

Frans

A Tradition Since 1940.

In the spirit of dining & living.

Fran's 3 Egg Omelettes

Light & fluffy. Prepared with 3 large farm fresh eggs & served with homefries, toast & jam. Substitute for a fruit cup.

Cheese Omelette

Your choice of cheddar, Swiss, mozzarella or feta.

Western Omelette

Chopped onions, ham, green & red peppers.

Vegetarian Omelette

Asparagus, spinach, tomato, onion, peppers & mushrooms.

Herb & Cheese Omelette

Feta cheese, fresh basil, dill, cilantro & parsley.

Build Your Own Omelette

Plain or Egg Whites only.

Add item: green peppers, asparagus, spinach, broccoli, onions, sautéed mushrooms, tomatoes, bacon, ham, sausages or salsa. **Add cheese** (feta, cheddar, Swiss, or mozzarella cheese)

Breakfast Entrées

New York Striploin Steak & Eggs

Tender, juicy New York striploin served with 2 eggs any style, homefries & toast. **Charbroiled 5 oz. or 8 oz.**

Top Sirloin Steak

Served with 2 eggs any style, homefries & toast. **Charbroiled 8 oz. or 10 oz.**

Premium Breakfast

2 farm fresh eggs, homefries, toast & your choice of premium bacon, ham or sausage.

With lean peameal bacon or with chicken bacon

Vegetarian Sausages & Eggs

Vegetarian sausage served with 2 farm fresh eggs, homefries & toast.

Huevo Ranchero

Tortillas topped with our black bean mole sauce, 2 fried eggs & a side of sour cream & salsa. **Olé!**

Breakfast Wrap

Eggs, sautéed onions & peppers, bacon, tomato, cheddar & Jack cheese wrapped in a flour tortilla.

Fran's Energy Breakfast

3 farm fresh eggs, cheddar cheese & ham served on a croissant with a side of homefries.

Corned Beef Hash

Lean corned beef sautéed with potatoes, onions & spices served with 2 eggs any style, homefries & toast.

Maple Leaf's Forever

3 farm fresh eggs with maple syrup infused sausages served with a side of Fran's traditional baked beans.

Smoked Salmon Sandwich

Atlantic smoked Salmon, capers, fresh dill, onions, lettuce, tomatoes & cream cheese on Rye.

Smoothies & Parfaits

Breakfast Parfaits

Fruit yogurt topped with tofu, almonds, banana chips, coconut & syrup.

Super Boost Smoothie

Milk protein powder blended with chocolate milk, peanut butter, bananas & avocados.

Pancakes & Waffles

Served with Fran's own homemade strawberry, black mountain raspberry & pomilot (apple cinnamon) syrup.

Fran's Homemade Pancakes

Our famous prize winning pancakes! 4 large fluffy pancakes served with fresh fruit garnish.



Fran's Pancakes Specialties

4 large fluffy pancakes made with your choice:

Banana, chocolate chip or almond

Blueberry, strawberry or raspberry

Homemade Jumbo Waffle

A favourite since 1940! A large golden waffle served with butter & dusted with your choice of icing or cinnamon sugar. **Add ice cream.**

Morning Glory

Our jumbo waffle topped with 2 eggs any style, & 2 bacon strips. Served with caramelized apples & a splash of hot syrup.

French Toast

Made with thick slices of fresh egg bread & dusted with your choice of icing or cinnamon sugar. Served with fresh fruit garnish.

Fruit Bread Frans Toast

Fruit loaf topped with maple syrup & served with fresh fruit garnish.

Egg-cellent Entrées

Served on a toasted English muffin, 2 poached eggs, mozzarella cheese, our Hollandaise sauce & a dash of paprika. Served with homefries & fresh fruit garnish.

Eggs Florentine

Topped with blanched spinach.

Traditional Eggs Benedict

Topped with lean peameal bacon.

Traditional Chicken Benedict

Topped with grilled chicken breast.

Vegetarian Rainbow Benedict

Our fully loaded vegetarian version with asparagus, spinach, tomatoes, onions, peppers & mushrooms.

