

EXPRESS LUNCH

STARTING AT 150

12PM - 3PM
MONDAY - FRIDAY

FRITES

HAPPY HOUR DAILY

50% OFF

12PM - 8PM
BEERS, HOUSE WINE & SPIRITSBELGIUM ON TAP
EST. 2007

COLD STARTERS 冷盤

CHARCUTERIE 285

Selection of cold cuts, pickle, toasted sourdough
凍肉拼盤 精選冷切肉、酸瓜、酸種多士

SMOKED SARDINE FILLET 185

Tomato chutney, herb oil, lemon zest, toasted sourdough
煙燻沙丁魚多士 番茄辣醬、香草油、檸檬皮、酸種多士

STEAK TARTARE 245

Hand cut USDA 1855 beef tenderloin, toasted sourdough
生牛肉他他 手切美國USDA 1855安格斯菲力牛肉、酸種多士

SALMON GRAVLAX 225

Beetroot vodka cured salmon, dill, balsamic beetroot
北歐甜菜根醃三文魚 甜菜伏特加醃三文魚、小茴香、香醋甜菜根

CRAB TIAN 185

Celeriac remoulade, crushed broad bean, avocado, tomato, pea shoot, lemon dressing
蟹肉千層 西芹頭、蠶豆、牛油果、番茄、荳芽苗、檸檬油醬汁

PARISIAN TUNA TARTARE 215

Tuna, onion, caper, gherkin, egg yolk, Dijon mustard, mayonnaise, chive

法式吞拿魚他他 吞拿魚、洋蔥、水瓜柳、酸瓜、蛋黃、第戎芥末醬、蛋黃醬、細香蔥

HOT STARTERS 前菜

FLEMISH ONION SOUP 115

Rich beef broth onion soup, melted cheese crouton
法式洋蔥湯 濃郁洋蔥牛肉湯、融化芝士麵包粒

ESCARGOT 145

French snail, garlic herb butter, toasted sourdough
法式蝸牛 蒜蓉香草牛油、酸種多士

AUBERGINE PARMIGIANA 195

Baked eggplant, parmesan, mozzarella, Provençale sauce
意式焗茄子巴馬臣 焗茄子、巴馬臣芝士、水牛芝士、普羅旺斯醬

SAUTÉED PRAWNS 235

Herb butter, bell pepper, lemon, chilli flakes
香草牛油檸檬蝦 香草牛油、甜椒、檸檬、辣椒碎

PAN-SEARED SCALLOPS 245

Crispy bacon, potato purée, lemon, herb beurre blanc
香煎帶子 香脆煙肉、薯蓉、檸檬、香草白忌廉汁

SALADS 沙律

SUPER QUINOA SALAD 175

Wild rice, Romaine, sweet corn, broccoli, French bean, carrot, raisin, avocado, beetroot citrus dressing
超級藜麥沙律 野米、羅馬生菜、甜玉米、西蘭花、四季豆、甘筍、葡萄乾、牛油果、甜菜根柑橘汁

CAESAR SALAD 145

Lettuce, anchovy, bacon, parmesan, crouton, Caesar dressing

傳統凱撒沙律 羅馬生菜、鯷魚、煙肉、巴馬臣芝士、脆麵包粒、凱撒沙律醬

NIÇOISE SALAD 215

Tuna, potato, bean, anchovy, olive, red onion, tomato, caper, egg, lettuce

尼斯沙律 吞拿魚、馬鈴薯、法國邊豆、鯷魚、水欖、紅洋蔥、番茄、水瓜柳、蛋、生菜

BURRATA SALAD 225

Tomato, olives, basil, red onion, crouton, pesto, balsamic

流心水牛芝士沙律 番茄、橄欖、羅勒、紅洋蔥、脆麵包粒、青醬、意大利黑醋

MOULES FRITES 青口薯條

比利時的國菜

我們是香港獨家供應「海洋到餐桌」青口的比利時餐廳，這些青口來自澳洲南部的純淨水域，並以可持續方式捕撈。

FRITES HOUSE MUSSEL

Diced tomato, garlic, onion, light cream, fresh chive
招牌忌廉口味 番茄、蒜末、洋蔥、淡忌廉、細香蔥

SRIRACHA

White wine, sriracha butter, coconut cream, smoky chilli, onion, coriander

是拉差口味 白酒、是拉差牛油、椰漿、煙燻辣椒、洋蔥、芫荽

MARINIÈRE

White wine, shallot, garlic, thyme, parsley butter
經典白酒口味 白酒、紅葱、蒜末、百里香、歐芹牛油

LAKSA

Coconut cream, lemongrass & kaffir lime aromatic curry
東南亞喇沙口味 椰漿、香茅青檸葉咖哩汁

PERI PERI

Pepper, chilli, onion, lemon, herb

葡式霹靂霹靂口味 辣椒、洋蔥、檸檬、香草

ALL SERVED WITH FRITES & MAYO

配薯條及蛋黃醬

1/2kg 半公斤 — 295 | 1kg 一公斤 — 495

STEAK FRITES 牛扒薯條

我們供應 USDA PREMIUM GRADES 黑安格斯牛肉及澳洲得獎純種和牛，在廚師精湛手藝下，完美呈現其豐腴及細膩的肉質。

ENTRECÔTE 660

USDA PRIME ribeye 500g, rich, juicy and full-flavoured with generous marbling

肉眼牛扒 美國USDA PRIME 肉眼扒 500克 大理石紋濃郁多汁

NY STRIPLOIN 580

USDA PRIME striploin 400g, intense flavour with bold, beefy notes
紐約西冷牛扒 美國USDA PRIME 西冷牛扒 400克 肉味最為香濃

