

Freska

MENU

Telephone: +350 2250 1113
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STARTERS

Prawn Pil Pil ●●●£8.40

A local classic dish with our unique twist: garlic, white wine, tomato, chilli & olive oil, served with bread

Shrimp Florentine ●●●●£8.90

Shrimp cooked with spinach, mushrooms, shallots, sun-dried tomatoes, white wine cream sauce, served with bread

Provolone Cheese Pot ●●£7.20

Baked provolone with herbs & garlic flatbread

Add **Bacon** £1

Add **Chorizo Iberico** £1

Add **chilli** £1

Chicken Liver Paté ●£7.50

Served with bread

Soup Of The Day£6.00

Please ask your server

Mozzarella Sticks ●●●£8.00

Served with an homemade tomato marinara sauce or BBQ sauce for dipping

Falafel ●●£7.50

These Middle Eastern chickpea patties bites served with pittas, salad & hummus.

6 Croquettes ●●●●£8.50

Choose one of our specialties; "las croquetas"

Chicken, Iberian ham & payoyo cheese or spinach

Prawn Basket ●●●●●£9.00

2 Filo prawn, 2 coconut battered prawn, 2 cajun & Panko prawn, served with a sweet chilli or honey mango dip

Salmon Tartare ●●●£9.00

Fresh salmon tartare with mango & avocado, served with tomato, red onions, radish, dill & wasabi mayo

Chicken Cigar ●●●●£9.00

Asian spiced chicken, hand rolled in pastry, served with sweet chili sauce

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

Paninis

Served with coleslaw

- Tuna & Provolone ●●●● £7.90
 Mushrooms, onion, tuna with roasted red bell peppers
- Ham & Cheese ●●● £6.50
- Chicken & Bacon ●●● £7.90
- Beetroot, hummus &
 chickpea ●●● £6.50

Jacket potato £6.50

Served with a side garnish.
 Choose 2 ingredients & 1 sauce

Choose your ingredients

Cheddar Cheese | Olives | Ham | Sweetcorn | Tuna |
 Bacon Bits | Baked Beans | Bolognese
 More than 2 + 75P

Choose your sauce

Mayonnaise | Sour cream | Alioli

Salads

- Chicken Caesar Salad ●●●●● £13.90
 The classic crispy green salad with chicken, croutons,
 parmesan cheese, bacon bits & caesar dressing
- FresKa Salad ● £13.50
 Red onion, cucumber, avocado, tomato, sweetcorn,
 black olives, with a lemon honey & dijon mustard
 dressing
- Tuna Nicoise Salad ●● £13.90
 Potato, beans, tomato, lettuce, olives, with a lemon
 honey & dijon mustard dressing
- Goats Cheese Salad ●● £14.50
 Lettuce, apples, walnuts, raisins, cherry tomatoes, red
 onion & balsamic dressing
- Spicy Salmon Poke Bowl ●●●●● £14.75
 Steamed rice, salmon, cucumber, avocado, edamame,
 wasabi mayo, crispy onion, soy, ginger & sesame sauce

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MAINS

Chicken & Mushroom Pie ●●●●..... £16.00

Served with chips, vegetables & gravy

Steak & Ale Pie ●●●●..... £17.00

Served with chips, vegetables & gravy

Salmon en papillote ●..... £21.00

Cooked with lemon & fresh dill, served with vegetables & chips

Pan Fried Swordfish ●..... £21.50

Cooked in lemon sauce, served with vegetables & chips

Fillet Steak..... £26.50

300 grams of premium beef tenderloin, served with chips & vegetables

Choose your sauce: chimichurri, gaucha, peppercorn, garlic butter

Chicken Quesadilla ●●..... £14.90

Asian marinated chicken with cheese, caramelized onions, served with sour cream & chips

Teriyaki Chicken ●●..... £16.50

Chicken breast in teriyaki sauce served with rice & vegetables

Pepper Pork ●..... £16.90

Pork tenderloin topped with peppercorn sauce, served with vegetables & chips

Prawn Curry ●●..... £17.00

Served with rice & poppadom

Spaghetti Bolognese ●●●..... £14.00

Italian meat ragu, parmesan cheese & rocket

Burgers

Cheese Burger ●●●..... £14.50

Burger topped with cheddar cheese, lettuce, tomato & burger sauce, served with chips

Bacon & Cheese Burger ●●●..... £15.00

Burger topped with cheese, bacon, lettuce, tomato, roasted onions, BBQ sauce, served with chips

Vegan Burger ●●●..... £15.50

Beyond meat burger, lettuce, tomato, avocado, with a tofu, soy & chili dressing, served with chips

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Side Order

Garlic bread ● ●	£3.00
Garlic bread & Cheese ● ●	£3.50
Homemade Chips	£3.00
Chips & Cheese ● ●	£3.50
Mixed salad	£3.50
Sweet potatoes fries	£4.00
White Rice	£3.00
Coleslaw ●	£3.00
Roasted vegetables	£4.00
Bread & olives ●	£3.00

Childrens Menu

Spaghetti Bolognese ● ● ●	£6.75
Cheese & Butter Spaghetti ● ●	£6.75
Fish Fingers & Chips ● ● ● ●	£6.75
Chicken Nuggets & Chips ● ● ● ●	£6.75
Sausage & Chips ●	£6.75

Desserts

Served with cream or ice cream

Banoffee pie ● ●	£6.00
Tiramisu ● ●	£6.00
Apple crumble served with custard ● ●	£6.00
Vegan Brownie ● ●	£6.00
Gluten Free Carrot cake	£6.90
Oreo Cheesecake ● ●	£6.50

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THANK YOU!

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

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