EST • 2012

FOUR FROGS CRÊPERIE

Check out our DAILY SPECIALS!

We are four Frenchmen who came to Australia and loved it. We found beautiful beaches, a perfect climate and wonderful people. The one thing we couldn't find? Excellent crêpes. In France we love our crêpes: sweet for dessert, and savoury (we call them galettes) for a delicious meal, with a glass of cider or wine and some good company. They're always made to order and are natural, fresh and delicious. Australia, you give us so much, we give you our delicious crêpes.

At Four Frogs Crêperie, we mill our buckwheat flour in store to maximise taste and ensure freshness. Our chocolate and salted caramel sauces, as well as our vanilla syrup, are home made and prepared with traditional French recipes using only the best ingredients.

*Please inform wait staff if you have any allergies. Note that while our galettes are made with gluten-free buckwheat flour, they may still contain some traces of gluten.

All card payments incur 1% surcharge.

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GALETTES

Savoury crêpes are made with home-milled Australian buckwheat flour which is naturally gluten free.*

Ham & Swiss cheese	11
Ham, Swiss cheese & egg *Add avocado or mushroom 3*	14
Baby spinach & feta *Add egg or ham 3*	11
Baby spinach, feta, mushroom & avocado	16
Baby spinach, feta, cherry tomato & pine nuts *Add salmon 3*	16
Bacon, egg & Swiss cheese *Add avocado or mushroom 3*	14
Chorizo, mushroom, & Swiss cheese *Add avocado 3*	15
Pork & apple sausage, slow cooked onion in cider, walnut & Swiss cheese	17
Prosciutto, goat cheese, walnut & honey	17
Prosciutto, tomato, Swiss cheese & fresh basil	18
Chicken, Swiss cheese, mushroom, garlic & parsley sauce *Add egg 3*	16
Chicken, Swiss cheese, peri peri sauce & spring onions *Add egg 3*	16
Chicken, Swiss cheese, cherry tomato & fresh basil	18
Chicken, chorizo, cherry tomato & Swiss cheese *Add egg 3*	19
Garlic & parsley prawns, spinach, cherry tomato & Swiss cheese	20
Smoked salmon, baby spinach, lemon & chive cream cheese sauce *Add cherry tomato 3*	20
Smoked duck, spring onion, Swiss cheese & hoisin sauce	20
La tartiflette: Bacon, Swiss & raclette cheese, potato & onion slowly cooked in cider *Add egg 3*	21

SUMMER GALETTE SALADS

Four Frogs has created these galettes with salad ideal for a fresh & light meal!

Goat cheese, dry fig, toasted pine nuts, honey mustard dressing & salad *Add prosciutto 3*	17
Spinach, feta, cherry tomato, avocado, pine nuts & French dressing & salad	17

POKE GALETTES

Salmon, seaweed, edamame beans, cherry tomato coco chips & sesame seed dressing *Add avocado 3*	17
Chicken, cherry tomato, avocado, edamame beans sesame seeds & sesame seed dressing	17

EXTRAS 3

CRÊPES

The French classic. These delicious sweet treats can also be prepared with our naturally gluten free buckwheat flour.*

	La simple	La double
Butter & sugar	7	11
Butter, sugar & lemon	8	12
Butter, sugar & cinnamon	8	12
Honey, lemon & walnut	9.5	13.5
Honey, banana & walnut	12.5	16.5
Nutella	9.5	13.5
Nutella & strawberry	13.5	17.5
Nutella & banana *Add ice cream 3*	13.5	17.5
Homemade Belgian chocolate sauce	9.5	13.5
Belgian chocolate & banana	13.5	17.5
Belgian chocolate & strawberry	13.5	17.5
Homemade salted caramel sauce *Add banana 3*	9.5	13.5
Organic maple syrup	9.5	13.5
Organic maple syrup & banana	13.5	17.5
Coconut ice cream & homemade Belgian chocolate sauce *Add banana 3*	12.5	16.5
White chocolate ice cream, homemade salted caramel sauce & grilled almonds	14.5	18.5
Nutella, strawberry & vanilla ice cream	15.5	19.5
Fresh strawberry, crushed pistachio, mixed berry coulis, & white chocolate ice cream	15.5	19.5
Banana, organic maple syrup, whipped cream & grilled almonds	15.5	19.5
Chocolate, banana, whipped cream, grilled almonds & vanilla ice cream	16.5	20.5

