

★ FRANKIE & LOLA'S ★

♥ BREAKFAST

» Served daily until 1130 «

TOAST

♥ BLOOMER TOAST ... £2.45

Two slices served with either butter/jam or Bonne Maman honey

♥ FILLED MORNING ROLLS

» CHOOSE YOUR ROLL: «

♥ MORNING ROLL * GLUTEN FREE ROLL *

★ ★ ★ Choose your filling ★ ★ ★

♥ BACON ... £2.85

♥ BLACKPUDDING ... £2.95

Award winning Stornaway Black pudding

LOCAL ♥ PORK LINK SAUSAGE ... £2.95

local pork from Munro's of Dingwall - (Df)

LOCAL ♥ LARGE ORGANIC FREE RANGE EGG ... £2.85

sourced locally from Highland Eggs, Ardesier - (Df)

VEGAN ♥ VEGAN SAUSAGE ... £3.25

(Df)

Extra filling £1 *Gluten free roll* add on 50p

PROVENANCE & LOCAL SUPPLIERS

We are proud to source as many local ingredients as possible. Our butcher meat is sourced from Munro's of Dingwall. We use Connage cheddar in our macaroni and Connage Clava brie in our ciabattas. Our eggs are organic free range and sourced from Highland Eggs, Ardesier (via Macleod's organics). We use award-winning Stornaway black pudding and Mackie's crisps. Our cakes are either home made or hand made by Cobb's and RSF Dingwall.

Made Here

♥ HOME MADE BELGIAN WAFFLES

Delicious home made waffles using ingredients sourced directly from Brussels

VEG ♥ LARGE WAFFLE SERVED WITH A DUSTING OF ICING SUGAR ... £2.75

* Add maple syrup £3.50

Add melted Belgian chocolate £3.50

Add Munro's bacon & maple syrup £4.95

Add Extra waffle £1.50 *

LUNCH

» Served daily from 1115 «

SOUP OF THE DAY ... £3.75

Served with a delicious kaiser roll. GF option: 2 x gluten free oatcakes (25p extra)

TOASTED CIABATTAS - BLOOMER SANDWICHES - WRAPS

★ ★ ★ Choose from ★ ★ ★

RUSTIC CIABATTA * BLOOMER BREAD * FLOURED WRAP * WHOLEMEAL & LINSEED WRAP * *GLUTEN FREE WRAP *

All served with house-dressed salad garnish, home made coleslaw & Mackie's hand cooked crisps

★ ★ ★ Choose your filling ★ ★ ★

LOCAL ♥ PIRI PIRI CHICKEN ... £6.45

Chicken served with Scottish cheddar and home made Piri Piri mayonnaise. For (Df) omit cheddar

SCOTTISH CHEDDAR & HONEY ROAST HAM ... £5.85

GF available - ask for GF wrap

LOCAL ♥ BACON, BRIE & SWEET CHILL JAM ... £6.45

Bacon, Connage Clava Brie & Shaw's sweet chill jam

* GF available- ask for GF wrap *

Gluten Free wrap 40p extra

LOCAL VEGAN Brie & Sweet Chill Jam ... £5.85

Connage clava brie & Shaw's sweet chilli jam

* GF available - ask for GF wrap *

TUNA MELT ... £5.85

(ciabatta & wrap only)

* GF available - ask for GF wrap *

VEGAN MOZZARELLA, TOMATO AND GREEN PESTO ... £5.85

GF available - ask for GF wrap

VEGAN Brie, Pear, Rocket & Damson Preserve ... £6.45

with Connage Clava Brie.

* GF available - ask for GF wrap *

VEGAN FALAFEL WITH YOGHURT, GRATED CHEESE & MINT ... £6.45

served with mango jam

♥ SWEET CHILLI CHICKEN WITH GRATED CHEESE ... £6.45

Chicken with Scottish cheddar and sweet chilli sauce.

* GF available - ask for GF wrap (Df) - omit cheddar *

VEGAN HOME ROASTED VEGETABLES WITH HUMMUS ... £5.85

using seasonal vegetables.

* GF available - ask for GF wrap. (Df) *

♥ BLACKPUDDING, GRATED CHEESE & MANGO CHUTNEY ...

