

Freska

Monday to Sunday

Bar and kitchen open
8am - 10pm

MENU

Telephone: +350 2250 1113
Email: e1@freska.gi

Starters

Prawn Pil Pil ●●● £9.50

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

Brie Fritters ●●● £6.90

6 deep fried brie bites served with boozy cranberry and orange sauce

Soup Of The Day £6.25

Please ask your server

Falafel ● £7.75

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

6 Croquettes ●●●● £9.00

Choose one of our specialties; "las croquetas"

Chicken, Iberian ham & payoyo cheese or spinach

Prawn Basket ●●●●● £9.50

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

Spicy Chicken Wings ● £7.25

Served with lime mayo

Nachos (to share) ● £9.80

Guacamole, peppers, onions, jalapeños, cheese sauce & sour cream

Wraps

Served with chips

Crispy Chicken ●●● £10.90

Lettuce, tomato, onion, caesar dressing

Pulled Pork ●● £10.90

Lettuce, red onion, BBQ sauce

Fit Wrap ●●● £10.90

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

Burrito ●●● £10.90

Beef mince, red beans, sweet corn, onion, mix peppers
Sauce to choose: **cheese, sour cream, guacamole**

Chicken Napolitano Wrap ●●● £10.90

Grilled chicken breast, tomatoes, mozzarella cheese, red onion, pesto & oregano

- 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
- Vegan Panini** ●£6.50
Beetroot, hummus & chickpea, rocket

Jacket potato £8.50

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

- Caprese Salad**..... £13.50

Tomato & Mozzarella Basil salad with pesto dressing

- Grilled Chicken Poke Bowl** ●..... £13.90

Grilled chicken breast, steamed rice, cherry tomatoes, avocado, edamame, sweet corn soy sauce & horseradish sauce

- Spicy Salmon Poke Bowl** ●●●●●£14.75

Steamed rice, grilled salmon, cucumber, avocado, edamame, wasabi mayo, onion, soy, ginger & sesame sauce

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

Mains

Steak & Ale Pie ●●●●..... £16.00
Served with chips, vegetables & gravy

Chicken Quesadilla ●●..... £14.90
Asian marinated chicken with cheese, caramelised 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

Prawn Curry ●●..... £17.00
Served with rice & poppadom

Chicken Curry ●..... £15.00
Served with rice & poppadom

Spaghetti "Pil Pil" ●●●●..... £16.00
Prawns, garlic, chilli

Spaghetti Bolognese ●●●..... £14.00
Italian meat ragu, parmesan cheese & rocket

Spaghetti Carbonara ●●●●..... £12.90
Bacon, cream, egg, black pepper

FresKa Pasta ●●●..... £14.00
Pasta with homemade pesto sauce & Parmesan cheese pine nut toasted and grilled chicken.

Pasta Siena ●●..... £14.00
Mushroom, mix peppers, cream, white wine, chicken & chilli

Chicken Kiev ●●●..... £15.90
Bread crumbed & fried chicken breast filled with melting garlic butter served with mashed sweet potato

Gibraltar style peppercorn steak & chips.. £15.40
Finely sliced frying steak, served on a bed of chips topped with peppercorn sauce

FULL Rack of Ribs.....£19.90
Rack of Ribs in BBQ sauce, served with chips & coleslaw

Vegan Lasagna ●●..... £14.50
Mix of veg (onions, carrots, mushrooms, garlic, courgettes and spinach), between vegan lasagna sheets and topped with vegan Béchamel sauce and marinara tomato sauce. Served with salad garnish

Chicken Parmesan ●..... £15.90
Chicken cooked in a creamy Parmesan sauce served with chips

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

Burgers

Served with Chips



Classical ●●..... £13.50

Patty of 180gr beef Angus premium, iceberg Lettuce, tomato, red onion, cheddar cheese and burger sauce



From the Farm ●●●..... £13.50

Crispy chicken, fried egg, bacon, iceberg lettuce and burger sauce.

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

Burgers

Served with Chips



From the Garden ●..... £13.90

Vegan Burger, avocado, brassed onion, vegan cheese, iceberg lettuce, sliced tomato, gherkins & vegan mayo



Big Ben ●●●..... £15.90

Double smash Burger, Double cheddar cheese, grilled onion, tomato, iceberg lettuce and truffle mayo

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

Burgers

Served with Chips



Ibérica ● ● ● £15.50

Patty of 180gr beef Angus premium, Iberian Ham, Fried green pepper, caramelized onion, goat cheese, smoked bacon mayo



The Rock ● ● £15.50

Homemade pulled pork and FresKa BBQ sauce, double cheddar cheese, crispy bacon, tomato & iceberg lettuce

