

Thanks for joining us today and welcome to Frigg. We are passionate about delivering yummy 'home-cook' inspired food, awesome coffee, delicious drinks, fresh treats and an outstanding service, all in a warm & inviting environment. Please feel at home and enjoy your time at Frigg.

EAT. DRINK. CONNECT.



Love Maria & Toula  
Frigg Owners & Entrepreneurs

#welovepeople #twinnies

### So, where does the name Frigg come from you ask?

Frigg was a Nordic Domestic Goddess and her name means 'Beloved'. She was married to Odin who is Father to Thor. Friday is believed to be named after Frigg, as Thursday was named after Thor. The modern-day word Frigg is a little bit cheeky too, just like the Twinnies.

## Cold Beverages

Iced long black (Americano)	\$4
Double shot Ice Latte	\$5
Frappe (Vanilla or Chocolate)	\$5
Iced Coffee (with ice-cream)	\$6
Iced Coffee Frappe	\$6
Milk Shake	\$6 Kids \$4
Thick Shake	\$8 Kids \$5
*Vanilla, Chocolate, Caramel, Strawberry, Banana	
Coke Spider	\$6

### SMOOTHIES

Vegan OJ Magic	\$8
<i>(Mango + Oranges)</i>	
Tutti Frutti	\$8
<i>(Strawberries + Banana + Mango + ice-cream)</i>	
Turmeric	\$8
<i>(Turmeric + cinnamon + ice-cream + honey + milk)</i>	
Acai Power	\$10
<i>(Acai Berry + Apple + Banana)</i>	

### OUR FAMOUS JUICES \$8

#### Green Go Go

*(Apple + Cucumber + Celery + Spinach + Pineapple + Lime + Ginger)*

#### Body Cleanser

*(Carrot + Celery + Apple)*

#### Friggalicious

*(Oranges + Apple + Pineapple)*

#### A'la Orange

*(100% Oranges)*

#### Immune Booster

*(Apple + Beetroot + Ginger + Carrot + Oranges + Lemon)*

**WANT  
EXTRA GO?  
Add Turmeric +  
Black Pepper  
Just Ask!**

### OR DESIGN YOUR OWN JUICE!

**F**  
**FRIGG**<sup>®</sup>  
EAT. DRINK. CONNECT.  
**CAFÉ + BAR**

## ALL DAY MENU

### Open 7 Days

Sat-Thurs 6.30am – 3pm'ish

Friday 6.30am – 9pm'ish

Friday Tapas Menu starts from 5pm

10A Frank St, Labrador on the Gold Coast

P 07 5531 2000



Offering you the best in hot beverages ...



Espresso	\$2
Doppio/Double Espresso	\$3
Macchiato	\$3
Piccolo	\$3.5



Long Black	\$3.00	\$4.00	\$5.00
Latte	\$3.80	\$4.80	\$5.80
Cappuccino	\$3.80	\$4.80	\$5.80
Flat White	\$3.80	\$4.80	\$5.80
Mocha	\$3.80	\$4.80	\$5.80
Dirty Chai	\$3.80	\$4.80	\$5.80
Chai Latte	\$3.50	\$4.50	\$5.50
Turmeric Latte	\$3.50	\$4.50	\$5.50
Hot Chocolate	\$3.50	\$4.50	\$5.50

### Extra Coffee Shots 80c

Specialty Syrups 80c (Vanilla, Caramel, Hazelnut)  
Specialty Milks 80c (Zymil, Soy, Almond)

Babychino & Puppychino \$1.20

Twinnings Specialty Tea \$4 pot  
(English Breakfast, Earl Grey, Green & variety of herbals)

