

ALL DAY BREAKFAST

TOAST w' CONDIMENTES – Freshly buttered bread with your choice of local honey, jam, peanut butter or vegemite	\$2.5 Raisin (1) \$5.5 Sourdough or Light Rye (2) \$4.2 Gluten Free (2)	EGGS ANYWAY – Fresh local eggs cooked your way, served on toasted sourdough Poached, Fried or Scrambled ADD Hickory Smoked Bacon	\$9.9 \$14.4
HICKORY SMOKED BACON BURGER – BIG brioche bun with hickory smoked bacon, fried egg, melted cheese & BBQ Sauce	\$11.9	MEGA BREKKY BURGER – Hickory smoked bacon burger pimped with hash browns & relish	\$14.9
NICE & LIGHT BREAKFAST – Fresh poached egg, hickory smoked bacon, sourdough toast & grilled tomato	\$12.9	TWIN FRIGG SOLDIERS – Old-fashioned runny dippy eggs, served with hickory smoked bacon & finger light rye toast	\$13.5
ALLO AVO – A mountain of lightly smashed fresh avocado with lemon & olive oil, topped with soft Danish feta ADD – Hickory Smoked Bacon & a poached egg	\$16.5 \$21.5	AVO LIGHT – Lighter serving of Allo Avo on sourdough toast and a poached egg Perfect with a Fresh Green Go Go Juice \$8	\$15
CORN FRITTER STACK (GF) – Fresh made Corn Fritters stacked high with a rustic avocado & tomato salsa + drizzling of sweet chilli sauce ADD – Hickory Smoked Bacon & a poached egg	\$16.5 \$21.5	GOOD FRIGG – Baby tomatoes and cherry bocconcini tossed in a balsamic vinegar & olive oil dressing served with 2 poached eggs ADD – Grilled Mushrooms	\$16.5 \$20.5
MIGHTY THOR – Frigg's own Savoury Grass Fed beef mince, piled high on sourdough toast. Served with two fried eggs & Lea + Perrins Worcestershire Sauce	\$19.9	THE BIG FRIGG – Our Big Hearty Breakfast with hickory smoked bacon, 2 eggs your way, pork sausage from our local butcher, grilled mushrooms, baked beans, grilled tomato, hash browns and light rye toast	\$22.9
EGGS BENNY – Fresh Poached Eggs on Sourdough Toast with lashings of Hollandaise sauce, lemon on the side served on .. Fresh warmed Smoked Leg Ham Hickory Smoked Bacon Smoked Salmon & Baby Spinach Haloumi & Mushrooms	\$18.9 \$18.9 \$21.9 \$21.9	 PANCAKES – All served with side of maple syrup Traditional served with icecream Nutella layered & Icecream Canadian (Hickory Bacon) & Icecream Flourless Protein with Greek Yoghurt	 \$14.9 \$19.9 \$19.9 \$19.9

A little 'Something Something' Extra ...

Gravy	-	Maple Syrup	-	Extra Egg	\$2
Hollandaise	-	Baked Beans	-	Hash Browns	\$3
Mushroom	-	Pork Sausage	-	Baby Spinach	\$4
Grilled Tomato	-	Hot Chips on side			\$4
Haloumi	-	Hickory Bacon	-	Avocado Slices	\$5

ON THE GRILL TOASTIES (on Light Rye)

Cheesy Cheese	\$7.5
Leg Ham & Cheese	\$8.5
Avocado & Cheese	\$8.5
Leg Ham, Cheese & Tomato	\$9.9
Grilled Chicken, Cheese & Mayo	\$11.9

TOASTIE ADD ONS –

- Grilled Onion	\$1
- Avocado Slices	\$3
- Hot Chips on side	\$4

LITTLE PEOPLE'S MENU

\$8 Choose from ..

- FAIRY BREAD WITH FRUIT
- SCRAMBLED EGGS ON TOAST
- CHICKEN POPS & CHIPS
- SPAGHETTI BOLOGNAISE

Kids Drinks ..

Babychino	-	\$1.2
Apple Juice Popper	-	\$2
Fresh Orange Juice	-	\$4
Milkshake	-	\$4
(Chocolate, Strawberry, Vanilla, Banana, Caramel)		
Ice Cream	-	\$5 w/ Sprinkles

We love Social Media. Follow us on Facebook & Instagram.



ALL DAY LUNCH

CLASSIC CHEESEBURGER – 100% Australian Grass Fed beef patty on a brioche bun with melted cheese, lettuce and tomato sauce	\$10 \$14 W/ Chips	BIG FAT CLUB SANDWICH – Grilled Chicken, Melted Cheese, Hickory Bacon, Cos & Tomato double decker on toasted light rye with Aioli	\$15 \$19 W/ Chips
CHICKEN BLT BURGER – Grilled Chicken with hickory smoked bacon, crispy lettuce, fresh sliced tomato and aioli. Make it a Chicken BLAT (w/- Avocado)	\$15 \$19 W/ Chips Extra \$5	BEST FRIGG'N BURGER – 100% Australian Grass Fed beef patty on a large brioche bun, with hickory smoked bacon, melted cheese, fried egg, onion, lettuce, Aioli & BBQ sauce	\$16.5 \$20.5 W/ Chips
CLASSIC CAESAR – Crispy lettuce tossed with shaved parmesan cheese, hickory bacon & croutons, topped with a freshly poached egg and Caesar dressing	\$16 \$21 w/- Avo \$22 W/ Chicken	HALOUMI ATHENA – Tomato, fetta, olives, cucumber, red onion and lettuce, drizzled with herbed olive oil dressing and topped with grilled haloumi	\$16 \$21 w/- Avo \$22 W/ Chicken
VEGETARIAN FRITATTA OF THE DAY – Served with side salad	\$12.9	CHICKEN SNITTY – Classic Chicken Schnitzel served with lemon, chips and side salad	\$15
FISH & CHIPS – Beer Battered Flathead served with chips & tartare sauce	\$16.9	SPAGHETTI BOG BOWL – Traditional Spaghetti Bolognese topped with shaved parmesan cheese	\$16.9
ACAI LOVER – Brazilian superfood, made to an authentic recipe. Served with granola and fresh fruit, topped with coconut & chia seeds.		CHICKEN PARMI – Classic Chicken Schnitzel with tomato passata, hand cut leg ham & melted cheese. Served with chips & side salad	\$19.9

Frigg is family owned and we now have 2 stores at
Labrador on the Gold Coast & Manly West in Brisbane.
We also LOVE Food Prepping, Catering & Events.
[Ask us for more information.](#)

ACAI LOVER – Brazilian superfood, made to an
authentic recipe. Served with granola and fresh fruit,
topped with coconut & chia seeds.

ZEUS POWER – Fresh Greek yoghurt blended with
chocolate protein powder. Served with granola,
seasonal fruit, coconut, chia and a hint of local honey.



Big Bowl of Sweet
Potato Fries

w/ Aioli & Sweet Chilli

\$9.90

Hot Chips \$7.50

Where does the name FRIGG come from?

Frigg in Nordic mythology was a Goddess, the Weaver of
Marriage, Love and Domestic Bliss. She was married to
Odin, father of Thor. We adore Frigg and what she
represented, inspiring our homely rustic style of cooking,
passionately served to you with sprinkles of love.