



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.

10% surcharge Sundays & Public Holidays

GALETTES

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

| | |
|---|----|
| Ham & Swiss cheese | 11 |
| Ham, Swiss cheese & egg | 14 |
| Add avocado or mushroom 3 | |
| Baby spinach & feta (v) | 11 |
| Add egg or ham 3 | |
| Baby spinach, feta, mushroom & avocado (v) | 16 |
| Baby spinach, feta, cherry tomato & pine nuts (v) | 16 |
| Add salmon 3 | |
| Bacon, egg & Swiss cheese | 14 |
| Add avocado or mushroom 3 | |
| Chorizo, mushroom, & Swiss cheese | 15 |
| Add avocado 3 | |
| 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 | 16 |
| Add egg 3 | |
| Chicken, Swiss cheese, peri peri sauce & spring onions | 16 |
| Add egg 3 | |
| Chicken, Swiss cheese, cherry tomato & fresh basil | 18 |
| Chicken, chorizo, cherry tomato & Swiss cheese | 19 |
| Add egg 3 | |
| Garlic & parsley prawns, spinach, cherry tomato & Swiss cheese | 20 |
| Smoked salmon, baby spinach, lemon & chive cream cheese sauce | 20 |
| Add cherry tomato 3 | |
| Smoked duck, spring onion, Swiss cheese & hoisin sauce | 20 |
| La tartiflette: Bacon, Swiss & raclette cheese, potato & onion slowly cooked in cider | 21 |
| Add egg 3 | |

GALETTE SALADS

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

| | |
|--|----|
| Goat cheese, dry fig, toasted walnut, honey mustard dressing & salad (v) | 17 |
| Add prosciutto 3 | |
| Spinach, feta, cherry tomato, avocado, pine nuts & French dressing & salad (v) | 17 |
| Add salmon 3 | |
| Homemade Pesto, avocado, cherry tomato spinach, pine nuts & salad (v) | 17 |
| Add chicken 3 | |

EXTRAS 3

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

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 | 13.5 17.5 |
| Add ice cream 3 | |
| 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 | 9.5 13.5 |
| Add banana 3 | |
| Organic maple syrup | 9.5 13.5 |
| Organic maple syrup & banana | 13.5 17.5 |
| Coconut ice cream & homemade Belgian chocolate sauce | 12.5 16.5 |
| Add banana 3 | |
| 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 | 14 18 |
| Add ice cream 3 | |
| Chocolate, vanilla ice cream & Grand Marnier | 16 20 |
| Chocolate, coconut ice cream & rum | 16 20 |
| Add banana 3 | |
| 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 | 6 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) | 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 | 15 85 |
| SPARKLING WINE ROSE | |
| Mirabeau « La Folie » Côtes de Provence | 12 59 |
| WHITE | |
| Savvy Drop, Marlborough NZ, Sauv Blanc | 10 39 |
| Miamup Estate, Margaret River, Chardonnay | 11 42 |
| Château Martinon, Bordeaux 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 |

| | Kids / Regular |
|--|----------------|
| MILKSHAKE (homemade syrup) | |
| 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 |

W www.fourfrogs.com.au
f @fourfrogscreperie
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