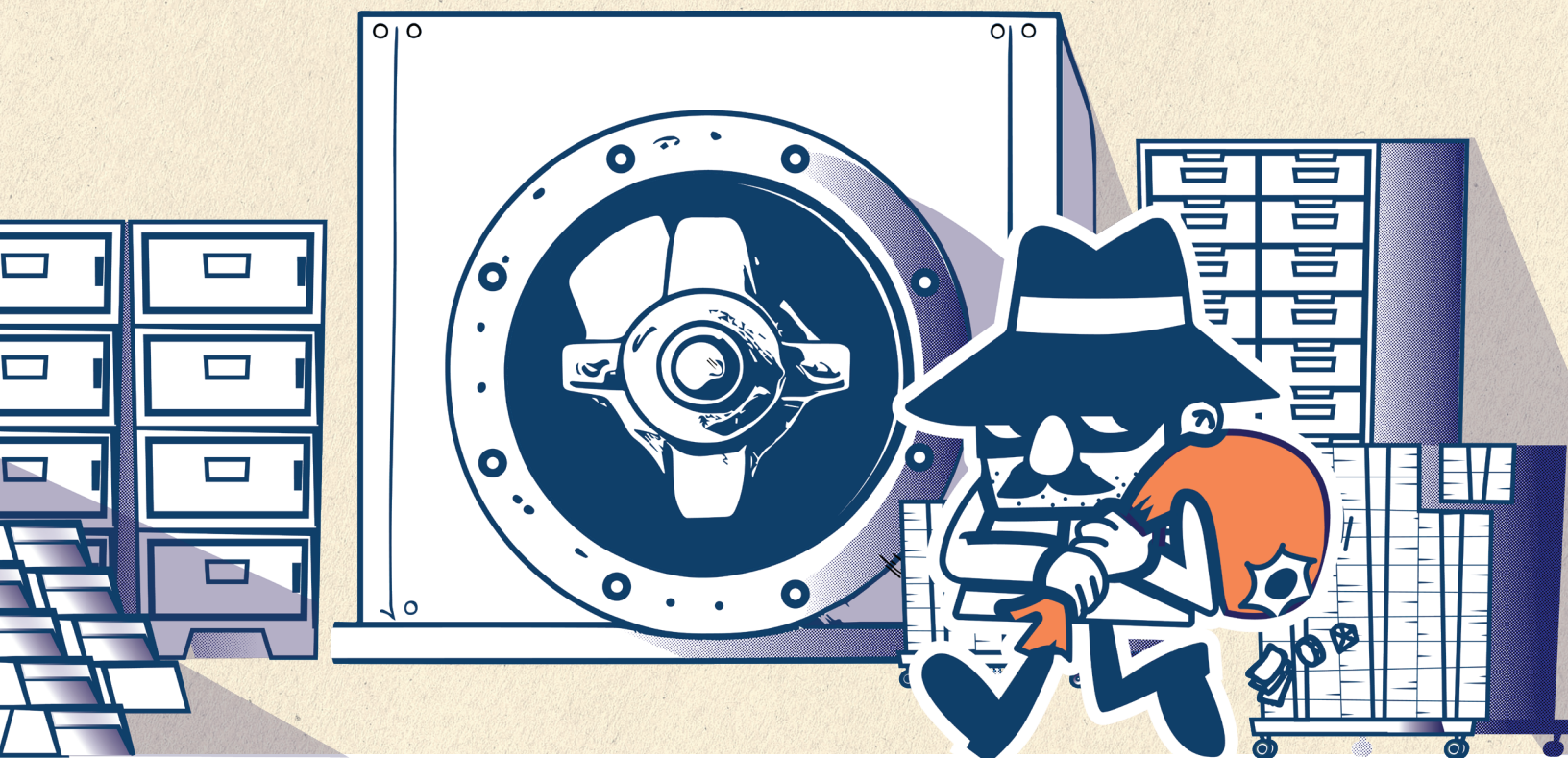
A 6 oz centre cut aged New York steak heaped with sautéed mushrooms and crispy stacked onion strings on grilled garlic bread served with fries

CHICKEN AND RIBS

\$32

Grilled Chicken breast and a half rack of dry rubbed pork ribs finished with a Memphis style BBQ glaze. Served with Mashed potato and seasonal veg.

Make it a full rack of ribs for an extra \$6



FRICK & FRACK

BURGERS & HANDHELDS

All burgers and sandwiches are served with fries, daily soup or house salad.

TAPHOUSE BURGER

\$22.00

A flame grilled ground chuck patty topped with Monterey jack cheese, beer braised onions, jalapeños, lettuce, tomato and red onion, all served on an artisan potato scallion bun.