Eggs Blackstone

Topped with smoked salmon.

Along the Seine

Topped with your choice of baby spinach & ham or feta cheese & tomato lightly drizzled with balsamic vinegar.

Eggs Princess

Topped with filet mignon & asparagus.

Fran's Big Breakfast

All day & all night! 2 of everything! 2 eggs any style, 2 bacon strips, 2 sausages, 2 pancakes, homefries, toast & your choice of our famous homemade syrups.

Fran's Starters

Southwest Bruschetta

Garlic bread topped with our special "Fire Roasted" bruschetta mix. **Add chicken**

Breaded Mozza Sticks

Fresh mozzarella cheese sticks coated in a delicious Italian garlic seasoning. Served with ranch dip.

Crispy Wow Wontons

Fried in the classic tradition. Served with our soy dipping sauce.

Tater Skins

Loaded with all your favourite toppings.

Creamy Spinach & Cheese Dip

Baked tri-coloured tortilla chips with homemade spinach, artichokes & cheese dip.

Golden Popcorn Shrimp

Seasoned with lemon pepper & spicy jerk seasoning. Served with sour cream dip.

Honey Garlic Ribs

Tossed with Fran's Jack Daniels BBQ sauce.

Kicked up Calamari

Crispy tempura calamari served with a spicy Thai dipping sauce.

Chicken Wings

Choice of Jack Daniel's BBQ/Honey Garlic/Hot/XXX Hot. Served with carrots & celery sticks.

Basket of Onion Rings

A heap of onion rings lightly coated & served with ranch dip.

Fran's Nacho's

Layers of tortillas, mozzarella & cheddar cheese, green peppers, black olives, jalapeños, onions & tomatoes. Served with sour cream & salsa.

Add a cup of chili or guacamole.

Smokehouse Chicken Quesadilla

Grilled chicken breast with roasted vegetables, tomatoes, jack & cheddar cheeses.

Vegetarian Quesadilla

Roasted vegetables with tomatoes, artichokes, feta, jack & cheddar cheeses.

Poutine

Fries topped with shredded cheese & our rich gravy.

Soups & Chili

Cream of Broccoli Soup

Topped with Canadian cheddar cheese.

Mom's Homemade Soup

Ask your server for today's feature.

Miso Soup

Fran's Onion Soup

Beef broth with sweet caramelized onions & topped with Swiss, mozzarella & parmesan cheeses.

Fran's Famous Meat Chili

Original homemade recipe from 1940! Topped off with cheddar cheese & served with garlic toast.

Hearty Vegetarian Chili

Full of simmered veggies, served with garlic toast.

Salads

Classic Caesar Salad

Romaine lettuce tossed with croutons, real bacon, parmesan & our classic caesar dressing.



Greek Salad

Iceberg lettuce topped with feta cheese, black olives, onions, peppers, cucumbers & tomatoes with an oil & vinaigrette dressing.

Roasted Vegetable Salad

Iceberg lettuce topped with roasted vegetables with your choice of dressing.

BLT Salad

Iceberg lettuce tossed with real bacon, red cabbage, tomatoes & mozzarella cheese. Topped with crispy egg roll strips & ranch dressing.

Spinach & Apple Salad

A baby spinach & romaine lettuce blend topped with apples, almonds & Fran's apple vinaigrette dressing.

Warm Chicken Salad

Iceberg lettuce topped with grilled chicken, onions, cucumbers, tomatoes, peppers, mandarin oranges & walnuts tossed in a teriyaki sauce.

Crispy Asian Chicken Salad

Iceberg lettuce topped with grilled chicken, onions, cucumbers, peppers, watercress & cashew nuts with our sesame balsamic vinaigrette. Topped with crispy angel hair noodles.

Market Salad

Iceberg lettuce topped with grilled asparagus, roasted vegetables, avocados, black olives & crisp egg roll strips.

Steakhouse Salad

Romaine lettuce topped with char-grilled sirloin steak, feta cheese, black olives, peppers, basil, tomatoes & crispy angel hair pasta. Served with balsamic vinaigrette.

