

# Son of Frank a la Casa!!

## Essential Information

1. All orders will need to be paid online prior to pick up or delivery. Option to pay instore available.
2. Pick up days are Tuesday & Thursday between 3-5pm
3. Orders of \$40 and more are eligible for FREE delivery in the 2010 postcode. If you are elderly or immobile let us know and we will deliver for free regardless of order amount.
4. All food and veg is carefully prepared and made in house- please adhere to any used by dates provided.

## Frozen to Go

### Lasagne

lamb ragu, parmeson (s1)	14
lamb, mushroom (s1, vg)	13

### Soup

chicken minestrone (s1)	12
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### Stew *enjoy by its self or w pasta or rice*

lamb and vegetable (s2-3)	22
pork & fennel sausage, vegetable(s2-3)	21
truffled veggie and mushroom (s2-3, vg)	20

chicken parmigiana (s2, 500gr)	21
arancini sweet potato, mushroom (10p)	18

## Franks Deli

*sliced to order, price per 100g*

mortadella	7.5
prosciutto	10
salami	8.5
nduja	7.5
provalone	8
home made ricotta	5.5
hixed pickles	7
spiced olives	7
<i>pick 5 from above (75g)</i>	28

## Homemade Sauces

### Napolitana

tomato, basil, butter (s2-3)	11
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### Pesto

kale, basil, evoo (s2-3, vegan)	10
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## Homemade Pasta

*Keep frozen, cook in boiling water for 3minutes*

gnocchi (s3-4, 500g)	20
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## Coffee

*in either 250g/1kg bags. Ground fresh or whole.*

house blend	15/50
single origin	20/65
prana chai	20/65

## Dairy

almond milk 'milk lab'	5
house granola 500gram	13
house berry, cinnamon jam 250gram	12.5

## Toilet Paper

single roll. max 3 per order	2each
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## Wine

mixed reds 6, one dessert	110
mixed whites 6, one dessert	110
family box ,	
6 reds, 6 white, 2 dessert	200