BACK YARD BBQ BURGER

\$23.00

A flame grilled ground chuck patty smothered in Smokey BBQ sauce, melted cheddar, lettuce, tomato, red onion and crisp bacon, all served on an artisan potato scallion bun.

THE DOUBLE DOUBLE BURGER

\$23.00

A tribute to Pasadena California the birthplace of the cheeseburger, an homage to a burger joint who got you in and out, founded in the Jurupa Valley. This double cheeseburger topped with our own secret sauce, lettuce, tomato and onion will surely satisfy a burger lover's dream. Served with fries, soup or salad.

VEGGIE BURGER

\$23.00

Plant-based patty, lettuce, tomato, crispy onion, smokey BBQ sauce... tastes like the real thing! Served on an artisan potato scallion bun.

MEDITERRANEAN CHICKEN WRAP

\$23.00

Sliced tender chicken breast with cucumbers, tomatoes, red onion, feta cheese, shredded lettuce, rice pilaf and tzatziki all wrapped up in a sun-dried tomatoes flour tortilla.

CLUBHOUSE SANDWICH

\$21.00

Roasted chicken breast sliced and piled on a toasted multi grain with crisp bacon, lettuce, tomato and mayo.

THE BEEF DIP

\$22.00

Enough said, I guess. shaved in house slow roasted beef piled in a toasted pretzel baguette with sautéed garlic mushrooms, topped with Monterey jack cheese and served with au jus.

Make it a Philly! \$3.00

BBQ PULLED PORK

\$20.00

Southern style slow cooked pork infused with a Smokey BBQ sauce on a toasted bun with our creamy coleslaw, crispy fried jalapenos and onions.

TEXAS SANDWICH

\$23.00

Slow cooked brisked rubbed in a sweet Texas dry rub in between a rustic loaf on a bed of coleslaw topped with crispy fried jalapenos, onions smothered in our in house Texas style BBQ sauce, server with your choice of fries, soup or salad

CRISPY FISH TACOS

\$19.00

Two flour tortillas filled with battered cod, coleslaw, pico de gallo and chipotle sauce, finished with fresh cilantro and chimichurri aioli. Served with your choice of side.

ADD AN EXTRA TACO FOR \$5.00

UPGRADE YOUR FRIES

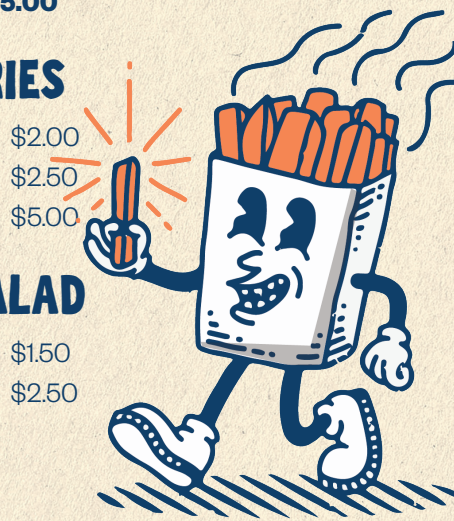
Garlic fries with chipotle aioli \$2.00
Curley fries with garlic aioli \$2.50
Traditional poutine \$5.00

UPGRADE YOUR SALAD

½ and ½ side extra \$1.50
Caesar salad \$2.50

ADD ONS

Gravy \$2.50
Patty \$6.00
Mushrooms \$2.00
Jalapeños \$2.00
Fried egg \$2.00



More au jus \$2.00
Cheese \$2.50
Crisp bacon \$2.50
Pickels \$1.50

SHAKES & SMOOTHIES

OLD FASHIONED SHAKE

\$8.00

Frosty ice cream milkshake in French vanilla, chocolate or strawberry.

ADD a shot of Kahlua or Bailey's Irish Cream for \$2.50

BETTY BOOP SMOOTHIE

\$8.00

Strawberries, bananas, orange juice and low fat frozen yogurt.

BLACK BEAUTY SMOOTHIE

\$8.00

Blackberries, raspberries, blueberries, strawberries, orange juice and low fat frozen yogurt.

SOUTHERN BELLE SMOOTHIE

\$8.00

Peaches, raspberries, strawberries, orange juice & low fat frozen yogurt.

GO BANANAS

Banana, coconut, rum, banana liquor, low fat frozen yogurt.

\$10.50





CRANNÓG ALES - BACKHAND OF GOD
Stout 5.2% ABV. 16 IBU - \$8.00

Lean in body and powerful in flavour, smooth and mildly hopped with a distinct coffee/chocolate presence.

FOUR WINDS - NECTAROUS
Sour 5.5% ABV. 6 IBU - \$7.50

In pursuit of sour, complex acidity balanced by tropical fruit esters, gives way to a clean, tart finish.