Thai Chili Shrimp Caesar Salad

Romaine lettuce tossed with tender fried shrimp, onions, avocados, tomatoes & sesame-ginger dressing.

Fresh Fruit Salad with Frozen Yogurt

Low-fat strawberry frozen yogurt with fresh seasonal fruit.

Side Dishes

Premium or Peameal Bacon, Sausage or Ham

Fran's Bacon & Onion Baked Beans

Extra Banana or 1 Egg

Cup of Chili

Fresh Fruit Cup

Sour Cream

Toast or Bagel

Cottage Cheese

Bagel & cream cheese

Oatmeal

Wraps

Served with a choice of fries, homefries or tortilla chips & salsa. Substitute for a side salad or soup

Baja Chicken

Chicken & roasted vegetables wrapped with lettuce, tomato, onion, cucumber, salsa & mayo.

Steak or Chicken Finger Caesar

Strips of tender steak or chicken fingers wrapped with tomato, onion, cucumber & our classic Caesar salad.

Roasted Vegetables

Marinated roasted vegetables wrapped with lettuce, tomato, onion & cucumber.

California Wrap

Thinly sliced turkey wrapped with avocado, lettuce, tomato, onion, cucumber & herb mayo.

Burgers & Chicken

100% Pure
Angus Beef!

We built our reputation on them! Served on a fresh sesame seed bun topped with lettuce, tomato, onions & pickle. Served with a choice of fries, homefries or tortilla chips & salsa. Substitute for a side salad.



Add 1/3 lb. of
sautéed onions
or mushrooms.

Classic Franburger

A favourite since 1940! Made with 100% Angus beef. Add Canadian cheddar or Swiss cheese.

Legendary Banquet Burger

Our Classic Franburger topped with Canadian cheddar & bacon.

The "All Canadian" Banquet Burger

Our Classic Franburger topped with lean peameal & Canadian cheddar.

Party Havarti Burger

Char-grilled 100% Angus beef topped with steak sauce, stout braised onions, grilled tomatoes & creamy havarti cheese.

Vegetarian Garden Burger

Made with wholesome garden vegetables, organic whole grains & a blend of fine herbs & spices.

Fran's Chicken Sizzler

Grilled chicken breast topped with Fran's Jack Daniels BBQ sauce, bacon & mozzarella cheese.

Honey Mustard Chicken Burger

Grilled chicken breast with cheddar cheese, zesty guacamole, mayo & our tangy honey mustard sauce.

Chicken Fingers

Tender pieces of lightly bread chicken breast served with fries, celery, carrot sticks & plum sauce.

Frantastic Sandwiches

Served with a choice of fries, homefries or tortilla chips & salsa. Substitute for a side salad or soup.

Fran's Famous Club

Grilled chicken breast layered with bacon, lettuce & tomato on your choice of toasted or untoasted bread.

Triple Threat Club

Oven roasted turkey breast, smoked ham, bacon & 3 cheeses (Swiss, Havarti & cheddar) layered with lettuce, tomato, olives & creamy Dijon mustard on Rye.

Grilled Chicken & Avocado Club

Grilled chicken breast with avocado, bacon & tomato topped with Swiss cheese & herb mayo.

Deluxe BLT

The best in town! Bacon, lettuce & tomato with chipotle mayo on toasted or untoasted bread. Add Canadian cheddar or Swiss cheese.

Triple Decker Marble Rye Reuben

Sliced corned beef, Swiss cheese, sauerkraut & our homemade dressing on marble Rye bread.

Monte Cristo

Ham, turkey & Swiss cheese between 3 slices of thick Texas toast dipped in egg & grilled to perfection.

Fran's Western Sandwich

3 fresh eggs mixed with finely chopped ham, onions & peppers on your choice of toasted or untoasted bread.

Tuna Tabouli Cheddar Panini

Tuna, Tabouli & cheddar on a fresh whole wheat panini.

Classic Tuna Melt

Fran's traditional tuna salad topped with melted cheddar cheese served open-faced on a baguette.

Fran's Grilled Cheese

Canadian cheddar grilled between thick slices of egg bread. For a twist, try this with Swiss cheese! Add sautéed onions, tomato & bacon.