Ask us about Catering and Functions

Dine In | Take Away | Delivery



## All Day Breakfast

<b>TOAST</b> Light Rye   Thick Raisin   Thick White	\$2.5
<b>BIG FAT CROISSANT</b> Warm & Crusty	
w/- Nutella or Jam	\$8
w/- Leg ham off the bone + melted cheese	\$11
w/- Qld style – leg ham, cheese & pineapple	\$13
<b>ACAI SORBET PARFAIT</b> w/- sprinkle of granola	\$8
<b>FREE RANGE EGGS YOUR WAY</b> w/- toast	\$9
Poached, scrambled or fried <b>Add Bacon \$13</b>	
<b>HICKORY SMOKED BACON BURGER</b>	\$10
with melted cheese, fried egg + bbq sauce	
<b>NICE AND LIGHT BREAKFAST</b>	\$11
Free range egg, bacon, grill tomato + toast	
<b>TWIN FRIGG SOLDIERS</b>	\$12
2 soft boiled eggs, bacon + dipping toast	
<b>ACAI SUPER BOWL</b>	\$14
Fresh mixed Acai berry blended with fresh pressed apple & banana, granola + fresh fruit	
<b>ZEUS POWER BOWL</b>	\$14
Greek yogurt mixed with choc protein powder with granola, fresh fruit + honey	
<b>ALLO AVO</b>	\$15
Fresh picked avocado smashed with lemon & olive oil topped with Danish feta on artisan toast	
<b>CORN FRITTER STACK</b>	\$15
Fresh made corn fritters (gluten free), topped with a rustic avocado salsa + sweet chilli on the side	
<b>THE GOOD FRIGG</b>	\$16
Baby tomatoes + bocconcini tossed in balsamic dressing on light rye topped with 2 poached eggs	
<b>PANCAKES – 4 to choose from</b>	\$17
- Flourless Chocolate Protein w/- seasonal fruit	
- Nutella & Bulla Vanilla Ice-Cream	
- Acai Sorbet Parfait w/- seasonal fruit	
- Canadian Hickory Bacon with maple syrup	
<b>EGGS BENNY</b>	
w/- Leg ham or hickory smoked bacon	\$17
w/- Smoked salmon + baby spinach	\$19
<b>THE MIGHTY THOR</b>	\$18
Lots of Savoury mince on rye topped with an egg	
<b>THE BIG FRIGG – Toast, 2 free range eggs,</b>	\$20
Hickory smoked bacon, mushrooms, pork sausage, tomato, baked beans & chips ( or hash brown)	

## All Day Brunch or Lunch

<b>FRIGG TOASTIES</b> (Add avocado for \$2.50)	
w/- Cheesy cheese	\$5
w/- Leg ham + cheese	\$7
w/- Leg ham + cheese + tomato + onion	\$8
w/- Grilled chicken + cheese + mayo	\$9
w/- Hickory BLT + aioli	\$10
<b>CHAR GRILLED FRITTATA</b> w/- green salad	\$12
<b>THE BIG FAT CLUB SANDWICH</b>	\$15
<b>ADD Hot Chips</b>	\$18.5
<b>CHICKEN BLT BURGER</b>	\$14
<b>ADD Hot Chips</b>	\$17.5
<b>CAESAR SALAD</b> w/- poached egg	\$14
<b>ADD Grilled Herbed Chicken</b>	\$19
<b>GREEK SPAGHETTI PIE</b> w/- Chips & Salad	\$16
<b>WAGYU BEEF BURGER</b>	\$16
Wagyu beef pattie, free range egg, hickory bacon, melted cheese, fried onion + cos lettuce on bun	
<b>ADD Chips</b>	\$19.5
<b>ATHENA HALOUMI STACK</b>	\$16
Layers of char grilled sweet potato and grilled haloumi topped with green leaf salad	
<b>CHICKEN SNITTY</b> with lemon, chips & salad	\$15
<b>PIMP it up and make it a CHICKEN PARMI</b>	\$19.5

### EXTRAS

Gravy	\$2
Baked Beans   Hash Browns   Hollandaise	\$3
Grilled Tomatoes   Hot Chips   Mushrooms	\$3.5
Hickory Bacon   Pork Sausage   Free Range Eggs (2)	\$4
Haloumi   Baby Spinach   Avocado slices	\$4.5

### KIDS MEALS

1. Fairy Bread + Fruit Sticks
2. Egg + Bacon + Toast
3. Chicken Pops + Chips
4. Kids Pancakes

\$7 Meal Only + Popper \$9

\$11 Meal + child's milkshake



Please note Surcharges apply on Public Holidays

CHECK OUR BOARD FOR DAILY FAVOURITES