IRON ROAD - LOCOMOTIVE
Lager 5.0% ABV 35 IBU - \$7.50

Czech style lager using Czech Saaz hops and a dash of Munich and Vienna malts

RED COLLAR - IPA
IPA 5.0% ABV. 22 IBU - \$7.50

Local English Style IPA!

SLEEMAN - HONEY BROWN
Lager 5.2% ABV. 18 IBU - \$7.50

A full-bodied lager with a touch of natural honey and a slightly sweet finish

FERNIE - PROJECT 9

Pilsner 6.5% ABV. 35 IBU - \$7.50

The use of Munich and Pilsner malts produces a clean, crisp Bavarian Pilsner that is truly transcendent.

STRONGBOW
Cider 5.3% ABV Pint \$10

A perfectly balanced English apple cider that is light in body, crisp, and refreshingly dry. Best enjoyed over ice.

COORS LIGHT
Light lager 4.0% ABV. 10 IBU - \$6.50

Cold filtered, lagered for peak refreshment.

BLUE MOON - BELGIAN WHITE
Wheat ale 5.4% ABV 9 IBU - \$7.50

Refreshing unfiltered Belgian-style wheat ale spiced with fresh coriander and orange peel for a unique taste

YELLOW DOG - HIGH 5 HAZY
NEIPA 7% ABV 60 IBU - \$7.50

A hazy, crazy, tropical fruit explosion! Bright, fresh and vibrant, this hop elixir will have you racing to the end of the glass!

FOUR WINDS - JUXTAPOSE
Wild IPA 6.5% ABV. 50 IBU - \$7.50

Ripe tropical fruit esters and Wild Yeast funk. Moderately bitter and gracefully balanced.

IRON ROAD - JUICE TRAIN
Sour 5.0% ABV. 7 IBU - \$7.50

Light malt background and mild souring allow the fruit to shine.

RED COLLAR - BLONDE ALE
Blonde ale 4.5% ABV. 32 IBU - \$7.50

A medium bodied ale with a crisp, dry finish.

RED TRUCK - AMBER ALE
5.2% ABV. 28 IBU - \$7.50

Caramel and roasted malt flavours that finish with a hoppy bite

RICKARDS RED

Red ale 5.2% ABV. 16 IBU - \$7.50

A full-flavoured, medium-bodied red ale

OL' STYLE PILSNER
Pilsner 5% ABV. 16 IBU - \$6.50

A well-balanced, clean, crisp lager beer with medium body, a smooth palate and a distinctive hoppy aroma and finish.

MOLSON CANADIAN
5.0% ABV 15 IBU - \$6.50

Brewed with Canadian water, prairie barley and no preservatives, this lager is as clean and crisp

GUINNESS
Stout 4.2% ABV. 45 IBU - Pint \$10

No introduction nor explanation needed!

CAN'T DECIDE? TALK TO THE TEAM AND TRY OUR SIX PACK SAMPLER.
SIX TASTER GLASSES OF ANY BEER ON TAP - \$15.00!!

FRICK & FRACK

MAINS

TAVERNA SOUVLAKI

\$26.00

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

COD & CHIPS \$23.00

Two pieces of English style battered cod served with coleslaw, tartar sauce and crispy fries.

TEXAS BBQ BRISKET

\$26.00

Cooked so low and slow this brisket will melt in your mouth. Smothered in a sweet Texas BBQ sauce, on top of garlic mashed potatoes, Smokey baked beans, coleslaw and a chunk of our house baked garlic bread.

TOKYO STIR FRY

\$22.00

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

Available with soy chicken.

HUNTER SCHNITZEL

\$24.00

Frack's fondest childhood memory! Breaded pork cutlets on garlic mashed potatoes, covered in homemade hunter sauce, and served with seasonal vegetables and coleslaw.

CHICKEN CORDON BLEU

\$26.00

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 mornay sauce. Served with garlic mashed potatoes and seasonal vegetables.

THAI CHICKEN BOWL

\$24

Marinated chicken breast, Chow mein noodle, julienne peppers, pineapple all tossed in our satay sauce served on a bed of sauteed kale topped with green onion, peanuts and toasted sesame seeds.

CREOLE JAMBALAYA \$25.00

Southern comfort food... prawns, chicken breast, capicola ham, spicy sausage and julienne vegetables tossed in our southern creole sauce. Served over rice with a garlic bread.

FETTUCINI ALFREDO

\$22.00

Fettucini pasta tossed in our homemade creamy alfredo sauce. Served with a side of garlic bread.

