



The Secret ♥ Menu

Frigg Twinnie Founders Maria and Tola have both proudly had Weight Loss Surgery and are advocates for the WLS Community. Frigg offers a safe place where you can dine with all your friends and family without feeling out of place. You can order from The Secret Menu or from our All Day menu (this has light options too).

Puree Stage.

SMOOTHIE – Design your Own (*what you do not drink, take home*) **\$9**

Soft Stage. (*Breadless*)

Scrambled Eggs, Wilted Spinach & Relish **\$12**

Avo Smash, Feta & Poached Egg **\$12**

Greek Yoghurt blended with Chocolate Protein Powder, Honey & Chia **\$12**

Mini Mighty Thor – Savoury Mince, Poached Egg & Worcestershire Sauce **\$15**

Let's Eat Stage.

Mini Yiros – Chicken or Haloumi in a wrap with tomato, cucumber, onion & hot chips **\$13**

Breadless Club Sandwich – Chicken, Bacon, Lettuce, Tomato, Cheese & Aioli **\$15**

Corn Fritters – 2 stack with avocado, tomato & onion salsa with sweet chilli sauce **\$15**

Chicken Parmi – WLS Size with small side of chips and salad **\$18**

Sides.

Visit Frigg's All-Day Menu and order just from the sides menu, or if you like you can even order from the kid's menu. No questions asked! 😊

 **This Menu is available at all [Frigg Locations](#) [Join](#) our Frigg WLS Community page on Facebook**

PLEASE MENTION WHEN ORDERING 'SECRET MENU' TO ENSURE OUR TEAM PLACE THE CORRECT SIZING FOR YOU.



Did you know that Frigg's was the first café in Australia to offer a Secret Menu for the WLS Community

