



STARTERS

FLEMISH ONION SOUP RICH ONION SOUP, MELTED CHEESE CROUTON	\$85
CLASSIC CAESAR SALAD TOMATO, CROUTON, LETTUCE, ANCHOVY, BACON, PARMESAN, CLASSIC CAESAR DRESSING ADD CHICKEN OR SMOKED SALMON EXTRA \$75	\$110
NICOISE SALAD PRESERVED ITALIAN TUNA, POTATO, FRENCH BEAN, ANCHOVY, OLIVE, TOMATO, CAPER, EGG, BUTTER LETTUCE	\$155
CRAB TIAN CELERIAC REMOULADE, CRUSHED BROAD BEAN, AVOCADO, TOMATO, PEA SHOOT, LEMON DRESSING	\$135
AUBERGINES PARMIGIANA BAKED EGGPLANT, PARMESAN, MOZZARELLA, PROVENCALE SAUCE	\$145
STEAK TARTARE NEW ZEALAND BEEF TENDERLOIN, ALL THE TRIMMINGS, GRILLED SOURDOUGH	\$185
BAKED WHOLE CAMEMBERT HONEY, THYME, GARLIC, TOAST	\$155
ROAST CHICKEN FRISEE SALAD DOUX FRENCH ROAST HEN, POACHED EGG, BACON, TOMATO, GORGONZOLA DRESSING	\$135
PRAWN COCKTAIL TIGER PRAWNS, TOBIKO, BUTTER LETTUCE, MARIE ROSE SAUCE	\$195
CHARCUTERIE PLATTER SELECTION OF COLD CUTS, PORK RILLETTE, PICKLES, SOURDOUGH TOAST	\$215
SALMON TARTARE CUCUMBER, CHIVE, SHALLOT, GHERKIN, GINGER, CILANTRO, LIME, AJI AMARILLO	\$155



SIDES

FRITES MAYO	\$60
ROASTED POTATOES MIXED HERBS, GARLIC	\$60
POMME PUREE CREAMY MASH POTATO	\$60
GARLIC BREAD BUTTER, PARSLEY	\$50
BROCCOLI & CAULIFLOWER STEAMED WITH OR WITHOUT CREAMY CHEESE	\$70
TOMATO & GOAT CHEESE SALAD RED ONION, SHERRY VINEGAR DRESSING	\$80
SWEET POTATO FRITES LIME & CHILLI MAYO	\$70



MUSSEL POTS

FRITES HOUSE MUSSELS DICED TOMATO, GARLIC, ONION, LIGHT CREAM, FRESH CHIVE
HOEGAARDEN CORIANDER, FENNEL, LEMON ZEST, HOEGAARDEN BEER
PROVENCALE TOMATO, GARLIC, ONION, HERBS
MARINIERE WHITE WINE, CELERY, GARLIC, HERBS
LAKSA COCONUT CREAM, LEMONGRASS & KAFFIR LIME AROMATIC CURRY SAUCE
MEDITERRANEAN CHORIZO, CHILLI, ONION, CORIANDER, YELLOW PEPPER SAUCE
AVAILABLE IN 1/2 KILO OR KILO PORTION SERVED WITH FRITES & MAYO
KINKAWOOKA MUSSELS AUSTRALIA
1/2 KG \$245 1KG \$395

