

# FRANK & LOLA

LOVE PENSACOLA

— Cafe —

## BREAKFAST BEIGNETS

*French Style Doughnuts Dusted with Powdered Sugar(5)*

**\$6**

— Add Raspberry or Chocolate Sauce \$1 —

## Omelets In Paradise

*All Omelets served with choice of Toasted White, Wheat, Marble Rye Bread or English Muffin and your choice of Potatoes, Grits or Fruit Cup.  
Substitute Egg Whites for a Healthier Optional \$1*

### CHEESE OMELET

*Choice of Swiss, American, Monterey Jack,  
Pepper Jack or Cheddar Cheese*

**\$8**

— Add Ham \$1 —

### FRESH VEGGIE OMELET

*Mushrooms, Peppers, Onions, Tomatos and Swiss*

**\$10**

### KEY WEST OMELET

*Blue Crab, Shrimp, Monterey Jack Cheese and Hollandaise Sauce*

**\$11**

### DENVER OMELET

*Ham, Peppers, Onions, Mushrooms and Cheddar*

**\$10**

### BOURBON STREET OMELET

*Blackened Shrimp, Crawfish, Blue Crab, Chorizo, Peppers,  
Onions, Pepper Jack, Hollandaise Sauce and Sriracha*

**\$13**

### OYSTER FLORENTINE OMELET

*Pan Seared Oysters, Spinach, Artichoke Hearts, Bacon,  
Swiss and Hollandaise*

**\$13**

## Signature Breakfast Plates

### EGGS BENEDICT

*Two Poached Eggs, Grilled Ham, Toasted English Muffin and  
Topped with Hollandaise. Served with Panhandle Potatoes, Grits  
or Fruit Cup*

**\$13**

— Add Crab Cakes and Remoulade \$5 —

### STEAK & EGGS

*Petite Sirloin Steak and Two Eggs Served Any Style  
with Panhandle Potatoes and Toast*

**\$14**

### SHRIMP AND GRITS

*Blackened Shrimp, Chorizo Sausage, Peppers, Onions,  
Cheddar-Jack Cheese and Two Poached Eggs over Yellow Stone  
Ground Grits with Hollandaise Sauce*

**\$13**

### QUICHE OF THE DAY

*Our Fresh Savory Quiche with Hollandaise  
served with Fresh Fruit.*

**\$9**

### CONTINENTAL BREAKFAST

*Yogurt, Fresh Strawberries, Blueberry Muffin and Your Choice of  
Orange Juice, Apple Juice, Coffee or Tea*

**\$8**

### CRACKED EGGS

*Two Eggs served any style with Bacon or Link Sausage,  
Potatoes and Toast*

**\$8**

— Add an Extra Egg \$1 —

### BOATMEAL

*Hot & Healthy Oatmeal Served with Strawberries, Granola,  
Brown Sugar & Milk*

**\$7**

### BUTTERMILK PANCAKES

*Three Fluffy Buttermilk Pancakes  
served with Maple Syrup & Butter*

**\$8**

— Add Chocolate Chips, Strawberries, Blueberries  
or Candied Pecans +1 —

### CEREAL

*Special K, Raisin Bran, or Fruit Loops  
served with Whole or 2% Milk*

**\$4**

### CREME BRULEE FRENCH TOAST

*Topped with Fresh Strawberries, Whipped Cream  
and Dulce de Leche*

**\$11**

## Sides

### STONE GROUND GRITS

**\$3**

### SILVER DOLLAR PANCAKES(3)

**\$3**

### HARDWOOD SMOKED BACON(4)

**\$4**

### PORK LINK SAUSAGE(4)

**\$4**

### FRENCH TOAST

**\$6**

### YOGURT WITH FRESH STRAWBERRIES

**\$3**

### PANHANDLE POTATOES

**\$3**

### OATMEAL

**\$3**

COKE, DIET COKE, SPRITE, DR. PEPPER, LEMONADE, FRUIT PUNCH, ROOT BEER, ICED TEA OR COFFEE \$2.5  
APPLE , ORANGE, PINEAPPLE OR GRAPEFRUIT JUICE \$4

