



Small Plates

PORK BELLY BITES Tossed in honey soya, skinny fries	95
FRIED CALAMARI TUBES & HEADS	105
DECONSTRUCTED NACHOS ✓ Tomato salsa, guacamole, sour cream Add Chicken Strips 70	92
FRIED HALLOUMI CUBES ✓ Sweet and spicy mayo	95
BBQ CHICKEN WINGS 4 Pcs Sticky Teriyaki, chives, toasted sesame	125

Salads

COUSCOUS ✓ Feta, mixed pepper, butternut, pumpkin seeds, chickpeas, mint, honey balsamic dressing Add Chicken Strips 70	108
CHICKEN CAESAR Crisp lettuce, grilled chicken, croutons, Parmesan shavings, Caesar vinaigrette	128
ROCKET SALAD ✓ Rocket, feta, butternut, walnuts, red onion, balsamic vinaigrette	118

Classic Sandwiches

SERVED ON TOASTED SOURDOUGH OR TOASTED RYE.
SERVED WITH A CHOICE OF EITHER SKINNY FRIES OR SIGNATURE GREEN SALAD.

HAM & MOZZARELLA	88
TOASTED BACON, EGG & MOZZARELLA	85
SALAMI, MOZZARELLA & TOMATO	95
TOASTED CHEESE ✓	78
CHICKEN MAYO	95

Signature Sandwiches

SERVED ON TOASTED PANINI OR SOURDOUGH BAGUETTE.
SERVED WITH A CHOICE OF EITHER SKINNY FRIES OR SIGNATURE GREEN SALAD.

SLOPPY JOE & CHEESE	145
CAPRESE ✓ Mozzarella, tomato, basil, olive oil, balsamic glaze	132
OPEN PARM HAM SANDWICH NEW Cream cheese, tomato, rocket, parma ham, olive oil, balsamic reduction, toasted sourdough	155
OPEN CHICKEN MAYO SANDWICH NEW Crisp lettuce, chicken mayo, crispy bacon bits, mirco herbs, toasted sourdough	110
CRISPY CHICKEN Crispy chicken breasts, hummus, salami, mozzarella	152
STEAK Beef fillet, caramelized onions, mozzarella, tomato, rocket	175

Sliders

SERVED WITH SKINNY FRIES

BEEF SLIDERS 2 Beef sliders, cheddar cheese, caramelized onions, signature mayo	145
CRISPY CHICKEN SLIDERS Crispy chicken, cheddar cheese, coleslaw, honey mayo	135

Grills

SERVED WITH A CHOICE OF EITHER SKINNY FRIES OR SIGNATURE GREEN SALAD.
UNLESS OTHERWISE SPECIFIED

CHICKEN BREAST 2 Lemon & herb chicken breasts served with couscous salad	165
PARMESAN CRUSTED CHICKEN SCHNITZEL Parmesan crusted chicken, Napoletana, mozzarella, nduja	182
CHICKEN STRIPS & CHIPS	162
CALAMARI Grilled or fried tubes & heads	192
BEEF FILLET Beef fillet, olive oil, course salt, thyme, skinny fries	282
SEARED CHIMICHURRI SLICED FILLET Sliced fillet, chimichurri sauce, served on a bed of rocket, skinny fries	285
RUMP SKEWERS Rump cubes, garlic salt, lemon	195
SIGNATURE DOUBLE CHEESEBURGER 2 100g Beef patties, cheddar cheese, signature mayo, sautéed onions, seeded bun, served with skinny fries	160

Pasta

OXTAIL LINGUINE Pulled oxtail, Napoletana sauce, Parmesan cheese	185
PRAWN PASTA 6 Prawns, spaghetti, Napoletana cream	170
FILLET PENNE Beef fillet strips, mushrooms, garlic, sautéed onions, cream sauce, Parmesan cheese	175