Chicken Parmigiana Sandwich

Lightly breaded chicken breast topped with tomato sauce & mozzarella cheese. Served on a baguette.

Fran's Cheesesteak Sandwich

A charbroiled Canada #1 choice New York 5 oz. steak topped with mozzarella, sautéed onions & mushrooms on a baguette.

Philly Beef Sandwich

Tender slices of AAA beef sirloin topped with Swiss cheese & sautéed onions served on a baguette.

Hot Turkey or Roast Beef Sandwich

Tender slices of oven roasted turkey or AAA beef sirloin served open-faced on white or whole wheat bread topped with rich gravy.

Chicken Salad on a Croissant

Chicken, celery, onions, leaf lettuce & alfalfa sprouts on a fresh croissant.

Steak & Ribs

Our steak & rib dishes are served with seasonal vegetables & choice of potato or wild rice.



Top Sirloin

Always a crowd pleaser. Packed full of flavour this steak is sure to satisfy your craving.

Charbroiled 8 oz. or 10 oz.

Peppercorn or Teriyaki 8 oz. or 10 oz.

New York Striploin

Our top seller. This is the steak eater's steak.

Tender, juicy Canadian Beef at its best.

Charbroiled 8 oz. or 12 oz.

Peppercorn or Teriyaki 8 oz. or 12 oz.

Jack Daniels BBQ Baby Back Ribs

Glazed with Fran's Jack Daniels BBQ sauce.

Half Rack or Full Rack

Fusion BBQ Beef Ribs

Marinated for 24 hrs in Asian herbs & spices.

Pasta's

Pasta is served with garlic toast. Add a salad.

Baked Lasagna

Layers of ground beef, four different types of cheese & our Fran's tomato sauce. Simply delicious!

Fran's Spaghetti With meat sauce

Deluxe Macaroni & Cheese

Not your ordinary mac & cheese! Tender pasta with 5 different cheeses (cheddar, parmesan, Swiss, Jack & blue), fresh cream & baked with an herb crust.

Jazzed Fettuccine Alfredo

Sautéed mushrooms & fresh tomatoes tossed in a nutmeg & parmesan cream sauce.

Add chicken breast.

Texas Shrimp Pasta

Everything is bigger in Texas! 3 giant shrimp on top of angel hair pasta tossed in a chipotle parmesan cream.

Cajun Jambalaya Pasta

Shrimp & chicken sautéed with onions, tomatoes & peppers in a very spicy Cajun sauce. Served on top of fettuccini pasta or rice.

Big Bowls

Cilantro Chicken or Beef Bowl

Tender marinated chicken breast or beef, noodles & lots of vegetables tossed in our homemade bowl sauce.

Chicken Honey Garlic Bowl

Chicken breast & lots of vegetables tossed in our homemade bowl sauce & served over a bed of steamed rice.

Entrées

Served with seasonal vegetables & choice of potato or wild rice.

Fran's Meatloaf

Nothing fancy, just homecooked meatloaf topped with our beef gravy.

Liver, Bacon 'N Onions

Tender beef liver sautéed just the way you like it.

Chicken Parmigiana

Herb crusted chicken breast topped with mozzarella & tomato sauce.

Substitute for Spaghetti & garlic toast.

Roasted Quarter Chicken

Oven roasted quarter chicken basted in BBQ sauce.

Bruschetta Chicken

Herb crusted chicken breast topped with Fran's bruschetta mix & mozzarella cheese.

Grilled Porkchop

Char-grilled Italian seasoned porkchop served with creamy mushroom sauce.

Grilled Atlantic Salmon

Char-grilled Atlantic salmon topped with sautéed mushrooms, carrots, green onions & peppers. Finished with toasted coconut & orange sauce.

Add jumbo shrimp.

Foil Packed Halibut Florentine

Foil packed halibut fillet baked with spinach, chives & onions in a creamy sundried tomato sauce.

Pan Fried Sole

Stuffed with shrimp & lightly sautéed with fresh garlic, topped with lemon beurre blanc & toasted almonds.