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

Burgers

Served with Chips



Eiffel Tower ● ● ● £15.50

Double smash burger, Brie cream cheese, basil butter, crispy fried onion, rocket and Dijon mustard



Monterrey ● ● £14.50

Patty of 180gr beef Angus premium, American cheese, Fresh country style guacamole, pickled onions, chipotle sauce and iceberg lettuce

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

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 ●	£2.00

Children's Menu

Spaghetti Bolognese ● ● ●	£6.75
Cheese & Butter Spaghetti ● ●	£6.75
Fish Fingers & Chips ● ● ● ●	£6.75
Chicken Nuggets & Chips ● ● ● ●	£6.75
Sausage & Chips ●	£6.75
Vegan Sausage & Chips ●	£7.90

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

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

Hot Drinks

Espresso	£1.95
Cortado.....	£2.10
Americano	£2.20
Cappuccino.....	£2.40
White coffee	£2.20
Colacao	£2.50
Flat white	£2.20
Mocha.....	£3.00
Latte.....	£2.40

Extras £0.80

Extras: Shot of coffee, whipped cream, marshmallow

Syrups: vanilla, almond, caramel, mint, cinnamon, chocolate, peanut butter, Biscoff

Hot Specials - £4.00

Matcha Latte, Chai Latte, Cherry & Vanilla Latte, Coconut & Almond Latte, Salted Caramel Mocha, Maple Spiced Latte, Peppermint mocha, Orange Spritz Latte

Liqueur Coffees

Irish Coffee	£7.00
Irish Whisky	
Irish Cream Coffee	£7.00
Baileys	
French Coffee	£7.00
Grand Marnier	
Italian Coffee	£7.00
Amaretto	
Calypso Coffee	£7.00
Tia Maria	
Seville Coffee.....	£7.00
Cointreau	
Skye Coffee	£7.00
Drambuie	

Teas & infusion

Cup £2.00 - Pot £2.50

Breakfast tea, green tea, earl grey, peppermint, camomile, mix berries, lemon & ginger, cinnamon black tea, decaf Tea

Frappes - £4.50

Add your favourite syrup: 80p

Vanilla, Caramel, Cinnamon, Almond, Peanut Butter, Biscoff, Frozen Mint

Add a shot of Baileys: £3.50

Smoothies/Milkshakes - £6.50

Protein Shake

Banana, peanut butter, cocoa powder, honey & soya milk

Energy Boost

Carrot, ginger, orange juice, lemon juice

Green Smoothie

Fresh spinach, pineapple, banana, mango

Berry & Oat Breakfast Smoothie

Oats, milk, berries, honey, yogurt

Detox Matcha Smoothie

Matcha green tea powder, banana, fresh spinach, honey

Avocado & Banana Smoothie

Avocado, banana, honey, milk

Beet & Berry Smoothie

Beetroot, mix berries, banana, honey, milk

Mango & Passion Fruit Milkshake

Mango & passion fruit purée, vanilla ice-cream, milk

Banana Milkshake

Banana, vanilla ice cream, milk & honey

Strawberry Milkshake

Strawberries, ice cream, milk, whipped cream topping

Chocolate Milkshake

Chocolate Ice cream, milk, whipped cream topping

All our products are available with full fat, skinny, lactose free, soya, almond, oat milk, coconut milk. Only available from 8am to 8pm

Soft Drinks

Cans (330ml) £2.50

Coke, Coke zero, Fanta Orange, Fanta Lemon, Sprite, Aquarius Lemon, Aquarius Orange, Tonic, Ice Tea (Peach or Lemon)

Juices £2.50

Orange, pineapple, peach, apple, tomato

Fresh Orange Juice £4.00

Water

Solan de cabra 33cl - Still.....£1.90

Solan de cabra 33cl - Sparkling.....£1.90

Spirits

GIN

Beefeater	£3.50
Bombay Sapphire	£4.00
Spanking Roger	£4.50
Spanking Roger Pink	£4.50
Puerto De Indias Fresa Gin	£3.50
Tanqueray (Alcohol Free)	£3.00

Whisky

Famous Grouse	£3.50
Jack Daniels	£3.75
Jameson	£3.50
Blackstrap Cove	£4.00

Rum

Bacardi	£3.50
Barceló Añejo	£3.50
Trafalgar 1805 Caribbean Spiced	£4.50

Vodka

Absolut	£3.50
---------	-------

Tequila

Jose Cuervo Silver	£3.50
Jose Cuervo Gold	£3.50

Liqueurs

Baileys	£3.50
Licor 43	£3.50
Malibu	£3.50
Zoco Pacharan	£3.50
Frangelico	£3.50
Tia Maria	£3.50
Limoncello	£3.50
Disaronno	£3.50
Cointreau	£3.50