Pizzas




FLAT BREAD ✓ Olive oil, coarse salt, oreganum	85
FLAT BREAD MOZZARELLA ✓ Mozzarella (No tomato base)	92
MARGHERITA ✓ Classic margherita, basil	115
PEPPERONI, BLUE CHEESE & HOT HONEY	145
CALAMARI NEW Tubes & heads, dill	185
THE HIPSTER Bacon, avo, feta	132
SWEET CHILLI CHICKEN MAYO	178
PARMA HAM & ROCKET	192
PEPPERONI	135
REGINA Classic margherita, ham, mushrooms	128
THE VEGETARIAN ✓ Classic magherita, mushrooms, olives, feta, rosa tomatoes	135



PLEASE NOTE OUT KITCHEN IS NOT FREE FROM THE FOLLOWING ALLERGENS: NUTS, DAIRY, SOY, WHEAT & OTHERS.

Breakfast

BREAKFAST IS ONLY SERVED TILL 11:45

GREEK YOGHURT BOWL  Honey, granola, strawberries, banana, chia seeds	95
BREAKFAST IN A PAN 2 Eggs, rosa tomatoes, mixed peppers, Napoletana, feta cheese	128
BRIOCHE BREAKFAST BUN Toasted brioche bun, fried egg, bacon, cheddar cheese, rocket, hollandaise sauce, served with skinny fries	105
SMASHED AVO & EGGS ON SOURDOUGH Smashed avo, scrambled eggs, feta, sourdough toast	102
Add Bacon 42 Add Crispy Parma Ham 82	
SMOKED SALMON TOAST  Cream cheese, avo, smoked salmon, toasted sourdough	165
TOASTED BACON, EGG & MOZZARELLA Sourdough toast or rye toast	95
FREDDO BENEDICT 2 Poached eggs, crispy bacon, hollandaise sauce, toasted English muffin	102
THE HAZELWOOD Bacon, 2 fried eggs, beef banger, tomatoes, toasted sourdough or rye	132
FREDDO OMELETTE Bacon, avo, feta	105
PROTEIN OATS  Oats, chocolate protein, honey, peanut butter, cinnamon, banana, strawberries	85
FREDDO PANCAKES 3 Rolled Homemade Pancakes CINNAMON & SUGAR SERVED WITH LEMON NUTELLA & STRAWBERRY	85 95

Breakfast Croissants

BREAKFAST IS ONLY SERVED TILL 11:45

CROISSANT WITH EGGS & HAM Croissant filled with scrambled eggs, mozzarella cheese & ham	105
CROISSANT WITH BACON & EGGS Croissant filled with bacon & scrambled eggs	115
CROISSANT WITH CHEESE Filled with grated mozzarella cheese	85

Breakfast Cocktails

BREAKFAST COCKTAILS ARE SERVED FROM 10:00

MIMOSA Bubbles, orange juice	85
SIGNATURE COSMOPOLITAN Vodka, cranberry juice, lime	105
BASIL SMASH Inverroche Verdant, 8 basil leaves, lemon juice, gomme syrup	110
GUAVA HARMONY Rum, guava syrup, red fruit purée	108
PINA COLADA Coconut milk, Malibu, pineapple juice, simple syrup	110
STRAWBERRY DAIQUIRI Strawberry Liqueur, Havana 3yr, strawberry juice & grenadine	110
MOJITO Rum, sweet lime, mint, soda	115
FROZEN APEROL	115
LEMON TEQUILA GRANITA	98
BLOOD ORANGE RUM GRANITA	98

