

Smoothies

6,00€

B1 Caribbean Passion

Mango, papaya, pineapple.

B2 Berries Paradise

Mango, cherry, blueberry, strawberry.

B4 Blue Lightning

Mango, banana, pineapple, peach, coconut, blue spirulina.

B5 Tropical Heaven

Melon, mango, kiwi, pineapple.

B6 Dragon Fruit Mix

Mango, strawberry, dragon fruit.

B7 Colada Jungle

Banana, coconut, pineapple.

B9 Watermelon Summer

Chia seeds, mango, strawberry, watermelon.

B10 Green Power

Cucumber, kale, pineapple, spinach.

B13 Vitality

Banana, strawberry.

B14 Delightful

Banana, blueberries, mango, açai.

B15 Squeeze Nature

Mango, carrot, pineapple, passion fruit.

B17 Avocado Mix

Banana, avocado, lemon, kale.

Beers

Estrella Damm Pint

3,00€

Estrella Damm half pint

1,80€

Estrella Damm Lemon

2,20€

Dorada

2,60€

Cava

Mini Cava

3,50€

Wine

Glass of Wine

3,50€

1L of Sangría

12,00€



Infusions

1,80€

Green tea

Organic Green Tea
Green Lama + Flowers
Fresh Antiox + Mint
Slim Depure + Horsetail
Immune Ginger + Ginger

BLACK TEA

Organic English Breakfast
Earl Grey Flowers
Sweet Chai + Spices
Black Pure-Tox + Cinnamon
Soft Aphrodite + Ginseng

RED TEA

Organic Red Tea
Energy-Plus + Citrus
Tropical Detox + Rooibos

ROOIBOS

Organic Rooibos Tea
Mindful Lama + Fruits
Beauty-C + Orange
Gym Yang + Herbs
Coco Relax + Coconut

CLASSICAL INFUSIONS

Herbal Digest + Chamomile
Mint & Poniol + Pennyroyal Mint
Herbal Dreams + Lime Flowers

COSMOPOLITAN INFUSIONS

Free Ratafia (Fruits + Herbs + Spices)
Red Forest
Happy Fruits (Balm + Fruits + Calendula)



Calle Olimpia 1, Cc Coral Mar, 20
Arona, Costa del Silencio



822-105-698



www.Sweetfranks.es

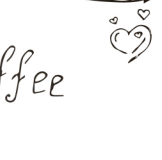


@sweetfranks



Sweet Frank's

Cakes



Sweet Frank's

Hot Drinks

Espresso	1,00€
Cortado	1,40€
Ginseng	1,80€
Orzo	1,80€
Coffee with Milk	1,80€ / 3,00€
Latte	3,00€
Caramel Latte	3,50€
Barraquito	3,00€
Irish Coffee	3,00€
Hot Chocolate	3,00€



*SOY MILK +0,50€ / DECAF MACHINE +0,50€

Cold Drinks

Ice Cream MILKSHAKES	5,50€
Granini Juice	1,50€
Natural Orange Juice	3,50€
Soft Drinks	2,20€
Water	1,00€
Fizzy Water	1,30€



Salads

Tuna	7,00€
Mix of lettuce, onion, tomatoe, sweet corn, tuna and extra virgin olive oil	
Chicken	7,00€
Mix of lettuce, onion, tomatoe, shredded chicken and croutons	
Frank's	8,50€
Mix of lettuce, tomatoe, onion, crispy bacon, shredded chicken and poached egg	

Toasts / Bagels / Waff-Sant 8,90€

Avocado
Cream cheese, tomato, avocado, basil olive oil and seeds

Chilli Hummus
Cheese cream, hummus, avocado and mixed seeds



Poached Egg
Cream cheese, avocado, poached egg, basil olive oil and mixed seeds

Vegetable
Extra virgin olive oil with basil, mixed lettuce and roasted tomatoes

Tuna
Mayonnaise, tuna, poached egg and seeds

Chicken
Cheese Cream, shredded chicken, bacon and seeds

Sandwiches / Baguette /Croissant

Ham and Cheese 2,80€

Vegetal 3,50€
Egg, Cheese and Salad



Chicken 4,20€
Shredded Chicken, Egg, Cheese and Salad

BLT 3,50€
Bacon, Lettuce and tomato

Tuna 4,00€
Tuna, Salad and Mayonnaise



Frank's 6,50€
Triple Slice, Chicken, Bacon, Egg and Salad

Omelettes

Scrumbled Eggs 6,00€

Plain 6,00€

Cheese 6,00€

Mix (Ham and Cheese) 6,00€

Tuna 6,50€

Bacon and cheese 6,00€

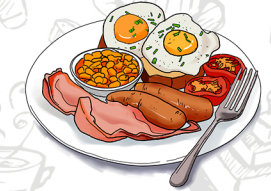
Frank's (Chicken, Cheese, Bacon) 7,50€



English Breakfast

Normal 6,50€

Sausage, bacon, beans, tomato, hash Brown, egg and toast



FULL 13,00€

2 Sausage, 2 bacon, beans, 2 tomato, 2 hash Brown, 2 egg and 2 toast

Scottish 6,90€

Square Sausage, black pudding, tattie scone, bacon, beans, tomato, egg and toast

Irish 7,50€

Sausage, bacon, beans, tomato, hash Brown, egg, black pudding, white pudding and toast

Veggie 6,90€

Vegetarian Sausage, egg, hashbrown, beans, tomato and toast

Jacket Potato 4,90€

Baked potato with cheese and beans

Sweet

Plain Croissant 1,60€

American Pancakes 7,50€

Waffsant 7,50€



.....Ask for more

LISTADO DE +EXTRAS

- Extra Servicio PLato/Cubierto **1,00€**
- Agua Caliente **0,30€**
- Leche **0,30€**
- Leche de Soja **0,50€**
- Hielo **0,30€**
- Descafeinado de Maquina **0,50€**
- Mermelada **0,50€**
- Mantequilla **0,50€**
- Nutella **1,00€**
- Ketchup **0,50€**
- Mayonesa **0,50€**
- Salsa HP **0,50€**
- Mostaza **0,50€**
- Huevo **0,70€**
- Tostada **0,10€**
- Tostada Payés **0,65€**
- Salchicha **1,30€**
- Salchicha Escocesa **1,30€**
- Hashbrowns **0,80€**
- Judías **0,80€**
- Bacón Ingles **0,95€**
- Morcilla Escocesa o Irlandesa **1,20€**
- Salchicha Vegetariana **1,40€**
- Hamburguesa Vegetariana **2,80€**
- Huevo Poché **2,50€**
- Tomate **0,90€**
- Bacon **0,65€**
- Queso **0,65€**
- Jamón **0,65€**
- Aguacate **3,00€**
- Atún **2,00€**

***Si usted desea un EXTRA que NO se encuentra en esta lista: CONSULTE PRIMERO EL PRECIO CON EL CAMARERO**



Todos nuestros productos se elaboran y preparan en nuestra cocina, donde se utilizan a diario muchos alérgenos incluidos: GLUTEN, HUEVO, LECHE, FRUTOS SECOS, SOJA. Aunque la empresa se esfuerce por eliminar el contacto con el alérgeno en la medida de sus posibilidades, no somos una empresa que se especializa en comida para ALERGICOS. Por tanto, un producto 100% libre de alérgenos no puede ser garantizado debido a la posible contaminación cruzada.