£6.45

Award winning Stornaway black pudding & Scottish cheddar

* Wraps/ciabattas only. (Df) omit cheddar *

Gluten free wrap 40p extra

MAIN MEALS

All our meals are hand made using the best local ingredients where possible

LOCAL SPAGHETTI BOLOGNESE ... £7.75

Made with Munro's beef & served with home made garlic bread.

* **GF pasta available (45p extra) - please request when ordering*

VEGAN LOCAL VEGETARIAN BOLOGNESE ... £7.75

Served with home made garlic bread

* omit garlic bread for vegan option * GF pasta available (45p extra). Please request when ordering. (Df) *

LOCAL GF CHILLI CON CARNE ... £7.75

Made with Munro's beef, served with rice, sour cream, tortilla chips & salad

* (Df - omit sour cream) *

VEGAN GF VEGETARIAN CHILLI ... £7.75

Served with rice, sour cream, tortilla chips and a salad garnish

** Omit sour cream for vegan & (Df) option **

VEGAN LOCAL CONNAGE MACARONI CHEESE ... £7.45

made with local Connage cheddar served with home made garlic bread and salad

VEGAN GF SWEET POTATO, COCONUT & CHICKPEA CURRY ... £7.75

Served on a bed of rice with a poppadom (Df)

♥ SWEET & SOUR CHICKEN ... £7.95

Sweet and sour chicken served on a bed of rice with prawn crackers. (Df omit crackers)

BURGERS - NACHOS - HOT DOGS - FRIES

BURGERS

★ ★ ★ Choose your burger ★ ★ ★

100% ABERDEEN ANGUS BURGER ... £8.25

Comes served in a brioche bun with mixed leaves, skinny fries & a side of home made coleslaw

VEGAN CHICKEN STYLE VEGAN BURGER ... £7.25

Served on a gluten free bun, with skinny fries and home made coleslaw (Swap coleslaw for salad for vegan option)

♥ PIMP YOUR BURGER!

* Add onion rings £1 Add bacon £1 Add Monterey Jack cheddar 60p *

NACHOS

VEGAN GF FRANKIE & LOLA'S NACHOS ... £4.95

Tortilla chips, salsa, jalapeños, grated cheese & sour cream

LOCAL ♥ CHILLI NACHOS ... £6.25

Tortilla chips, salsa, Scottish cheddar, sour cream, jalapeños & chilli made with Munro's beef

VEGAN ♥ VEGETARIAN CHILLI NACHOS ... £6.25

Tortilla chips, salsa, Scottish cheddar, sour cream, jalapeños & served with vegetarian chilli

HOT DOGS

👉 LARGE HOT DOG ... £5.45

Containing 90% pork, served in a brioche bun with skinny fries, fried onions and a side of American mustard

Add Chilli or Vegetarian Chilli £1.25

FRIES

GF 🍷 LARGE BOWL OF OUR EVER POPULAR SKINNY FRIES ... £3.25

BAKED POTATOES

» All served with house dressed salad garnish & home made coleslaw «

🌱 GF CHEDDAR & RED ONION ... £5.65

VEGAN GF BAKED BEANS ... £4.95

using low sugar/low sodium beans. (Df)

* Add Scottish cheddar £1 *

🍷 GF TUNA MAYONNAISE ... £5.75

(Df)

Made Here ♥ PIRI PIRI CHICKEN ... £6.45

Home made Piri Piri Chicken with grated Scottish cheddar

* (Df omit cheddar) *

Made Here GF SWEET CHILLI CHICKEN ... £6.45

Home made sweet chilli chicken with grated Scottish cheddar

* (Df - omit cheddar) *

LOCAL GF CHILLI CON CARNE ... £6.45

Made with Munro's beef. (Df)

VEGAN GF VEGETARIAN CHILLI ... £6.45

Omit coleslaw for vegan option. (Df)

VEGAN GF ROASTED VEGETABLES & HUMMUS ... £6.25

Omit coleslaw for vegan option. (Df)

