



FRIDA COCINA MEXICANA MENU

INGREDIENTS LIST

ADOBOMARINADE.....	Spices/chili marinade
AGUACHILE.....	Chilli water
CHICHARRÓN.....	Pork rind
ESQUITE'S.....	Corn Salad
FRIJOLES CHARROS.....	Mexican bean stew
HUITLACOCHÉ.....	Delicacy mushroom from corn
MOLE.....	Thick sauce
MORITA SALSA.....	Morita chili salsa
PICO DE GALLO.....	Fresh tomato salsa
PIPIAN SALSA.....	Thick salsa with churned pumpkin seeds
QUESO FRESCO.....	White fresh cheese made from cow's milk
ROMPOPE PARFAIT.....	Egg nog ice cream
SALSA VERDE.....	Green salsa based on tomatillo and green chili peppers
TOSTADAS.....	Toasted tortilla

SNACKS

When Mexicans snack, it should be homemade, and the food should preferably be shared. This is also how we do it at Frida.

NACHOS CON SALSAS..... 96,-

Thin and crispy cornbread.

Frida naturally makes her nachos at home in the original way Mexican style, and serves these with morita salsa, chipotle mayonnaise and pico de gallo.

Contains: Sulphites, egg and traces of wheat.

GUACAMOLE..... 139,-

A Mexican guacamole stands out by being particularly fresh, with freshly squeezed lime and coriander being credited for that.

Frida sin friske guacamole består av fersk meksikansk avokadosalsa med løk, tomat, koriander, jalapeños og lime. Den serveres selvsagt med vår hjemmelagde nachos.

Contains: Sulphites and traces of wheat.

STARTERS

AGUACHILE SINALOA..... 195,-

Aguachile literally means "chili water". This one is a little strong and a seafood dish which is a specialty from Sinaloa in the north of Mexico on the Pacific Ocean.

Here at Frida, you will be served Aguachile Sinaloa with the best ingredients such as raw marinated fish in passion fruit aguachile. Pickled red onion, cucumber and various vegetables are included.

Contains: Shellfish and sulphites.

QUESO FUNDIDO..... 189,-

A popular festive dish from Mexico, which is often compared to cheese fondue.

When Frida makes this festive dish, it is included oven-baked cheese, creamed vegetables and chorizo sausage. It is served with wheat or corn tortillas, salsa verde and pico de gallo.

Contains: Sulphites, soy and traces of wheat.

QUESADILLAS DEL MERCADO (veg)..... 129,-

A classic Mexican dish consisting of corn tortillas lefse that is folded, filled and fried.

Frida's Quesadillas are inspired by recipes that are proud vendors use at lively food markets in Mexico City. We serve an elaborate version that is filled with cheese and creamed vegetables on a bed of lettuce. We top them with sour cream and queso fresco, and served with salsa verde.

Contains: Sulphites, soy and traces of wheat.

TACOS TWO TACOS PER ORDER

TACOS AL PASTOR..... 159,-

In the 1930s, Lebanese immigrants came to Mexico and introduced Mexicans to shawarma kebabs. This was the start of the famous Tacos al Pastor.

Frida's Tacos al Pastor consists of homemade corn tortillas filled with adobo marinated pork, served with pineapple, red onion and salsa verde.

Contains: Sulphites and traces of wheat.

GAONERA TACO..... 199,-

The story goes that Governor Scampitaco was created in the state of Sinaloa back in the 1990s, to surprise it the then state governor, Francisco Labastida Ochoa after he told some friends that he loved scampi tacos by his wife.

Frida sin taco gobernador består av hjemmebakket hvetetortilla med grillet ost og marinert scampi som toppes med pico de gallo og salsa verde.

Contains: Sulphites, milk and traces of wheat.

TACO GOBERNADOR..... 209,-

The story goes that the governor scampi taco was created in the state of Sinaloa back in the 1990s, to surprise the then state governor, Francisco Labastida Ochoa after he told some friends that he loved his wife's scampi taco.

Frida's taco gobernador consists of home-baked wheat tortilla with grilled cheese and marinated scampi topped with pico de gallo and salsa verde.

Contains: Shellfish, sulphites, milk and traces of wheat.

ENCHILADAS DE FRIDA

ENCHILADAS TRADICIONALES (Chicken / Veg) 269,-

A very popular dish in Mexico, which is found in a number of different variations. Common to all is the soft corn tortilla which is filled and covered with a tomato or chili sauce and sprinkled with cheese before baking in the oven.

Frida serves her enchiladas with homemade corn tortillas that are filled with cheese and bean stew on a bed of salsa verde or roja. The corn tortilla is topped with salad, fresh cheese and sour cream. As in Mexico, you have the choice of chicken or vegetarian, green or red salsa.

Contains: Milk, sesame seeds, sulphites and traces of wheat.

ENMOLADAS..... 299,-

Mexican enmoladas are enchiladas covered in Mexicans' favorite mole sauce. The tortilla is fried before being filled with a wide variety of ingredients and dipped in the hot mole sauce. The Aztecs called the sauce molli, which means mixture.

