

# Welcome, this is our ALL DAY FRIGG'N GOOD MENU!

## FRIGG BREKKY FAVOURITES

Two Eggs on Sourdough Toast \$9.90  
(Fried or Poached)  
Add hickory smoked bacon \$15.90

Scrambled Eggs on Sourdough Toast \$12.90  
Add wilted baby spinach & red onion  
or hickory smoked bacon \$17.90

Twin Frigg Soldiers \$14.90  
2 boiled dippy eggs with bacon and light rye toast

Corn Fritter Stack \$16.50  
Fresh made corn fritters stacked with rustic avocado & tomato salsa with drizzling of sweet chilli sauce

Allo Avo \$16.50  
A mountain of lightly smashed avocado on sourdough toast, topped with Danish feta

Mighty Thor \$22  
Frigg's own savoury beef mince piled high on sourdough toast topped with two fried eggs and a side of Worcestershire sauce

The Big Frigg \$24.90  
Hickory smoked bacon, 2 eggs (anyway), pork sausage, mushrooms, baked beans, grilled tomato, hash browns & light rye toast

The Big Frigg Vegetarian \$24.90  
Haloumi, 2 eggs (any way), baby spinach, mushrooms, grilled tomatoes, hash browns & light rye toast

Add side of relish \$2



# F FRIGG

EAT. DRINK. CONNECT.

## HICKORY BREKKY BURGERS

All served on a BIG brioche bun with BBQ sauce

Brekky Burger \$12.50  
Bacon, melted cheese & fried egg

Mega Brekky Burger \$15.50  
Bacon, melted cheese, fried egg & hash browns

OMFG Brekky Burger \$19.50  
Bacon, melted cheese, fried egg, hash browns & pork sausage

## BENNYS

Poached Eggs on sourdough toast with lashings of hollandaise sauce.

Enjoy 2 different serving sizes - BIG or LIGHT

Choose from :	BIG	LIGHT
Shaved leg ham	\$19.90	\$14.90
Hickory smoked bacon	\$19.90	\$14.90
Haloumi, baby spinach & mushrooms	\$22.90	\$17.90
Smoked salmon & baby spinach	\$24.90	\$19.90
KETO (Breadless) bacon, spinach & mushrooms	\$24.90	\$19.90

## VEGAN BREAKFAST

Hearty Vegan Brushetta \$18.50  
Toasted sourdough topped with bruschetta tomato, red onion & plant based feta  
Add Mushrooms \$23.50

Vegan Avo & Mushroom Delight \$18.50  
Smashed avocado on sourdough, with spinach & mushroom  
Add plant based feta \$23.50



PANCAKES  
2 stack served with maple syrup & ice cream

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Make it a 3 stack for an extra \$3  
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Traditional \$12.90  
Nutella \$15.90  
Canadian with bacon \$17.90



## TOASTIES

Traditional on Light Rye

Cheesy cheese \$8  
Tomato, cheese & onion \$8.50  
Avocado & cheese \$9.50  
Leg ham & cheese \$9.50  
Leg ham, cheese & tomato \$10.50

Gourmet on Light Rye

Hickory bacon, egg & cheese \$10.50  
Leg ham, cheese & grilled pineapple \$11.00  
Grilled chicken, cheese & mayo \$11.50  
Grilled chicken, cheese & avo \$13.50  
Haloumi, red onion & avo \$15.00

ADD ON  
Onion, Tomato or Pineapple \$2  
Avocado slices \$3

Gluten Free & Sourdough extra \$1



## POWER BOWLS

Acai Lover \$15  
Brazilian berry superfood made to an authentic recipe. Served with granola and fresh fruit, topped with coconut and chia seeds

Choc Yoghurt Protein Bowl \$15  
Fresh creamy Greek yoghurt blended with chocolate protein powder, served with granola, fruit, coconut, chia and a hint of honey



## LIGHT BREKKY

FOR SOMETHING ON THE LIGHTER SIDE?

Buttered toast with condiments (Jam, honey, vegemite or peanut butter)  
Raisin (1 slice) \$2.50  
Light Rye, sourdough or gluten free (2 slices) \$6.50

Avo Light - \$13.50  
Light version of allo avo topped with a poached egg

Nice & Light - \$14.50  
Slice of sourdough toast topped with a poached egg, hickory smoked bacon & grilled tomato

SOMETHING EXTRA

- \$2  
Gravy | 1 Egg | Hash Brown
- \$3  
Baked Beans | Baby Spinach | Haloumi
- \$4  
Hollandaise | Mushrooms | Grilled Tomato
- \$5  
Pork Sausage | Leg Ham | Vegan Feta
- \$6  
Smoked Salmon | Hickory Bacon

Stay up-to-date with all thats going on @FRIGGCCAFE #FRIGGCCAFE



BIG FAT BURGERS

Life is..  
FRIGG'N  
GOOD!