FRITES

BELGIUM ON TAP
EST. 2007

FRITES VEGETARIAN BOARD

SPAGHETTI AGLIO E OLIO \$145 OLIVE OIL, GARLIC, CHILLI FLAKES, PARSLEY
IMPOSSIBLE FRITES BURGER \$155 PLANT BASED PATTIE, SPICED AVOCADO, TOMATO, LETTUCE, CHEDDAR, CHIPLOTE, SWEET LEAF SALAD, SWEET POTATO FRITES
PIZZA MARGHERITA \$140 12" HAND ROLLED PREMIUM ITALIAN DOUGH, TOMATO SAUCE, MOZZARELLA CHEESE, BASIL
IMPOSSIBLE BOLOGNESE \$175 PLANT BASED TOMATO RAGU, SPAGHETTI, PARMESAN CHEESE
MUSHROOM RISOTTO \$185 WILD MUSHROOMS, PARMESAN, FRESH HERBS & TRUFFLE
FRITES HEALTHY BOARD
SUPER PROTEIN SALAD \$155 QUINOA, WILD RICE, SILVER CHARD, CORN, CHERRY TOMATO, BEETROOT, BROCCOLI, FRENCH BEAN, CARROT, RAISIN, AVOCADO, CORIANDER, CITRUS DRESSING
ADD YOUR PROTEIN
LEMON CAPER PICCATA GRILLED CHICKEN +\$75
GRILLED NORWEGIAN SALMON FILLET +\$95
USDA BLACK ANGUS RIB EYE, CHIMICHURRI +\$95
GARLIC & PAPRIKA KING PRAWNS +\$85

OUR PORTIONS ARE GENEROUS AND DESIGNED TO BE SHARED



MAINS

ALMIGHTY CHICKEN PARMA USDA CHICKEN BREAST, GRILLED MOZZARELLA CHEESE, PROVENCAL SAUCE, FRITES	\$215
WHOLE LOBSTER RISOTTO NORTH WEST ATLANTIC CRICKET LOBSTER, PRAWN, CONFIT TOMATO, WHITE WINE, FRESH HERBS	\$295
LAMB CUTLETS GRILLED NEW ZEALAND LAMB CHOPS, PEA PURÉE, POTATO	\$295
THE GOOD WIFE SAUSAGE HALF A METER AUSTRIAN GRADE PORK SAUSAGE, ROASTED VINE TOMATO, BROWN ONION SAUCE, OLIVE OIL MASH	\$245
750 GRAM ROASTED PORK KNUCKLE AUSTRIAN GRADE PORK KNUCKLE, CARAMELISED ROASTED VEGETABLES	\$255
FISH & FRITES CRUNCHY BEER BATTER ATLANTIC HADDOCK FILLET, TARTAR SAUCE, MUSHY PEAS, FRITES	\$235
SOLE MEUNIERE WHOLE ICELANDIC TORBAY SOLE, BUTTER, CAPER, KINKAWOOKA MUSSELS, CHERRY TOMATO, BROCCOLI, POTATO	\$275
ROAST CHICKEN CUSHION DOUX FRENCH MARINATED CHICKEN, HOUSE STUFFING CREAMED SWEETCORN, CONFIT TOMATO, ROASTED PEPPERS	\$255
RACK OF BABY PORK RIBS USDA BBQ PORK RIBS, APPLE SLAW, SWEET POTATO FRITES	\$235
GRILLED NORWEGIAN SALMON FILLET SAFFRON ORZO PASTA, GREEN PEAS, KINKAWOOKA MUSSELS, OLIVE & CAPER RICH TOMATO SAUCE	\$235
STEAK & FRITES 14OZ GRILLED USDA 1855 BLACK ANGUS RIBEYE, LETTUCE LEAF SALAD, FRITES, TRUFFLE BUTTER	\$395
FLEMISH BEEF STEW LEFFE BRUNE BRAISED USDA SHORT RIBS, HORSERADISH CREAM MASH POTATO	\$335
RICH MAN'S BURGER GROUND AUS GRADE WAGYU BEEF, BACON, CARAMELISED ONIONS, EGG, LETTUCE, GHERKIN, TOMATO, MELTED APPLEWOOD SMOKED CHEDDAR, BRIOCHE BUN, FRITES & MAYO	\$185
SEAFOOD LINGUINE TIGER PRAWN, SHRIMP, MUSSEL, CHILLI, LEMON ZEST, DICED TOMATO, WHITE WINE CREAM, FRESH HERBS	\$245
WIENER SCHNITZEL PAN FRIED GOLDEN BROWN PARMESAN CRUSTED AUSTRIAN GRADE PORK LOIN, FRITES, CRUNCHY APPLE SLAW UPGRADE TO SCHNITZENEGGER, DOUBLE PORK, DOUBLE SLAW +\$100	\$195