CRÊPES ON FIRE

	La simple	La double
Grand Marnier or Rum *Add ice cream 3*	14	18
Chocolate, vanilla ice cream & Grand Marnier	16	20
Chocolate, coconut ice cream & rum *Add banana 3*	16	20
Crêpe Suzette: Orange segments, candied orange zest, orange caramel sauce & Grand Marnier	19	23

EXTRAS 3

CIDER

	Bolée (200ml)	Bottle (750ml)
FRENCH CIDER		
Ecusson rosé Normandie 3%	7	23
Ecusson poiré (pear) Normandie 2.5%		23
Organic Kerisac semi dry Bretagne 2.5%		25
Kerisac dry Bretagne 4.5%	7	25
Kerisac semi dry Bretagne 2.5%	7	25
NON-ALCOHOLIC CIDER		
Ashton Valley South Australia		17

APERITIF & DIGESTIF

Ricard (French anise-based spirit)	7
Kir Royal (Mumm champagne and blackcurrant liquor)	16
Kir (white wine & blackcurrant liquor)	11
Kir Breton (cider & blackcurrant liquor)	8
Cognac - Martell VSOP	12
Calvados - Le Pere Jules 3 years old	12
Whisky - Chivas Regal 12 years old	12
Selection of whiskies, eaux de vie & liqueurs (ask waiter for details) WARENGHEM	14

BEER

1664 Kronenbourg (330ml)	8
Hoegaarden Wheat beer (330ml)	8
Frenchies pale ale (Made in Sydney)	8

WINE

	Glass (120ml)	Bottle(750ml)
CHAMPAGNE		
NV Mumm G.H.MUMM	15	85
SPARKLING WINE ROSE		
Mirabeau « La Folie » Côtes de Provence	12	59
WHITE		
Savyy Drop, Marlborough NZ, Sauv Blanc	10	39
Miamup Estate, Margaret River, Chardonnay	11	42
Château Martinon, Bordeauz Entre deux mers		49
ROSÉ		
Mesclances, Côtes de Provence	11	42
Mirabeau "Pure" Côtes de Provence		52
RED		
1965, Margaret River, Cab/Merlot	10	39
Mr BIG, Barossa, Shiraz	12	49
Tommy's Lane, Yarra Valley Pinot Noir		52
Chateau des Cordeliers, Bordeaux		48
Bremerton Tamblyn, Cab Shiraz, Langhorne Creek SA		52

HOT & COLD DRINKS

	Small	Large
Coffee	3.5	4.5
Hot Belgian chocolate or hot Nutella	3.5	4.5
Spiced chai latte	3.5	4.5
Selection of loose tea		4
Soy, almond milk, decaf or extra shot		50c
Iced coffee/Iced Choc/ Iced Mocha		6
Iced Latte		5

MILKSHAKE (homemade syrup)

	Kids	Regular
Coffee, Belgian chocolate, French vanilla, strawberry, salted caramel, Nutella	6.5	7.5

COLD PRESSED JUICES by Nectar

Green, Tropi-Cool, Up Beet	8
Orange juice, Apple juice	7
Coke, Coke Zero, Lemonade, Lemon Lime & Bitters, Pink Lemonade	4
Unlimited sparkling water	3.5 per person

Four Frogs Crêperie Circular Quay
T: 9241 2277
Gateway Sydney, Alfred Street
Mon-Fri: 7am till late
Sat-Sun: 10am till late

Four Frogs Crêperie Mosman
T: 9960 1555
175 Avenue Road
Mon-Tues: 7am till 4:30pm
Wed-Sun: 7am till 9pm

Four Frogs Crêperie Randwick
T: 9398 3818
30 St Pauls Street "The Spot"
Mon-Fri: 11am till late
Sat-Sun: 7:30am till late

Four Frogs Crêperie Lane Cove
T: 9420 3944
115-119 Longueville Rd
Tues - Thurs: 11am till 9:30pm
Fri - Sun: 7:30am till 9:30pm
Mon: Closed