

# Freska

## MENU

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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

**Provolone Cheese Pot** ●● ..... £7.20

Baked provolone with herbs & garlic flatbread

Add **Bacon** £1

Add **Chorizo Iberico** £1

Add **chilli** £1

**Soup Of The Day** .....£6.00

Please ask your server

**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

**Chicken Cigar** ●●●● ..... £9.00

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

**Spicy Chicken Wings** ● ..... £6.90

Served with lime mayo

**Beef meatballs** ● ..... £6.90

In tomato sauce

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## Wraps

**Crispy Chicken** ●●● ..... £8.90

Lettuce, tomato, onion, caesar dressing

**Pulled Pork** ●● ..... £8.90

Lettuce, red onion, BBQ sauce

**Veggie** ●●● ..... £8.00

Lettuce, mashed avocado, scrambled eggs, cream cheese & sour-cream

- 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

**Vegetable Panini** ● ..... £6.50

Lettuce, tomato, cucumber, onions, carrots & vegan mayo

**Roast Beef Panini** ● ..... £8.50

Beef, rocket, red onion, romesco sauce

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## 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

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## 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

**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

● Gluten Free Option Available Bread +75p Pasta + £1

● Gluten ● Crustaceans ● Eggs ● Fish ● Peanuts  
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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

**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 & veg

**Pepper Pork** ●..... £16.90

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

**Grilled Salmon** ●●●●..... £21.00

Sweet potatoes purée and spinach salad & cava sauce

**Prawn Curry** ●●..... £17.00

Served with rice & poppadom

**Chicken Curry** ●..... £15.00

Served with rice & poppadom

**Spaghetti Bolognese** ●●●..... £14.00

Italian meat ragu, parmesan cheese & rocket

**Spaghetti Carbonara** ●●●●..... £12.90

Bacon, cream, egg, black pepper

**Aubergines Parmigiana** ●..... £9.80

Aubergine, tomato, basil, parmesan topped with mozzarella cheese

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## Burgers

**Beef Burger** ●..... £14.00

Lettuce, tomato, onion

**Pulled Pork Burger** ●..... £14.50

Lettuce, tomato, onion

**Chicken Burger** ●..... £13.50

Breadcrumbs chicken, lettuce, tomato, onion

**Vegan Burger** ●●●..... £15.50

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

**Add:** Bacon, Cheese, Egg, Hash Brown or Fried Onion: **80p**

- Gluten Free Option Available Bread +75p Pasta + £1
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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
Brownie ● ● .....	£6.00
Gluten Free Carrot cake.....	£6.90
Cheesecake of the day ● ● .....	£6.50

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 ● Gluten ● Crustaceans ● Eggs ● Fish ● Peanuts  
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