BRISKET MAC 'N' CHEESE

\$25.00

Macaroni pasta tossed in our 3-cheese sauce, pulled brisket, topped with breadcrumbs tossed into the oven then drizzled with our house Texas BBQ sauce and served with a chunk of our garlic bread, coleslaw, smokey baked beans.

DEEP SOUTH VEGGIE PLATE

\$23.00

We haven't forgotten about our veggie friends! 3-cheese Macaroni pasta topped with breadcrumbs then drizzled with our house Texas BBQ sauce. Comes with coleslaw, smokey baked beans, and garlic bread

EXTRA, EXTRAS!

Sautéed Mushrooms, Fried Onions - \$2.00 ea.

Gravy - \$2.50

DESSERT

NEW YORK CHERRY CHEESECAKE

\$12.00

A classic treat featuring a velvety smooth cream cheese filling on a buttery graham cracker crust, topped with a tangy cherry compote and whip cream.

CHURROS CON HELADO

\$12.00

Golden-brown churros, freshly fried to perfection and dusted with cinnamon sugar, a generous scoop of velvety vanilla ice cream finished off with a drizzle of smooth rich chocolate sauce.

CHOCOLATE FUDGE BROWNIE SUNDAE

\$12.00

This decadent dessert features gooey chocolate fudge brownie, topped with scoops of velvety vanilla ice cream. Drizzled generously with rich chocolate sauce, crowned with whipped cream.

APPLE CRISP

\$12.00

Savor tender, cinnamon-spiced apples baked to perfection under a golden oat and brown sugar streusel topping. Served warm with caramel sauce and paired with a scoop of creamy vanilla ice cream.

FRICK & FRACK

PARTY MENU

CHICKEN WINGS \$18.00

Saucy: Teriyaki, buffalo, honey garlic, hot, sweet thai chili, BBQ

Dry: Greek, salt & pepper, lemon pepper or dry garlic.

POUTINE \$15.00

Traditional Poutine with cheese curds, house gravy and crispy fries.

SATAY THAI NOODLE SALAD \$21.00

Marinated chicken breast, vermicelli rice noodle, julienned peppers, pineapple all tossed in our satay vinaigrette served on a bed of crisp kale topped with green onion and toasted sesame seeds.

CAESAR SALAD \$18.00

A traditional favourite. Crisp chopped romaine lettuce tossed in Frick & Frack's delicious homemade Caesar dressing. Served with a grilled garlic bread.

Want to customize your salad?

Grilled salmon **\$9.00**

5oz sliced chicken breast **\$6.00**

CHICKEN STRIPS \$20.00

Crusted chicken tenderloins and crispy fries served with your choice of dip: bbq, honey mustard or plum sauce.

Swap your fries for a Caesar salad for **\$2.50**

FLATBREADS

MARGHERITA \$18.00

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

HAWAIIAN \$19.00

Shaved black forest ham, pineapple, crumbled bacon, cheddar, monterey jack cheese.

FIESTA MEATZA \$20.00

Spicy capicola ham, chorizo sausage, crumbled bacon, roasted red peppers, cheddar, monterey jack cheese.

All handhelds come with fries, soup or house salad only no 1/2 and 1/2

BACK YARD BBQ BURGER \$23.00

A flame grilled ground chuck patty smothered in Smokey BBQ sauce, melted cheddar, lettuce, tomato, red onion and crisp bacon, all served on an artisan potato scallion bun.

VEGGIE BURGER \$23.00

Plant-based patty, lettuce, tomato, crispy onion, smokey BBQ sauce... tastes like the real thing! Served on an artisan potato scallion bun.

TEXAS BBQ BRISKET \$26.00

Cooked so low and slow this brisket will melt in your mouth. Smothered in a sweet Texas BBQ sauce, on top of garlic mashed potatoes, Smokey baked beans, coleslaw and a chunk of our house baked garlic bread.

THE BEEF DIP \$22.00

Enough said, I guess. Shaved in house slow roasted beef piled in a toasted pretzel baguette with sautéed garlic mushrooms, topped with Monterey jack cheese and served with au jus.

Make it a Philly! **\$3.00**

TAVERNA SOUVLAKI \$26.00

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

CREOLE JAMBALAYA \$25.00

Southern comfort food... prawns, chicken breast, capicola ham, spicy sausage and julienne vegetables tossed in our southern creole sauce. Served over rice with a garlic bread.

SHORT RIB MAC 'N' CHEESE \$23.00

Macaroni pasta tossed in our 3-cheese sauce, pulled short rib, topped with breadcrumb tossed into the oven then drizzled with our house Texas BBQ sauce and served with a chunk of our garlic bread, coleslaw, smokey baked beans.

FETTUCINI ALFREDO \$22.00

Fettucini pasta tossed in our homemade creamy alfredo sauce. Served with a side of garlic bread.