BOTTLED WATER \$4, RED BULL \$5

NOTICE: CONSUMING RAW OR UNDERCOOKED MEATS, POULTRY, SEAFOOD, SHELLFISH OR EGGS MAY INCREASE  
YOUR RISK OF FOODBORNE ILLNESS

**ULTIMATE BLOODY MARY IN PARADISE**

\$21

*Prepared in our 22oz Souvenir Booze in the Blender Mug, thats yours to keep! Stoli Vodka and our House Spiced Zing Zang Bloody Mary Mix topped with a Cheeseburger Slider, Bacon, Cocktail Shrimp, Grape Tomato, Olives, Celery, Pickle, Lemon, Pickled Spicy Beans and Okra*  
 — Refills 12

**FRANK & LOLA'S BLOODY MARY**

\$7

*Vodka mixed with Zing Zang Bloody Mary Mix. Spicy Beans, Olives and Lemon*

**MIDWEST MARY**

\$8

*Stoli Vodka, Bacon, House Made Spiced Zing Zang Bloody Mary mix, salted rim, Spicy Beans, Olives and Lemon*

**PEACH IN THE SAND BELLINI**

\$8

*Refreshing Blend of Zonin Prosecco and Giffard Peach Liqueur*

**MIMOSA**

Glass \$6.5 Bottle \$24

*Dry Sparkling Champagne and Fresh Squeezed Orange Juice or Cranberry Juice or Pineapple Juice*

**FRENCH 75**

\$8

*The Classic New Orleans Brunch Cocktail. Fords Gin, Lemon and Sparkling Wine*

**ISLAND SCREWDRIVER**

\$7

*Stoli Vodka and Fresh Squeezed Orange Juice*

**MICHELADA**

\$8

*Vida Mezcal, LandShark Lager and Zing Zang Bloody Mary. Served on the Rocks with a Salted Rim*

**MANDARIN SWEET TEA**

\$7

*Hangar One Mandarin Vodka and House made Tea*

**THE ORIGINAL MARGARITA**

\$8

*~VOTED BEST MARGARITA ON THE COAST~ Blend of Maestro Dobel and Corralejo Tequila with Fresh Lime Juice and Orange Liqueur. Served on the Rocks*

**CARIBBEAN COFFEE**

\$8

*Sailor Jerry Spiced Rum, Trader Vic's Dark Chocolate Liqueur, Locally Roasted Cold Brew(Drowsy Poet), Topped with Whipped Cream. Served Hot or Cold*

**SOUTHERNER'S COFFEE**

\$7

*High West Rye Whiskey, RumChata, Zucca Amaro and Locally Roasted Cold Brew(Drowsy Poet). Served Hot or Cold*

*Wine*

Movendo Moscato	Glass \$8
Bonterra Sauvignon Blanc	Glass \$7
Ecco Domani Pinot Grigio	Glass \$7
La Crema Chardonnay	Glass \$10 Bottle \$38
William Hill Chardonnay	Glass \$7
Zonin Prosecco	Glass \$8
Lamarca Prosecco	Bottle \$28
Breezette Rosé	Bottle \$30
— Still	
JCB Rosé	Bottle \$32
— Sparkling	

*Breakfast Smoothies***KICK START**

*Mixed Berries, Greek Yogurt, Kale, Oatmeal, Apple Juice, Protein and Honey*

**HIGH PROTEIN**

*Almonds, Cocoa, Oatmeal and Bananas*

**RISE N' SHINE**

*Pineapple, Mango, Banana and Greek Yogurt*

**Green Machine**

*Spinach, Kale, Kiwi, Carrots, Blueberry and Fresh Ginger*

**Very Berry**

*Strawberries, Blueberries, Blackberries and Raspberries*

**PARADISE BLISS**

*Pineapple, Kiwi, Strawberry and Honey*

*All Smoothies — \$8*

*Add a Shot of Whey Protein — \$1.5*

*Have Your Smoothie in a 22oz Souvenir Blender Mug — \$13 / Refills — \$10*