Add a  
Generous Side  
of Chips  
\$5

All served on a BIG Brioche Bun

**Best Friggin Burger \$18.50**

Beef pattie, hickory bacon, red onion, melted cheese, fried egg, cos with BB& & aioli sauce

**Classic Cheese Burger \$12.50**

Beef pattie, melted cheese, cos with tomato sauce

**Classic Cheese & Bacon Burger \$15.50**

Beef pattie, melted cheese, hickory bacon, cos with tomato sauce

**Chicken BLT Burger \$16.50**

Fresh grilled chicken, hickory bacon, lettuce and tomato with aioli sauce

**Haloumi Vege Burger \$17.50**

Fresh grilled Greek haloumi, avocado, red onion, tomato, cucumber, cos with aioli sauce

**Chicken Snitty Burger \$15.00**

Chicken snitzel, cos with mayo

**\$9 KIDS MENU**



- Fairy Bread & Fruit
- Scrambie Eggs on Toast & Hash Brown
- Pancake with Ice Cream & Maple Syrup
- Chicken Pops & Chips
- Thick Cheesy Toastie & Hash Brown

**FRIGG'N  
LUNCH FAVOURITES**

**Chicken Parmi \$22.90**

Classic chicken snitzel with tomato passata, leg ham & melted cheese. served with side salad and chips.

**The Ploughman's Lunch \$24.90**

Grilled Chicken, fresh ham, pork sausage, poached egg, cheese, tomatoes, cucumber, cos, relish, bread & butter

**Big Fat Club Sandwich \$16.50**

Double decker BLT and grilled chicken & cheese

**Vegetarian Club Sandwich \$16.50**

Double decker egg, lettuce, tomato, haloumi & avocado

**Bowl of Chips \$10**

with tomato sauce

**Bowl Of Sweet Potato Chips \$12.50**

with sweet chilli sauce and aioli

**Loaded Frigg'n Fries \$15.00**

A big bowl of fries topped with crispy bacon & melted cheese with BBQ & aioli sauce

**Classic Caesar Salad \$18.90**

A hearty salad of crisp cos lettuce tossed with shaved parmesan, hickory bacon, topped with freshly poached egg, Caesar dressing and side herbed toast

**Add Grilled Chicken \$23.90**

**Greek Salad \$17.90**

Olives, cucumber, feta, tomato, red onion, mixed lettuce in olive oil dressing topped with grilled Haloumi

**Add Chicken \$23.90**

**Chicken Snitty \$18.50**

Chicken snitzel served with lemon, chips & side salad

**Vegan Snitty \$20**

Plant based snitzels served with lemon, chips & side salad

ADD  
Juice Popper \$2  
Kids Milkshake \$5  
Babychino \$1.20

**MILK SHAKES**

\$7 Reg

\$5 Kids/Small

**THICK SHAKES**

\$9 Reg

\$6 Kids/Small

\$9.50  
Reg

\$5.50  
Kids/Small

**SMOOTHIES**

**OJ Magic**

Mango & Oranges

**Bananarama**

Banana, Honey, Ice Cream, Milk

**Tutti Frutti**

Strawberries, Bananas, Mango & Ice Cream

**Turmeric**

Turmeric, Cinnamon, Ice Cream, Honey & Milk

**Acai**

Acai Berry, Apple & Banana

ADD chocolate protein powder \$4

**COFFEE**

Long Back, Flat White, Latte, Cappuccino, Mocha, Piccollo, Hot Chocolate, Babychino

*A little bit special ...*

Turmeric Latte, White Hot Chocolate, Chai, Dirty Chai

**TWININGS  
TEA**

English Breakfast  
Earl Grey  
Peppermint  
Chamomile  
Green

plant based milk - 80c

We have some  
**FRIGG'N  
GOOD DRINKS!**



\$9  
Reg

\$5  
Kids/Small

Add  
Ginger  
\$2

**FRESH JUICES**

**A'La Orange**

100% Oranges

**Friggalicious**

Oranges, Red Apples & Pineapple

**The Hangover**

Carrots, Celery, Red Apple  
Lemon & Cucumber

**Green Go Go**

Green Apples, Cucumber, Celery,  
Spinach, Pineapple & Lemon

**Immune Booster**

Red Apple, Beetroot,  
Carrot, Oranges & Lemon

**Make your Own**

(must have base of  
Apple or Orange

- minimum 3 ingredients)

**ICED COFFEE DRINKS**

Iced Coffee (Cream & Ice Cream)

Iced Latte (Coffee, Milk & Ice)

Iced Turmeric Latte (Coffee, Milk & Ice)

Iced Americano (long black, double shot)

Iced Frappe (Vanilla or Chocolate)

Iced Chocolate (Cream & Ice Cream)

Iced Mocha (Coffee, Choc, Milk & Ice)

Iced Latte Frappe (No Cream or Syrup)

Iced Coffee Frappe (Cream & Ice Cream)

Choc / White Choc Frappe (Cream & Ice Cream)