

Small Plates

Mellanzana \$7

eggplant and zucchini flan with thyme and fresh tomato sauce

Calamari \$12

served with salsa verde aioli

Arancini \$10

hand-rolled breaded risotto balls filled with bocconcini and green peas

Frankie's Meatballs \$12

house-made meatballs with fried pizza dough

Steamed Mussels \$14

mussels steamed in white wine cream sauce, fresh tomatoes, garlic, basil and cracked chili, served with herb crostini

Beef Carpaccio \$15

thinly sliced rare beef, capers, parmigiano reggiano, and olive oil

Lobster & Crab Agnolotti \$12

stuffed lobster, crab, corn crema, parmigiano reggiano, with cherry tomatoes, mushrooms, olive oil, and arugula pesto

Shrimp, Crab & Artichoke Dip \$12

served with focaccia flatbread

Antipasto Platter \$18

selection of italian cured meats, cheeses, and focaccia flatbread

Cheese Plate \$14

chef's selection of cheese

Salads and Soups

Caprese Salad \$12

vine ripe tomatoes, fior di latte, basil, balsamic crema, and olive oil

Beet Salad \$12 with Herb Sautéed Prawns or Chicken...add \$5

roasted golden and red beets, baby arugula, pistachio, soft goat cheese, orange wedges, lentils and apple cider vinaigrette

Spinach Salad \$15

spinach, grilled chicken, poached pear, roasted pecans, balsamic wild mushrooms, goat cheese with white balsamic yogurt vinaigrette

Salmon Salad \$16

 grilled sockeye salmon, mixed greens, radish, carrots, fennel, cherry tomatoes with honey balsamic dressing

Caesar Salad \$10

whole leaf romaine lettuce, prosciutto, parmigiano reggiano, and parmesan crouton

Signature Chicken Caesar Salad \$14

crispy chopped romaine lettuce, chicken, parmigiano reggiano, and croutons

Minestrone Soup Bowl \$7 Cup \$5

Frankie's signature seasonal soup

Soup of the Day Bowl \$7 Cup \$5

prepared fresh daily

Prices subject to applicable taxes

For convenience of parties of 8 or more, a 15% gratuity will be added to the bill

Ocean Wise  Recommended by the Vancouver Aquarium as an ocean-friendly seafood choice.

Fresh House Made Pastas

made in our kitchen, we use the best italian traditional ingredients for our pastas

Rigatoni Salciccia \$16

pasta mixed in rich tomato sauce with italian sausage and red wine

Toscani Rigatoni \$16

pasta with fennel, peppers, capers, parmigiano reggiano in garlic olive oil

Tagliatelle Bolognese \$17

tossed in tomato meat ragu

Gnocchi Funghi \$17

hand-rolled gnocchi, mushroom, speck bacon, tomato tossed in cream sauce

Tagliatelle Boscaiola \$17

beef, veal, pork, mushroom and vegetable soffrito, grana padano, and truffle oil

Traditional Dried Pasta and Risotto

Spaghetti & Meatballs \$15

house-made meat balls, tossed in tomato sauce and topped with parmigiano reggiano

Seafood Linguine \$27

poached half lobster in ragout of clams, mussels, seasonal white fish, prawns, and scallops

Chicken Linguine \$16

sautéed chicken in sun-dried tomato pesto cream sauce

Spaghetti Carbonara \$17

smoked pancetta, egg yolk in cream sauce

Pappardelle Truffle \$17

broccolini, mushrooms, truffle, parmigiano reggiano in cream sauce

Linguini Vongole \$17

clams and basil in tomato sauce

Risotto Funghi \$16

mixed field mushrooms, truffle oil, parmigiano reggiano

*** Gluten-Free Pasta ... add \$2**

gluten-free options are available with any of the above pasta sauces

Baked House Made Pasta

Lasagne \$17

classic lasagne layered with ricotta cheese, bolognese and fresh tomato sauce

Veal Cannelloni \$17

braised milk fed veal with tomato sauce

Pizza

fresh dough made daily in our kitchen and hand stretched

Frankie's \$15

capocollo ham, fresh herbs, mozzarella, and calabrese olives

Margherita \$12

fior di latte, fresh basil and tomato

Diavolo \$16

fior di latte, parmigiano reggiano, tomato, soppressata, capocollo, pepperonchini, chili, and roasted garlic

Funghi \$14

goat cheese, parmigiano reggiano, béchamel, mushrooms and caramelized onions

Salciccia \$15

gorgonzola, mozzarella, italian sausage, arugula, and olives

Amato \$16

fior di latte, parmigiano reggiano, tomato, and prosciutto

Quattro Formmagi \$14

fior di latte, gorgonzola, parmigiano reggiano, ricotta salata, béchamel, and herbs

Fish & Meat



Salmon \$24

grilled sockeye salmon with citrus sauce, served with potatoes and seasonal vegetables



Halibut \$25

pan seared halibut, lemon mascarpone sauce, served with potatoes and seasonal vegetables

Cioppino \$22

local fish and shellfish with julienne vegetables in red wine tomato broth scented with star anise, served with grilled crostini

Marsala Chicken \$22

seared chicken breast with marsala wine and mushroom sauce, served with potatoes

New York Striploin \$29

10oz grilled triple A canadian striploin topped with our herb butter, served with potatoes and seasonal vegetables

Tenderloin \$29

grilled triple A tenderloin steak, red wine reduction served with potatoes and seasonal vegetables

Lamb Shank \$21

slow braised lamb shank served with seasonal vegetables and risotto bianco

Italian Sandwiches

served with choice of soup, french fries or green salad / caesar salad – add \$2

Beef Dip Italiano \$14

thinly shaved and stacked in fresh house made ciabatta with herb butter, melted mozzarella and pan fried onions, served with au jus

Italian Chicken Club \$14

roasted chicken breast with smoked pancetta, lettuce, tomatoes and gorgonzola on fresh house made ciabatta

Parmesan Chicken Panino \$14

breaded chicken breast, marinara sauce with lettuce, tomatoes, mozzarella, herb butter on fresh house made ciabatta

Tuscan Panino \$13

roasted vegetables, fior di latte, arugula, pesto aioli, balsamic essence on fresh house made ciabatta

Frankie's Burger \$15

sirloin burger topped with bacon, aged cheddar, tomatoes, lettuce, and onion

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