

BREAKFAST

7.00 - 10.00 (saturday & sunday until 12.00)

- Scrambled eggs (eco).....25kr
- Scrambled eggs w. topping.....35kr
Served w. cherry tomatoes & chives
- Breakfast wrap.....75kr
Italian ham, warm scrambled eggs, avocado, cherry tomatoes, rucola, vegan pesto & chives
- Croissant.....25kr
Choose between butter croissant or spelt/quinoa croissant
- Croissant w. avocado.....39kr
Avocado, cherry tomatoes, mozzarella & vegan pesto
- Croissant w. ham & cheese.....39kr
Italian ham & gouda cheese
- Croissant w. chocolate.....39kr
Nougat-nuts butter & hazelnut flakes
- Sourdough bun.....30kr
Served w. butter. Freshly delivered from Surdejsbageren
- Glutenfree bun.....30kr
Served w. butter
- Cinnamon bun.....35kr
Freshly delivered from Surdejsbageren
- Bananabread (GF).....35kr
- Bananabread (GF) w. topping.....45kr
Choose between nougat-nuts butter & hazelnut flakes or cashewbutter & hazelnut flakes
- Freddy's Pancakes (GF).....20kr
Served w. berries or fruits of the season
- Chia pudding (Vegan & GF).....39kr
Served w. passion fruit puree, homemade gluten free granola, dried mango, dark chocolate & goji berries
- Vanilla yogurt (GF).....39kr
Served w. passion fruit puree, homemade gluten free granola, dried mango, dark chocolate & goji berries
- Fruit cup.....25kr
- Vegetable cup.....25kr

WRAPS

10.00 - close

- Falafel.....85kr
Romaine lettuce, cherry tomatoes, cucumber, warm falafels, oil-vinegar dressing, beetroot hummus, olives, pomegranate & nigella seeds
- Chicken.....85kr
Pointed cabbage, pickled carrot, mango, chicken, vegan pesto & avocado cream
- Tuna mousse.....85kr
Seasonal salad, pointed cabbage, red pepperfruit, tuna mousse, herbal dressing & pumpkin seeds.

COFFEE

ALL DAY

* Choose between our dark roast (eco) or light roast

- Espresso.....30kr
- Caffe Latte.....38kr
- Cappuccino.....38kr
- Cortado.....35kr
- Flat White38kr
- Filter coffee.....28kr
- Iced latte.....38kr
- Tea from A.C. Perch.....38kr
different flavours

BOWLS

10.00 - close

- Freddy's Plant (Vegan).....95kr
Seasonal salad, pointed cabbage, cherry tomatoes, apple, quinoa, warm falafels, beluga lentils, vegan pesto, avocado cream, roasted sesame seeds & goji berries
- Freddy's Caesar.....95kr
Romaine lettuce, pickled carrot, semidried tomatoes, chicken, caesar dressing, roasted pine nuts, bread-crunch, parmesan, fresh rosemary & freshly ground pepper
- Asian Bowl (GF).....105kr
Roasted mushrooms, pak choi, beetroot, edamame beans, quinoa, tofu in hoisin sauce, goma dressing, fresh chili, pickled ginger, wasabi nuts & fresh coriander
- Greek Bowl (GF).....105kr
Rucola, seasonal salad, cherry tomatoes, cucumber, warm sweet potatoes, warm chicken meat balls, tzatziki, oil-vinegar dressing, feta, olives & fresh parsley
- Medina Bowl (Vegan & GF).....95kr
Seasonal salad, pointed cabbage, grilled pepperfruit, baked cauliflower, pear, beetroot hummus, roasted chickpeas, lemon vinaigrette, almond flakes, pomegranate & fresh parsley
- Indy Bowl (GF).....105kr
Seasonal salad, baked cauliflower, beluga lentils, pickled carrot, warm rice, warm chicken, curry dressing, mango chutney, coconut flakes, cranberry, chili flakes & fresh parsley
- Italian Bowl (Vegetarian).....105kr
Rucola, squash, roasted mushrooms, semidried tomatoes, warm whole grain pasta, warm tofu in tomato sauce, parmesan, roasted pine nuts, fresh basil & freshly ground pepper
- Mexican Bowl (GF).....95kr
Sweet corn, warm brown beans, warm rice, warm chicken, salsa dressing, avocado cream, tortilla chips, fresh coriander, fresh lime & pickled red onion
- Tapas Bowl (Vegan).....105kr
Tortilla chips, warm crispy cauliflower, warm falafels, warm vegan chicken, roasted chickpeas, avocado cream, beetroot hummus, fresh vegetables & vegan chipotle mayo

CHILDREN'S MENU

10.00 - close

- Children's wrap (Vegan).....55kr
Romaine lettuce, cherry tomatoes, vegan chicken & vegan pesto
- Pasta Bolo (Vegetarian).....55kr
Warm whole grain pasta, warm soy mince in tomato sauce, parmesan & oregano

- Minipizza (Vegetarian).....28kr
Warm mini pizza w. mozzarella & oregano
- Nuggets (GF & Vegan).....55kr
Warm vegan chicken nuggets w. warm sweet potatoes, apple, cucumber & ketchup

SWING BY

- Monday.....07.00-21.00
- Tuesday.....07.00-21.00
- Wednesday.....07.00-21.00
- Thursday.....07.00-21.00
- Friday.....07.00-21.00
- Saturday.....09.00-22.00
- Sunday.....10.00-20.00

SCAN HERE!



SCAN OUR QR-CODE TO GET THE FULL MENU AND SKIP THE LINE