FILET MIGNON 615

USDA tenderloin 250g, most delicate, tender and lean cut
菲力牛扒 美國USDA 菲力牛扒 250克 肉質鮮嫩、油脂較少

SANCHOKU M5 WAGYU STRIPLION 715

400g Striploin, buttery texture, rich umami flavour, caramelised aroma

澳洲和牛西冷牛扒 西冷牛扒 400克

牛油般的順滑口感、肉味濃郁、富焦糖香氣

ALL SERVED WITH FRITES & MAYO

配薯條及蛋黃醬

PICK YOUR SAUCE 自選醬汁

PEPPERCORN

胡椒醬

TRUFFLE BUTTER

松露牛油

CHIMICHURRI

阿根廷青醬

PERI PERI

葡式霹靂霹靂醬

SIDES 配菜

ATELIER FRITES 薯條 95

GREEN SALAD 青菜沙律 80

MASHED POTATOES 馬鈴薯蓉 70

GARLIC BREAD 蒜蓉包 70

GREEN BEAN AND LARDON 煙肉法豆 95

FRITES FAVOURITES
FRITES 推介

TAIL OF THE SEA 555

Butter Poached Lobster Tail Risotto in spicy tomato vodka sauce
龍蝦意大利飯 牛油焗龍蝦尾意大利飯 配香辣番茄伏特加汁

FIRECRACKER SALMON 295

Sriracha salmon fillet, potato, cucumber, lemon dill yoghurt
火辣三文魚 蒸焗是拉差三文魚、馬鈴薯、青瓜、檸檬刁草乳酪汁

TOMAPORK SCHNITZEL 295

Pan-fried crumbed tomapork schnitzel
維也納炸豬扒

GRILLED SEABASS 295

Rocket salad, confit tomato, lemon, tartar sauce
香烤鱸魚 火箭菜沙律、油漬番茄、檸檬、他他醬

CHICKEN PARMIGIANA 235

Classic USDA chicken breast cutlet, mozzarella, Provençale sauce
焗巴馬臣芝士雞胸 USDA美國雞胸、水牛芝士、法式普羅旺斯醬

DUCK À L'ORANGE 375

Confit duck, orange jus, herb
法式香橙鴨 油封鴨、橙汁、香草

LE RICH MAN'S BURGER 195

Wagyu patty, cheddar, tomato, lettuce, bacon, egg, onion, frites
豪華漢堡 和牛漢堡扒、車打芝士、番茄、生菜、煙肉、雞蛋、洋蔥、薯條

MUSHROOM RISOTTO 225

Wild mushroom, parmesan, truffle, fresh herb
松露雜菌意大利飯 野生雜菌、巴馬臣芝士、松露、香草

PORK KNUCKLE 295

1kg Crispy pork knuckle, caramelised brunoise vegetables
脆皮豬手 一公斤香脆鹹豬手 配焦糖烤雜菜

THE GOOD WIFE SAUSAGE 255

Half a metre Austrian pork sausage, vine tomato, onion sauce, mashed potatoes

GOOD WIFE 香腸 半米長奧地利豬肉腸、烤蕃茄、洋蔥汁、馬鈴薯蓉

ROASTED PERI PERI CHICKEN 295

Marinated chicken, orzo, tomato, pea, leek, peri peri spicy sauce
葡式霹靂霹靂雞 香辣烤雞、意粉米、番茄、豌豆、大蔥、葡式霹靂霹靂辣醬

SEAFOOD RISOTTO 385

Tiger prawn, scallop, mussel, saffron, pea, confit tomato, chilli, herb, lemon

海鮮意大利飯 虎蝦、帶子、青口、藏紅花、豌豆、油封番茄、辣椒、香草、檸檬

SPAGHETTI AGLIO E OLIO 175

Olive oil, garlic, chilli flakes, parsley
蒜片辣椒意粉 橄欖油、蒜末、辣椒片、香茜

Add-on Prawn 加配鮮蝦 + 150

SPICY RIGATONI 195

Tomato, cream, parmesan, chilli, basil
辣味粗管麵 番茄、忌廉、巴馬臣芝士、辣椒、羅勒

DESSERTS 甜品

WAFFLE BOMB ALASKA 145

Liege waffle, chocolate ice cream, soft meringue, chocolate sauce
比利時窩夫 列日窩夫、朱古力雪糕、軟蛋白霜、朱古力醬

TARTE TATIN 135

Upside down baked apple tart, vanilla ice cream, Calvados Anlaise
焦糖蘋果批 配雲呢拿雪糕、白蘭地忌廉汁

LEMON MERINGUE 95

Lemon curd, lemon ice cream, meringue
檸檬蛋白霜脆餅 檸檬醬、檸檬雪糕、蛋白霜脆餅

BLACK FOREST FONDANT 115

Chocolate lava cake, mixed wild forest berry compote, vanilla ice cream
黑森林心太軟 朱古力心太軟、雜莓醬、雲呢拿雪糕

DAME BLANCHE 95

Classic Belgian dessert, vanilla ice cream, chantilly cream, chocolate sauce

山峰雪糕 經典比利時甜品 雲呢拿雪糕、香緹鮮忌廉、朱古力醬

☑️ = GLUTEN FREE 無麩質 | 🌿 = VEGETARIAN 素食 | 🌶️ = SPICY 辛口

ALL PRICES ARE IN MOP 所有價格以澳門元計算 / 10% SERVICE CHARGE APPLIES 另加一服務費

PLEASE NOTIFY US OF ANY ALLERGIES OR DIETARY REQUIREMENTS 如有任何過敏或飲食要求 請告知我們

FRIITES

BELGIUM ON TAP

EST. 2007