PLEASE NOTIFY YOUR WAITER OF ANY ALLERGIES OR DIETARY REQUIREMENTS

+10% SERVICE CHARGE



STARTERS

FLEMISH ONION SOUP 法蘭德斯洋蔥湯 85
洋蔥大蒜濃湯配芝士多士

CLASSIC CAESAR SALAD 傳統凱撒沙律 110
蒜香麵包粒，羅馬生菜，白鯧魚，煙肉，風乾蕃茄，
巴馬臣芝士及凱撒沙律醬
加雞肉 或 煙三文魚 \$75

NICOISE SALAD 吞拿魚藜麥沙律 155
油浸意大利吞拿魚，馬鈴薯，法國邊豆，
白鯧魚，水欖，水瓜柳，焗蛋及牛油生菜

CRAB TIAN 凍蟹肉千層 135
配西芹頭，毛豆，牛油梨，蕃茄，荳芽苗及檸檬油醋汁

AUBERGINES PARMIGIANA 焗茄子 145
巴馬臣芝士，水牛芝士焗茄子配蕃茄醬

STEAK TARTARE 生牛肉他他 185
新西蘭生牛肉配法式多士

BAKED WHOLE CAMEMBERT 焗原個金文筆芝士 155
蜜糖，百里香，蒜蓉配多士

ROAST CHICKEN FRISEE SALAD 燒雞沙律 135
法國優質烤雞，焗蛋，煙肉，風乾蕃茄配
藍芝士醬

PRAWN COCKTAIL 大蝦蟹肉沙律 195
虎蝦，花蟹肉，牛油生菜配海鮮醬

CHARCUTERIE PLATTER 凍肉拼盤 215
醃製肉類，豬肉醬及酸黃瓜

SALMON TARTARE 三文魚他他 155
溫室青瓜，細蔥，乾蔥，酸黃瓜，子薑，莞茜，青檸及黃辣椒醬



SIDES

FRITES 薯條 60
配蛋黃醬

ROASTED POTATOES 香燒馬鈴薯 60
配雜香草及燒蒜頭

POMME PUREE 馬鈴薯蓉 60
香滑忌廉馬鈴薯蓉

GARLIC BREAD 蒜蓉包 50
配牛油及香草

BROCCOLI & CAULIFLOWER 西蘭花及椰菜花 70
西蘭花及椰菜花，可配芝士汁

TOMATO & GOAT CHEESE SALAD 羊奶芝士蕃茄沙律 80
紫洋蔥及雪梨油醋汁

SWEET POTATO FRITES 炸蕃薯條 70
青檸辣椒蛋黃醬



MUSSEL POTS

FRITES HOUSE MUSSELS 招牌忌廉青口
蕃茄，蒜蓉，洋蔥，忌廉及小蔥

HOEGAARDEN HOEGAARDEN 青口
莞茜，茴香，檸檬皮及HOEGAARDEN啤酒

PROVENCALE 蕃茄味青口
蕃茄，蒜蓉，洋蔥及香草

MARINIERE 白酒青口
白酒，西芹，蒜蓉及香草

LAKSA 喇沙味青口
椰奶，香茅，青檸葉及喇沙咖喱汁

MEDITERRANEAN 地中海風味青口
西班牙辣肉腸，辣椒，洋蔥，莞茜及黃燈籠椒醬

可以選擇半公斤 \$245 或一公斤 \$395
配薯條及蛋黃醬



FRITES 無肉餐單

SPAGHETTI AGLIO E OLIO 香蒜橄欖油意大利麵 \$145
橄欖油，蒜蓉，辣椒碎，意大利香草

IMPOSSIBLE FRITES BURGER 素肉漢堡 \$155
