

## Cold Beverages

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.

Iced long black (Americano)	\$4
Iced Latte	\$4.5
Frappe (Vanilla or Chocolate)	\$5
Iced Coffee (with ice-cream)	\$6
Iced Coffee Frappe	\$6
Milk Shake	\$6
Thick Shake	\$8
*Vanilla, Chocolate, Caramel, Strawberry, Banana	
Coke Spider	\$6

### SMOOTHIES

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

### 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!



## ALL DAY MENU

### Open 7 Days

Sat-Thurs 5am – 3pm'ish

Friday 5am – 9pm'ish

10A Frank St, Labrador on the Gold Coast

P 1300 853 558



Offering you the best in hot beverages ...



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



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 (Lactose Free, Soy, Almond)

Babychino & Puppychino \$1.20

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

**All Day Breakfast**

<b>TOAST – Light Rye (2) / Thick Raisin (1)</b>	\$3
<b>BIG FAT CROISSANT</b> Warm & Crusty	
w/- Plain or with Nutella or Jam	\$7
w/- Leg ham off the bone + melted cheese	\$11
<b>GAIA GODDESS</b>	\$8
Thick slice raisin toast topped with peanut butter, banana, honey + granola	
<b>FREE RANGE EGGS YOUR WAY (2 eggs)</b>	\$9
Poached, scrambled or fried + toast	
<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
Acai berry topped with 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>FLOURLESS PROTEIN PANCAKES</b>	\$17
Chocolate protein pancakes topped with fresh fruit + maple syrup	
<b>EGGS BENNY</b>	
w/- Leg ham or hickory smoked bacon	\$16
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</b>	\$20
Hickory smoked bacon, 2 Eggs, sausages, baked beans, mushrooms, baby tomatoes on toast topped with hot chips (or Hash Brown)	

**All Day Brunch or Lunch**

<b>FRIGG TOASTIES</b>	
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</b> Chips	\$18.5
<b>CHICKEN BLT BURGER</b>	\$14
(Bunless & Gluten Free Option Available)	
<b>CAESAR SALAD</b> w/- poached egg	\$14
<b>ADD</b> Grilled Chicken	\$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 on bun	
<b>ADD</b> Chips	\$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**

Baked Beans | Hash Browns | Hollandaise | Tzatziki Sauce \$3  
 Baby Tomatoes | Hot Chips | Mushrooms \$3.5  
 Bacon | Pork Sausage | 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

\$7 Meal Only  
 \$9 Meal + child's milkshake/juice



Ask us about Catering and Functions

Dine In | Take Away | Delivery



Check our Board of Daily Favourites