

Freska

Monday to Sunday

Bar and kitchen open
8am - 10pm

BREAKFAST

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

WELCOME



Breakfasts

Full English Breakfast ●●●●●●£10.95

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

Veggie Breakfast Special ●●●●●●£10.95

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

Vegan Breakfast Special ●●●●●£10.95

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

Baps

Bacon Bap ●£5.00

Sausage Bap ●●£5.00

Vegan Sausage Bap ●●£5.50

Extra fillings £1.50

cheese, mushrooms, tomatoes, fried onion, fried egg

Egg Muffin

Eggs Benedict ●●●●£9.00

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

Eggs Florentine ●●●£9.00

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

Eggs Royale ●●●●£9.50

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

Breakfast Granola Sundae £6.50



Low fat natural yogurt, honey, crunchy granola

Choose 1 your topping:

Strawberries, banana or fruit compote

Extra toppings: £1

Freshly Made Omelette £7.25



Add 2 fillings:

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

Extra fillings £1.50:

Ham, cheese, mushrooms, tomatoes, onions, tuna

Extra fillings £2.00:

Smoked salmon

FresKa Fit Breakfast Combo



£10.50

Eggs on toast

Poached, scrambled or fried

Plus MINI overnight oats

Choose a topping: Strawberries, banana, honey

Choose a drink: 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** ●£3.50
Rustic bread, olive oil, tomato
- Pan Catalana** ● ●£4.50
Rustic bread, serrano ham, garlic, olive oil, tomato
- Chunky Peanut Butter** ● ● ●£7.50
Bananas, chia seeds, topped with honey drizzled on toasted mollete
- Freska Toast** ● ● ●£9.00
Mollete topped mashed avocado, 2 poached eggs, feta cheese, chilli flakes & bacon bits
- Freshly Baked Croissant** ● ●£3.75
Served with jam & butter or Nutella
- Filled Croissant** ● ●£4.95
Freshly baked croissant with ham & cheese
- Rustic Toast** ●£3.00
Served with jam & butter or pate
- Eggs on Toast** ● ●£4.50
Fried, scrambled or poached

Churros with Chocolate £5.50



Six crispy churros dusted with sugar,
served with hot chocolate

Traditional Breakfast Pancakes



- With maple syrup & bacon£6.75
- With summer fruit compote &
vanilla ice cream£6.75
- With banana & cream£6.75
- With strawberries & cream£6.75
- With nutella & cream£6.75
- With strawberries & nutella£6.75
- Extra toppings £1.50:** Maple syrup • bacon • summer fruit
compote • banana • strawberries • Nutella
- Extra Cream £0.50**
- Add a sauce £0.50:** Chocolate, caramel, strawberries

WAFFLES



- With maple syrup & bacon£6.75
- With summer fruit compote &
vanilla ice cream£6.75
- With banana & cream£6.75
- With strawberries & cream£6.75
- With nutella & cream£6.75
- With strawberries & nutella£6.75
- Add a sauce £0.50:** Chocolate, caramel, strawberries
- Extra toppings £1.50:** 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

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DRINKS

Telephone: +350 2250 1113
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Hot Drinks

All our products are available with lactose free, soya, oat, almond or coconut milk (extra 50p)

	Medium	Large
Espresso	£2.20	
Cortado	£2.30	
Americano	£2.40	£3.50
Cappuccino	£2.80	£3.90
White coffee	£2.40	£3.50
Colacao	£2.80	
Flat white	£2.40	£3.50
Mocha	£3.25	
Latte	£3.00	£3.50

Extras £1

Extras: Shot of coffee, whipped cream, marshmallow

Syrups: vanilla, almond, caramel, mint, cinnamon, chocolate, Biscoff, coconut, chocolate, white chocolate, salted caramel

Build your own Matcha Latte - £4.50

Choose **Hot** or **Iced**

Add your favourite syrup: £1

Vanilla, Caramel, Cinnamon, Almond, Biscoff, Frozen Mint, Chocolate, White Chocolate, Coconut, Salted Caramel

Hot Specials - £4.50

Coconut & Almond Latte, Salted Caramel Mocha, Maple Spiced Latte, Peppermint mocha

Liqueur Coffees

Irish Coffee	£7.50
Irish Whisky	
Irish Cream Coffee	£7.50
Baileys	
French Coffee	£7.50
Grand Marnier	
Italian Coffee	£7.50
Amaretto	
Calypso Coffee	£7.50
Tia Maria	
Seville Coffee	£7.50
Cointreau	
Skye Coffee	£7.50
Drambuie	

Teas & infusion

Cup £2.20 - Pot £2.70

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

Frappes - £5.20

Add your favourite syrup: £1

Vanilla, Caramel, Cinnamon, Almond, Biscoff, Frozen Mint,
Chocolate, White Chocolate, Coconut, Salted Caramel

Add a shot of Baileys: £3.50

Smoothies/Milkshakes - £6.90

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.**

Add a
scoop of
Whey Protein
£3.00
to any smoothie
or shake

Soft Drinks

Lemon Ice Tea £2.50

Tropical Ice Tea £2.50

Cans (330ml) £2.50

Coke, Coke zero, Fanta Orange, Fanta Lemon, Sprite,
Aquarius Lemon, Aquarius Orange, Tonic, Maracuya

Juices £2.80

Orange, pineapple, peach, apple, tomato

Fresh Orange Juice £4.00

Water

33cl - Still £2.50

33cl - Sparkling £2.50

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