Hot Coffee

ESPRESSO		CAPPUCCINO	
PLAIN	26	CLASSIC	30
DOUBLE	28	LARGE	38
SIGNATURE ESPRESSO		FLAT WHITE	34
NUTELLA	32	Double shot espresso with a dash of micro foam	
Espresso with nutella			
DOUBLE CHOCOLATE	35	CORTADO	32
Espresso & chocolate mousse		Double shot espresso with a dash of micro foam	
ESPRESSO TONIC	51	SIGNATURE CAPPUCCINO	
Espresso & tonic water		CHOCOLATE CAPPUCCINO	55
6AM CLUB	65	CONDENSED MILK CAPPUCCINO	45
Orange juice & espresso		ACTIVATED CHARCOAL CAPPUCCINO	58
FIX ME UP! (NO TAKEAWAYS)	68	COCONUT CAPPUCCINO	45
Espresso with Grappa		RED CAPPUCCINO	42
AMALFI (NO TAKEAWAYS)	48	COLLAGEN CAPPUCCINO	55
Espresso, Limoncello & cool foam		GOLD CAPPUCCINO	110
MACCHIATO		Garnished with 24k Gold	
Espresso topped with foam		LATTE	
SINGLE	26	Served hot or on ice	
DOUBLE	28	CLASSIC COFFEE	38
ARTISANAL COFFEES		CARAMEL	45
PLUNGER COFFEE	42	TOASTED MARSHMALLOW	45
Single serving. Rich & smooth, served with or without milk		COCONUT	45
GREEK COFFEE	42	TOASTED HAZELNUT	45
Served: Plain, medium or sweet. Made with extremely fine grind. Dark, bold roast, boasting a rich & creamy head. Served ONLY without milk.		GINGERBREAD	45
COFFEE FLUFF PLAIN	45	HOT CHOCOLATE	45
Fluffed freeze dried coffee served with milk		FREDDO SIGNATURE TEAS	25
COFFEE FLUFF CARAMEL	52		
Fluffed freeze dried caramel coffee served with milk			

Freezo

COFFEE	52	BLOOD ORANGE	52
SALTED CARAMEL	52	LEMON	52
CHAI LATTE	52	GIA DREAM ZONE MYSTERY FLAVOUR	55
CHARCOAL CREAM	62	Guess the flavour, because we don't know!	
MILK CHOCOLATE	57	PROTEIN FREEZO	55
WATERMELON	52	Banana, crunchy peanut butter, honey, Whey protein powder & oat milk	


Cold Freddo

Served: Plain, medium, sweet

FRAPPÉ WITH MILK	42	FREDDO ESPRESSO	32
Foamed coffee, milk on ice		Foamed espresso on ice	
FRAPPÉ WITH WATER	38	FREDDO CAPPUCCINO	42
Foamed coffee, water on ice		Foamed espresso on ice & cool foam	

FOR OUR ALCOHOLIC DRINKS SELECTION
PLEASE LOOK AT OUR EXCLUSIVE DRINKS MENU

Sweet Tooth

ITALIAN BAKED CHEESECAKE	
PLAIN	88
NUTELLA	110
OREO	135
PISTACHIO	120
HOMEMADE TIRAMISU Savoardi biscuits, espresso, coffee liqueur & mascarpone	82
PISTACHIO TIRAMISU Savoardi biscuits, espresso, coffee liqueur & Pistachio cream	120
DONUTS	
FREDDO GLAZED	20
CINNAMON & SUGAR	24
CHOC HAZELNUT	37
CRÉME BRÛLÉE FILLED DONUT	72
PISTACHIO DONUT	55
STRAWBERRY JAM FILLED DONUT	62
CROISSANTS	
CLASSIC CROISSANT	45
CHOC HAZELNUT CROISSANT	55
PISTACHIO CROISSANT	65
CUSTARD FILLED CROISSANT	62
CHOC CUSTARD FILLED CROISSANT	65
STRAWBERRY JAM FILLED CROISSANT	55
CRUFFIN Croissant muffin filled with white chocolate or choc hazelnut	68
FREDDO PANCAKES 3 Rolled Homemade Pancakes CINNAMON & SUGAR SERVED WITH LEMON NUTELLA & STRAWBERRY	85 95
TOASTED CROISSANT WITH SCOOP OF GELATO Honey toasted croissant served with any of our Gelato flavours	88
GELATO Per Scoop	
CHOCOLATE HAZELNUT	35
FIOR DI LATTE	35
PISTACHIO	38
SNICKERS	35
VEGAN CHOCOLATE  Made with nut milk	45

TOP ANY GELATO WITH ESPRESSO **26**



TAKE A LOOK AT OUR PASTRY DISPLAY
FOR MORE FRESH DELIGHTS