



LUNCH & DINNER MENU

“WALK BY FAITH, NOT BY SIGHT”

Giannis Antetokounmpo
-Greek Freak-

MEZEDES

Tzatziki \$6

Tangy Greek yoghurt w’ cucumber & garlic served with Pita Bread

Tirokaftiri (Spicy Feta) \$6

Roasted pepper & cheese dip finished w’ a touch of chilli served with Pita Bread

Taramasolata \$6

Our daily creamy blend with natural cod roe served with Pita Bread

Saganaki Cheese \$12

Served with sliced tomato

Spanakopita \$10

Homemade pastry filled w’ spinach & three cheeses

Greek Style Calamari \$16

Lightly fried calamari marinated in lemon pepper w’ rocket leaves & aioli

TRADITIONAL HOME STYLE COOKING

Moussaka \$22

Traditional oven baked layered potatoes, eggplant, mince topped w’ bechamel sauce & cheese

Yiayia’s Yemista \$20

Oven baked tomatoes, capsicums and peppers stuffed w’ rice, mince & herbs served w’ Greek yoghurt & baked potatoes

Chicken Fillet \$18

Marinated grilled chicken, rice & salad w aioli

Atlantic Salmon \$25

Greek salad w’ avocado, rice, lemon & dill dressing

Grilled Haloumi \$14

Pineapple rings & honey glazed vinaigrette

Loukaniko \$14

Traditional Greek sausage chargrilled served w’ chilli relish & warm pita bread

Souzoukakia \$14

Handmade beef patties, w’ tomato salsa

Prawn Saganaki \$18

Tiger prawns in a rich tomato sauce with spinach, pickled peppers, feta and rice

Yiayias Sheftalies \$14

Homemade Cypriot style pork & herb sausage chargrilled served w’ warm pita bread

Kokkinisto \$21

Diced beef in tomato salsa & Greek herbs w’ your choice of potato chips, rice or spaghetti

Lamb Backstrap Souvlakia \$25

In house Handmade lamb souvlakia, Greek salad, fries, pita bread & tzatziki

Chicken Souvlakia \$22

In house Handmade chicken souvlakia, Greek salad, fries, pita bread & tzatziki

SIDES & SALADS

Elliniko Salad \$14

Classic hearty & rustic w’ cucumber, tomatoes, peppers, olives, red onion, feta & olive oil

Classic Caesar Salad \$16

Grilled chicken, cos lettuce, bacon, croutons, parmesan cheese topped w’ a poached egg

Greek Pasta Salad \$14

Spaghetti, Cucumber, tomato & feta
add Grilled Chicken 6
add Salmon 6
add Prawns 8

BURGERS & WRAPS

Hellenic Wraps \$16

Your choice of meat served in pita, w’ our homemade tzatziki, fresh tomato, red onion & sweet paprika.
Chicken souvlaki - Lamb souvlaki - Haloumi

Frappe’s Famous Club Sandwich \$22

Grilled chicken, bacon, lettuce, tomato, cheese & aioli

Steak Sandwich \$20

Scotch fillet on a Turkish roll w’ bacon, cheese, grilled onion, fried egg, beetroot, tomato, mixed lettuce & BBQ aioli served w’ fries

DESSERTS

Bougatsa \$12

Baked custard filo parcel served w’ strawberries, pistachios, cinnamon & ice-cream

Baklava Ice-Cream \$12

Scoops of baklava ice-cream sandwiched between crispy filo pastry, drizzled w’ spiced honey syrup

Loukoumades (after 5pm) \$12

Traditional style loukoumades topped w’ honey, walnuts & ice-cream

Frappe Salad \$18

Salt n pepper calamari tossed w ’spinach, pumpkin & cashew nuts

Fries \$8

Fluffy, light & fried to perfection

Frappe Rice \$8

Long grain rice dressed w’ herbs, olive oil & Greek honey

Grilled Veggies \$10

Costas Ioannina Special \$35

Tzatziki, Tirokaftiri & Pita
Chicken souvlakia & Lamb souvlakia
Calamari, Elliniko salad, Fries, sheftales
per person
Min 2 people

Hercules Beef Burger \$16

Beef patty on a milk bun w’ lettuce, tzatziki, tomato, melted cheese & BBQ sauce served w’ fries

Classic Chicken Burger \$15

Marinated grilled chicken, smashed avocado, tomato, mixed lettuce, cheese & chilli mayo served w’ fries

Vege Burger \$18

Mushrooms, haloumi, spinach, tomato, tirokafteri on a milk bun served with chips

Greek Yoghurt Panacotta \$12

served with honey, walnuts & vissino

Waffles \$14

2 scoops ice-cream stacked on waffle cones served with chocolate ganache, marshmallows, berries & Oreo crumble

Baklava Quesadilla \$14

Served with syrup, nuts & berries

KIDS MEALS all \$10

Kids Nuggets

Served w’ fries

Kids Souvlaki

Lamb or chicken w’ fries

Kids Club Sandwich

Bacon, cheese & tomato sauce w’ fries

FOOD IS FOR SHARING

“Frappe is the modern way to share healthy
Mediterranean cooking in a relaxed environment.
Enjoy a variety of dishes made with fresh
ingredients and many specialties from Greece”