LIGHTER BITES

🌟 PIRI PIRI CHICKEN SALAD ... £7.75

Chicken served on a bed of mixed leaves, cherry tomatoes, red onion, carrot ribbons, super grains, piri piri mayo, Scottish grated cheddar on the side and a rustic bread roll. (Df omit cheddar)

🌟 SWEET CHILLI CHICKEN SALAD ... £7.75

Chicken served on a bed of mixed leaves, cherry tomatoes, red onion, super grains, sweet chilli mayo, Scottish grated cheddar on the side, served with a rustic bread roll

* GF - Omit the bread (Df) omit cheddar *

VEGAN GF HOME ROASTED VEGETABLE SALAD ... £7.45

Home roasted seasonal vegetables served with mixed leaves, cherry tomatoes, red onions, carrot ribbons, crumbled feta, hummus, served with a rustic bread roll.

* *Omit feta for vegan & Df option* GF - omit the bread *

Enjoy a delicious home made waffle made using ingredients sourced directly from Brussels

♥ SWEET THINGS

♥ LARGE WAFFLE DUSTED WITH ICING SUGAR ... £2.75

* Add maple syrup £3.50 Add melted Belgian chocolate £3.75 *

♥ AWARD WINNING YARDE ICE CREAM

Our luxury artisan ice cream is made with lashings of fresh double cream or clotted cream and has real Italian gelato inclusions. The taste and smooth, creamy texture of our ice cream is utterly Divine and quite addictive!

LAST ORDERS 5PM

* WiFi password "customer" *

★ ★ ★ FRANKIE & LOLA'S ★ ★ ★

♥ MENU FOR OUR LITTLE PEOPLE



We have tried very hard to create a menu that both you and your children will love.



♥ BREAKFAST

LOCAL ♥ TOAST ... £1.45

Enjoy a delicious slice of bloomer bread toasted

* Served with a choice of butter, jam or Bonne Maman honey. *

♥ LUNCH

HOME MADE SOUP OF THE DAY ... £2.50

Served with a slice of bloomer bread

♥ PEPPA'S PALE ... £4.95

Includes a wrap (Scottish cheddar, ham or jam), a frube, cheddar cheese portion, raisins, a milky way and a fruit juice (school approved - low sugar)

* * Pale also includes a colouring sheet & crayons * *

LOCAL ♥ SPAGHETTI BOLOGNESE ... £4.65

Made using local beef from Munro's

* Served with garlic bread *

VEGETARIAN ♥ VEGETARIAN BOLOGNESE ... £4.65

Get as many veggies in them as you can! Shhh... we won't tell them if you don't!

* Served with garlic bread. (Df) omit the garlic bread *

VEGETARIAN ♥ CONNAGE MACARONI CHEESE ... £4.50

* Served with garlic bread *

♥ SAUSAGE, BEANS & FRIES ... £4.65

meat sourced locally from Munro's & served with low sugar/low sodium beans and skinny fries

* Vegan sausage available. (Df) *

♥ LOCAL HOME MADE CHICKEN GOUJONS ... £4.65

Home made chicken goujons, served with beans (low sugar/sodium) and skinny fries

♥ SANDWICHES & WRAPS

★ ★ ★ Choose from ★ ★ ★

CHOOSE HALF A ROUND OF BLOOMER SANDWICH OR A WRAP ... £2.65

★ ★ ★ Choose your filling ★ ★ ★

HAM * JAM * CHEESE * TUNA MAYO *

☺ All sandwiches & wraps come with slices of cucumber, carrot and Mackie's hand baked crisps

BAKED POTATOES

🥔 All our baked potatoes are freshly baked on the premises. 🥔

GF WITH GRATED SCOTTISH CHEDDAR ... £4.35

Served with Carrots and cucumber

VEGAN GF WITH BEANS ... £4.35

Using low sodium/low sugar beans
* (Df) *

GF WITH TUNA ... £4.50

(Df)

* add any extra topping for 70p *

HOT DOG & FRIES

♥ HOT DOG IN A BUN ... £4.45

Our hot dogs are 90% pork. Comes served in a brioche bun with skinny fries

GF ♥ BOWL OF FRIES ... £1.65

(Df)

★ FRANKIE & LOLA'S ★