

FRIGG SECRET MENU



Smaller meal portions with our WLS Community in mind.
Available at our Labrador and Manly West Stores.

FRIGG SOLDIER	\$9
1 soft boiled egg, hickory bacon & dippy toast	
ZEUS POWER BOWL	\$10
Greek yogurt mixed with choc protein powder with granola, fresh fruit + honey	
AVO LIGHT	\$11
Our avocado smash with lemon & olive oil topped with Danish feta	
CORN FRITTER DELIGHT	\$12
Fresh made corn fritter (gluten free), topped with a rustic avocado salsa + sweet chili on the side	
PROTEIN PANCAKES	\$12
Chocolate protein pancakes topped with fresh fruit + maple syrup & side Greek yoghurt	
EGGS BENNY	\$12
Choice of Vegetarian, Leg Ham, Hickory Bacon or Smoked Salmon	
MINI MIGHTY THOR	\$12
Savoury mince on toast topped with an egg	
BREADLESS CLUB	\$12
Crispy lettuce topped with Mediterranean chicken, bacon, tomato, melted cheese & aioli	
MIDI CHICKEN PARMI	\$12
Crumbed chicken schnitzel topped with tomato passata & melted cheese	



Join our Frigg WLS Community Facebook Group.



Frigg now has a Tuesday Foodie Club of FRESH made meals. Our WLS Community loves them as they make 2 serves. Prices start from \$12.