Frida likes her Enmoladas best with a homemade corn tortilla filled with duck confit, bathed in mole poblano. It is topped with salad, pickled red onion, fresh cheese and sour cream.

Contains: Sulphites, traces of wheat, peanuts, mandel nuts, sesame seeds and milk.

MAIN COURSES

POLLO CON MOLE..... 269,-

Mole is Mexico's national pride. Chicken in mole sauce is a festive dish from central Mexico. This mole consists of 25 unique ingredients of fruits, vegetables, herbs, spices, seeds and bread, in addition to chocolate which adds the characteristic earthy colour.

Frida takes her name from the Mexican artist and feminist icon Frida Kahlo. She put her diligence into preparing a perfect mole. We have been inspired by that. Our Pollo con mole consists of grilled chicken fillet, homemade mole with sautéed vegetables and rice in the Mexican style. Topped with pickled red onion and fried spinach.

Contains: Sesame seeds, walnuts, sulphites, traces of wheat and lactose.

CHAMORRO EN ADOBO..... 289,-

Long-roasted pork knuckle (chamorro) is a specialty from the Yucatán Peninsula. A peninsula that separates the Caribbean Sea from the Gulf of Mexico. The spice and chilli marinade adobo makes the chamorro tasty.

At Frida, our chamorro is marinated in our particularly tasty adobo, which is made with dark beer and stock. It is served on a bed of vegetables and potatoes.

Contains: Sulphites.

FILETE DE RES EN CREMA DE HUITLACOCHÉ 399,-

Mexican truffle, Huitlacoche, is a distinctive Mexican delicacy mushroom that grows on corn. It is popular with beef fillet.

Frida prefers 200g of grilled tenderloin on a bed of huitlacochemole. As a side dish, we like sautéed vegetables, potato/carrot puree, topped with fried leeks and spinach.

Contains: Milk and traces of wheat.

CARNE ASADA A LA DIABLA..... 469,-

For those who love grilled meat.

Frida prefers marbled grilled sirloin (200 grams) smeared with a delicious jalapeño sauce. Served with grilled chorizo sausage, ajillo potatoes and grilled padron peppers. The jalapeño sauce is medium strong, if you want it extra strong ask your waiter.

Contains: Milk and traces of wheat.

CAMARONES AL MEZCAL..... 299,-

Scampi with mezcal sauce. Served with citrus salad and rice in the Mexican style.

Frida likes to cook sautéed scampi in a sauce made with Mezcal. A distilled alcoholic beverage made from boiled and fermented parts of the agave plant. As a side dish, we prefer a fresh citrus salad and Mexican-style rice.

Contains: Sulphites, sesame seeds and traces of wheat.

FOR TWO OR MORE PEOPLE

Frida's popular sharing plates provide a varied taste experience.

PLATO FRIDA Y DIEGO (min 2 pers)..... 389,-

Grilled chicken fillet, beef tenderloin and grilled tenderloin in adobo marinade. Served with quesadillas, corn on the cob, ajillo potatoes, stuffed jalapeños, charros beans, stuffed corn quesadillas, guacamole, pico de gallo and Mexican style rice.

Contains: Milk, sulphites and traces of wheat.

EXTRAS AND SIDES

Wheat quesadillas *Contains: Wheat and milk*..... 39,-
 Filled corn quesadillas *Contains: Milk*..... 39,-
 Tomato salad *Contains: Sesame seeds and sulphites*..... 59,-

4 extra tortillas
 Corn (gluten-free) *Contains: Wheat and milk*..... 20,-
 Wheat *Contains: Wheat*..... 20,-
 Guacamole bowl *Contains: Sulphites*..... 39,-
 Stuffed jalapeños..... 59,-

DESSERT

VOLCAN..... 139,-

Chocolate fondant.
 Served with vanilla ice cream, caramel sauce,
 white chocolate crumble

Contains: Gluten, wheat, eggs, milk and nuts.

FLAN DE AVELLANAS..... 139,-

Soft cheese/chocolate pudding, vanilla praline,
 cinnamon and caramel sauce.

Contains: Egg, milk, wheat and nuts.

PIÑA COLADA..... 129,-

A tropical piña colada mousse, oven-baked
 pineapple puree, coconut jelly, cream and
 chocolate crumble.

Contains: Gluten, milk, traces of wheat and nuts.

CHURRO 2.0..... 139,-

Our version of a classic, with the pastry churro
 cinnamon, sugar and chocolate mousse and rum pope
 (Mexican version of eggnog) parfait.

Contains: Egg, milk, wheat and gluten.

DRINKS

WARM DRINKS

Filterkaffe	29,-
Te	29,-
Cafè Americano	35,-
Espresso	35,-
Extra espresso	10,-

Capuccino <i>Contains: Milk</i>	42,-
Cafè latte <i>Contains: Milk</i>	42,-
Irish coffee <i>Contains: Milk</i>	149,-
Cafè Mexicano. <i>Contains: Milk</i>	149,-

COLD DRINKS

SOFT DRINKS 49,- Pepsi, 7 up, Solo, Pepsi Max, Farris and apple juice.

HOMEMADE LEMONADE 79,- Strawberry, Mango, Hibiscus and Passion fruit.
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