Brandy

Soberano	£3.50
----------	-------

Vermouth

Cinzano Bianco	£3.00
Cinzano Rosso	£3.00

Beers / Cider

Draught Alhambra	Pint £4.10	Half £2.55
------------------	------------	------------

Bottled Beers /Cider

Heineken 0%	£3.20
Heineken	£3.50
Alhambra Roja	£4.00
Guinness	£4.00
Corona	£4.00
The Good Cider Pear	£3.50
The Thatchers Rose Cider	£4.50

Wines

Red

J. Moreau & fils Rouge de France Select

Medium Dry



175ml



250ml



750ml

£3.50 £4.60 £13.90

A deep knowledge of the soils and subsoils in Chablis allows J.MOREAU & Fils to identify the shade and character in each terroir, to reveal all its richness and complexity with each new vintage. Ripe red fruits, acidity and very soft tannins. 100% Garnacha.

Corte Fiore Lupi Reali

Appassimento (Organic)



175ml



250ml



750ml

£4.30 £5.80 £18.00

Made from Montepulciano grapes, partially dried on the vine, grown on the coastal part of the Abruzzo region. This wine features aromas of wild cherry and red plum, followed by notes of juicy fruit, bright acidity and ripe tannins.

Altos Ibericos

Crianza - Rioja



175ml



250ml



750ml

£4.30 £5.80 £18.00

Dark cherry red color, very opaque. Intense and fragrant, with exquisite fruit (raspberry jam) and spicy (green peppercorn) aromas, and a pleasant note reminiscent of toasted bread. Warm on the palate, with velvety, juicy tannins well-rounded by oak aging.

Enate Cabernet

Sauvignon/Merlot



175ml



250ml



750ml

£4.30 £5.80 £18.00

A full ruby colour with a complex blackcurrant, blackberry aroma with a touch of violet and hints of red pepper, vanilla and herbs. A wine with a cosmopolitan character, easy to drink.

Wines

White

J. Moreau & fils Blanc de France Select



Medium Dry

175ml £3.80 250ml £4.90 750ml £14.50

Fresh grapefruit and citrus rind notes with a hint of fennel. Light-medium-bodied with a tangy, clean finish. Grape Varieties : Chardonnay, Chenin, Folle Blanche, Ugni blanc, Colombard.

Santa Digna



Sauvignon Blanc

175ml £4.30 250ml £5.90 750ml £18.00

This wine is a fresh pale gold colour and has harmonious aromas recalling ripe tropical fruits layered over notes of apple and fennel. It is silky on the palate, with good acidic structure and long finish.

Gemma di Luna



Pinot Grigio

175ml £4.00 250ml £5.30 750ml £16.00

This delightful Pinot Grigio from Italy sparkles with a pale straw color in the glass. Emanating aromatic notes of crisp green apple, pear and hint of white flowers, it boasts a light, refreshing palate with mineral-driven finish.

Marqués De Cáceres



Verdejo

175ml £4.00 250ml £5.20 750ml £15.50

Aromatic white wine with intense nose of white fruits, citrus notes and herbaceous touches. In the mouth it is ample, tasty and refreshing. A wine with lots of fruitness, marked acidity and memories of bitter grapefruit.

Bodegas Riojanas Vina Albina Blanco



Semi dulce

175ml £4.00 250ml £5.20 750ml £15.50

Wine with light golden color with aromas of ripe apples, pears and honey. On the palate it is smooth and creamy with flavors of apricot, peach and melon. The finish is long and lingering with a hint of sweetness.

Wines

Rosé

Lamberti Pinot Grigio



175ml



250ml



750ml

Blush Venezia DOC

£3.80

£4.90

£14.50

Pale pink wine with subtle notes of berry, classic lemon and apple. This wine has an added hint of juicy sweetness on the palate makes it all the more delicious.

Marqués De Cáceres



175ml



250ml



750ml

Excellens Rosé

£3.80

£5.20

£15.50

Silky - smooth and balanced in the mouth with delicate flavours of mature white peaches, pears, strawberries and melon. Bold, crisp, dry.

Sparkling

Voga Prosecco



1/4 Bottle



750ml

DOC Brut

£6.00

£20.50

Italian stylish wine is crisp, clean and refreshingly full flavored with a vibrant character, excellent intensity and a fruity nose filled ripe apricot and peach notes.

Voga Prosecco Rosé

£20.50

This Italian wine is characterized by fruity aromas of cherry and berries on the nose with delicate floral notes. It's crisp on the palate, lively and pleasantly dry with a good aftertaste.



750ml

Freska

 @FreskaGib | www.freska.gi