Fran's Favourites

Orange Chicken

Boneless chunks of chicken breast tossed in our homemade orange sauce & served on rice with mixed vegetables.

Fran's Original Fish & Chips

Beer battered Haddock fillets served with your traditional favourites - coleslaw & fries.

Shepherd's Pie

A favourite since 1940! Seasoned vegetables & beef topped with our mashed potatoes.

Chicken or Steak Fajita's

Charbroiled Cajun chicken or marinated ranch steak served with sides of tortillas, lettuce, Jack & cheddar cheese, mixed Cajun vegetables, black beans, sour cream & salsa.

Cajun Vegetable Fajita's

Portobello mushrooms served with tortillas, lettuce, Jack & cheddar cheese, mixed Cajun vegetables, black beans, sour cream & salsa.

Veggie Bowl

Sautéed with every vegetable we have tossed in our hoisin sauce & served over a bed of noodles.

Surf & Turf Bowl

Sautéed beef, tiger shrimp & vegetables tossed in our hoisin sauce & served over a bed of steamed rice.

Beverages

Juice Bar

100% Fresh Squeezed Orange Juice
Arise - Orange & Cranberry
Grapefruit, Cranberry, Apple,
Tomato or Pineapple Juice

Fresh Fruit Smoothies

LOW FAT Frozen Yogurt
Very Berry - Raspberry, blueberry, strawberry
Super C Booster - Strawberry, orange, banana
Piña Colada - Pineapple, honey, coconut, yogurt
Florida Fanta - Strawberry, banana, pineapple, mango
Fran's Fanta - Banana, pineapple, mango, raspberry

Coffee House

Fran's Premium Coffee (bottomless)
Decaffeinated Coffee
Orange Pekoe Tea (2 Pot service)
Specialty & Gourmet Herbal Tea
Choose from: Earl Grey, English Breakfast, Mint Green
Tea, Chamomile or Lemon
Hot Chocolate with whipped cream
Espresso
Café Latte
Café Mocha
Cappuccino or Decaf
Americano
Mochaccino
Espresso Macchiato
Iced Cappuccino
Iced Mochaccino
Iced Café Latte

Fountain

Soft Drinks (free refills)
Perrier or spring water
Iced Tea Glass or Jug
Lemonade Glass or Jug
Milk
Chocolate Milk

Famous Float

Fran's Traditional Milkshakes
Chocolate, vanilla or strawberry.
Cool & thick (2 scoops)

Desserts

Fran's Rice & Raisin Pudding

Our famous recipe & enjoyed by generations of
Fran's fans! Served warm or cold...your choice!

Rated the "Ritziest of Rice Puddings"
By Marion Kane, Food Editor, The Toronto Star
"#1!" By Toronto Life Magazine

Hot Fudge Brownie Binge

Satisfy your chocolate craving! Chocolate brownie
topped with chocolate ice cream & hot fudge. Finished
with whipped cream & a maraschino cherry.

1940's Sundae

3 scoops of ice cream topped with your choice of
chocolate or hot fudge sauce & whipped cream.

Old Fashioned Banana Split

Chocolate, vanilla & strawberry ice cream topped
with butterscotch & hot fudge sauce. Finished with
whipped cream & a maraschino cherry.

Sky High Lemon Meringue Pie

A Fran's sized piece, light tangy lemon, piled high
with meringue.

Apple Pie

Served warm or cold...your choice!
Add ice cream or cheddar cheese.

"Nothing will ever beat the apple pie your
mom made, but Fran's come closest!"
By Frank Jones, The Toronto Star

Coconut Cream Pie

The best cream pie in town! Made with real cream.

Colossal Carrot Cake

Shredded carrots & coconut, crushed pineapple,
raisins, chopped walnuts & a hint of cinnamon.

Ultimate Utopian Chocolate Cake

Moist chocolate cake & chocolate fudge icing.

Colossal Cheese Cake

New York style cheese cake topped with your choice
of sauce.

Fran's Feature Cake

Ask your server about today's featured cakes!

Visit Fran's website today!
www.fransrestaurant.com



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