植物製漢堡，牛油果，番茄，生菜，車打芝士，
墨西哥辣醬，沙律菜，炸蕃薯條

PIZZA MARGHERITA 瑪格麗特披薩 \$140
12寸手造意大利麵團，蕃茄醬，水牛芝士，牛至

IMPOSSIBLE BOLOGNESE 素肉醬意粉 \$175
植物製蕃茄肉醬，意大利粉，巴馬臣芝士

MUSHROOM RISOTTO 雜菌意大利飯 \$185
野生牛肝菌，巴馬臣芝士，香草及黑松露油

FRITES 健康餐單

SUPER PROTEIN SALAD \$155
藜麥，野米，瑞士甜菜，玉米，車厘茄，紅菜頭
西蘭花，法邊豆，甘荀，葡萄乾，牛油梨，莞茜配油醋汁

PROTEIN PLUS 可加配
檸檬，水瓜柳香煎雞扒 加 \$75

香煎挪威三文魚 加 \$95

USDA 安格斯肉眼扒配香草醬 加 \$95

香煎蒜蓉紅椒粉大虎蝦 加 \$85



MAINS

ALMIGHTY CHICKEN PARMA 巴馬臣芝士烤雞胸 \$215
USDA美國雞胸，烤水牛芝士，蕃茄醬配薯條

WHOLE LOBSTER RISOTTO 原隻龍蝦意大利飯 \$295
西北大西洋龍蝦，虎蝦肉，蕃茄，白酒，新鮮香草

LAMB CUTLETS 香草燒羊架 \$295
紐西蘭香草羊架，蕃薯蓉，青蔥

THE GOOD WIFE SAUSAGE GOOD WIFE 香腸 \$245
半米奧地利長肉腸配馬鈴薯蓉，燒藤茄及洋蔥橄欖油

750 GRAM ROASTED PORK KNUCKLE 750克燒鹹豬手 \$255
配焦糖燒雜菜

FISH & FRITES 炸魚薯條 \$235
啤酒醬脆炸大西洋鱈魚柳配他他醬，青豆泥及薯條

SOLE MEUNIERE 法式香煎龍利魚 \$275
酸豆牛油汁，藍青口，西蘭花，馬鈴薯

ROAST CHICKEN CUSHION 自家製特色燒春雞 \$255
去骨法國春雞，自家製餡料，忌廉粟米蓉
慢燒藤茄，燒紅燈籠椒

RACK OF BABY PORK RIBS 燒烤豬肋骨 \$235
美國USDA迷你豬肋骨，蘋果沙律，炸蕃薯條

GRILLED NORWEGIAN SALMON FILLET 烤焗挪威三文魚 \$235
藏紅花米型意粉，青豆，藍青口肉，意大利蕃茄橄欖汁

STEAK & FRITES 牛扒薯條 \$395
14安士USDA上等黑安格斯牛肋肉扒配雜菜沙律及黑松露雜菌牛油

FLEMISH BEEF STEW 法蘭德斯燉牛仔骨 \$335
黑麥芽啤酒慢煮美國USDA牛仔骨，辣根忌廉馬鈴薯蓉

RICH MAN'S BURGER 漢堡包 \$185
澳洲和牛漢堡肉配煙肉，焦糖洋蔥，雞蛋，生菜，酸黃瓜，
蘋果木煙車打芝士，牛油漢堡包配薯條及蛋黃醬

SEAFOOD LINGUINE 海鮮扁意大利麵 \$245
藍青口，虎蝦，蝦肉，辣椒，蕃茄，檸檬配白酒忌廉汁及新鮮香草

WIENER SCHNITZEL 維納炸豬扒 \$195
香煎芝士豬扒，奧地利豬肉眼，薯條，蘋果沙律

可加\$100升級至雙重巴馬臣芝士奧地利炸豬扒及雙重蘋果沙律