

Freska

BREAKFAST

Telephone: +350 2250 1113

Email: e1@freska.gi

Breakfasts

Full English Breakfast ●●●●●● £8.75

2 slices of bacon, 2 pork sausage, 2 fried eggs, mushrooms, grilled tomato, 1 hash brown, baked beans & toast

Veggie Breakfast Special ●●●●●● £8.75

2 vegan sausages, 2 poached eggs, grilled tomato, 1 hash brown, mushrooms, spinach, beans & toast

Vegan Breakfast Special ●●●● £8.75

2 vegan sausages, grilled tomato, 1 hash brown, mushrooms, spinach, avocado, beans & toast

Baps

Bacon Bap ● £4.00

Sausage Bap ●● £4.00

Extra fillings £1

cheese, mushrooms, tomatoes, fried onion, fried egg

Egg Muffin

Eggs Benedict ●●●● £7.50

Soft poached eggs, bacon, hollandaise sauce, served on a muffin

Veggie Eggs Florentine ●●● £7.50

Soft poached eggs, spinach, hollandaise sauce, served on a muffin

Eggs Royale ●●●● £8.50

Soft poached eggs, smoked salmon, hollandaise sauce, served on a muffin

Breakfast Granola Sundae £7.50



Low fat natural yogurt, honey, crunchy granola,

Choose your topping:

Strawberries, banana or fruit compote

Freshly Made Omelette £7.00



Add 2 fillings:

Ham, cheese, mushroom, smoked salmon, tomatoes, onions, tuna

Extra fillings £1:

Ham, cheese, mushrooms, tomatoes, onions, tuna

Extra fillings £1.50:

Smoked salmon

FresKa Fit Breakfast Combo



£9.75

Eggs on toast

Poached, scrambled or fried

Plus MINI overnight oats

Choose a topping: Strawberries, banana, honey, chia seed

Fresh orange juice, coffee or tea

- Gluten Free Option Available Bread +75p Pasta + £1
- Gluten ● Crustaceans ● Eggs ● Fish ● Peanuts
- Dairy ● Celery ● Mustard ● Sulphides ● Sesame
- Molluscs ● Soy ● Nuts ● Lupine

Toast / Bread

- Pan Tumaca** ● £3.00
Rustic bread, olive oil, tomato
- Pan Catalana** ● ● £4.00
Rustic bread, serrano ham, garlic, olive oil, tomato
- Chunky Peanut Butter** ● ● ● ● £7.50
Bananas, chia seeds and topped with honey drizzled on toasted mollete.
- Freska Toast** ● ● ● £7.50
Mollete topped mashed avocado, 2 poached eggs, feta cheese, chilli flakes & bacon bits
- Freshly Baked Croissant** ● ● £3.25
Served with jam & butter
- Filled Croissant** ● ● £4.95
Freshly baked croissant with ham & cheese
- Rustic Toast** ● £3.00
Served with preserves

Traditional Breakfast Pancakes



- With maple syrup & bacon..... £4.75
- With summer fruit compote & vanilla ice cream..... £4.75
- With banana & cream..... £4.75
- With strawberries & cream £4.75
- With nutella & cream..... £4.75
- With strawberries & nutella £4.75

Extra toppings £1.00

Maple syrup • Bacon • Summer fruit compote • Banana • Strawberries • Nutella

Extra Cream £0.50

Add a sauce?

Chocolate, caramel, strawberries, white chocolate 50p

WAFFLES



- With maple syrup & bacon..... £4.75
- With summer fruit compote & vanilla ice cream..... £4.75
- With banana & cream..... £4.75
- With strawberries & cream £4.75
- With nutella & cream..... £4.75
- With strawberries & nutella £4.75

Add a sauce?

Chocolate, caramel, strawberries, white chocolate 50p

Extra toppings £1.00

Maple syrup • Bacon • Summer fruit compote • Banana • Strawberries • Nutella

Extra Cream £0.50

- Gluten Free Option Available Bread +75p Pasta + £1
- Gluten ● Crustaceans ● Eggs ● Fish ● Peanuts
- Dairy ● Celery ● Mustard ● Sulphides ● Sesame
- Molluscs ● Soy ● Nuts ● Lupine

- Gluten Free Option Available Bread +75p Pasta + £1
- Gluten ● Crustaceans ● Eggs ● Fish ● Peanuts
- Dairy ● Celery ● Mustard ● Sulphides ● Sesame
- Molluscs ● Soy ● Nuts ● Lupine

Gluten Free options available:

+50p Bread / Wrap | +£1 Pasta | +£1 Pizza

Dishes on our menu may contain or come into contact with PEANUTS, TREE NUTS or OTHER ALLERGENS. If you have questions or concerns, please ask to speak to a Manager

Freska

Telephone: +350 2250 1113

Email: e1@freska.gi