



FRIDA COCINA MEXICANA MENU

INGREDIENTS LIST

ADOBOMARINADE.....	Spices/chili marinade
AGUACHILE.....	Chilli water
CHICHARRÓN.....	Pork rind
ESQUITE'S.....	Corn Salad
FRIJOLE 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.....	Eggnog 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..... 149,-

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

Frida's fresh guacamole consists of fresh Mexican avocado salsa with onion, tomato, cilantro, jalapeños and lime. It is served of course with our homemade nachos.

Contains: Sulphites and traces of wheat.

STARTERS

AGUACHILE SINALOA..... 195,- TOSTADA DE CEVICHE..... 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..... 199,-

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

When Frida makes this festive dish, included is 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.

A classic from the Veracruz area, but with a twist! Clipfish delivered by Mathias in Ålesund.

Crispy fried corn tortilla filled with first class ceviche clipfish! Marinated in lime, jalapeño, onion, coriander, a classic in the Veracruz area.

Contains: Sulphites and fish.

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

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

Frida's Quesadillas are inspired by recipes that 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,- GAONERA TACO..... 199,-

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.

The word gaonera describes the bullfighter's pose when he is holding out a blanket at his side. Then it can get so hot that the bullfighter feels grilled. Gaonera taco refers for this taco dish to be grilled.

Frida's gaonera consists of home-baked wheat tortilla with grilled cheese and marinated chicken topped with coriander, pickled onions and salsa verde. 2 pcs.

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 DE FRIDA (Chicken / Veg)..... 269,- ENMOLADAS..... 299,-

A very popular dish in Mexico, which is found in a number of different variations. Common to all is the soft corn tortilla.

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

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

Mexican enmoladas are a mirror image of enchiladas with Mexicans' favorite sauce, mole. The tortilla is fried before it is filled with a wide variety of ingredients and placed in it warm the mole sauce. The Aztecs called the sauce molli which means mixture.

Frida likes her Enmoladas best with a homemade corn tortilla stuffed with confit duck, bathed in mole poblano. This is topped off 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..... 299,-

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 has taken her name from the Mexican artist and feminist icon Frida KHALO. She put her diligence in preparing a perfect mole. We have allowed ourselves to be inspired by that. Our Pollo con mole consists of grilled chicken fillet, homemade mole, esquites (corn salad) with sautéed vegetables and rice in the Mexican style. This is topped with pickled red onion and fried spinach.

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

FILETE DE RES EN CREMA DE HUITLACOCHÉ 489,-

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.

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.

CARNE ASADA A LA DIABLA..... 489,-

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, sulphites and traces of wheat.

CAMARONES AL MEZCAL..... 299,-

Scampi with mezcal sauce.

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 (price per person)..... 399,-

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.

FRIDA Y DIEGO CELEBRACION (price per person) 599,-

We want to offer an extra exclusive share right with them the very best ingredients from both sea and land, prepared with the greatest love. We start with a ceviche of clipfish served on tostadas with thick jalapeño cheese sauce. While you eat this, we grill juicy tenderloin, chicken fillet, chorizo from Santa Julia and scampi on skewers marinated in ajillo butter. This is served with sautéed vegetables, vegetables, ajillo potatoes and padron peppers. In order to complement the whole dish, you get the best selection of our moles (thick sauces): i.a. mole poblano and mole de huitlacoche. Of course also rice in Mexican sage and charros beans. A feast!

Contains: Milk, sulphites and traces of wheat.

EXTRAS AND SIDES

Wheat quesadillas <i>Contains: Wheat and milk</i>	39,-	4 extra tortillas	
Filled corn quesadillas <i>Contains: Milk</i>	49,-	Corn (gluten-free) <i>Contains: Wheat and milk</i>	30,-
Tomato salad <i>Contains: Sesame seeds and sulphites</i>	59,-	Wheat <i>Contains: Wheat</i>	30,-
		Guacamole bowl <i>Contains: Sulphites</i>	69,-
		Stuffed jalapeños.....	59,-

DESSERT

VOLCAN	139,-	PIÑA COLADA	129,-
Chocolate fondant. Served with vanilla ice cream, caramel sauce, white chocolate crumble <i>Contains: Gluten, wheat, eggs, milk and nuts.</i>		A tropical piña colada mousse, oven-baked pineapple puree, coconut jelly, cream and chocolate crumble. <i>Contains: Gluten, milk, traces of wheat and nuts.</i>	
FRIDA CON AMOR (price per person).....	149,-	CHURRO 2.0	139,-
Frida makes a selection of our favourites, mango and mezcalmousse, homemade popsicle bathed in dark chocolate and sprinkled with almonds as well as churros con cajeta (homemade caramel sauce with a hint of coffee). Minimum 2 people.		Our version of a classic, with the pastry churro cinnamon, sugar and chocolate mousse and rum pope (Mexican version of eggnog) parfait. <i>Contains: Egg, milk, wheat and gluten.</i>	

Allergies? Ask your waiter, ingredients can be changed according to availability and season.
Contains: Milk, eggs, gluten, nuts, wheat, sulphites.

DRINKS

WARM DRINKS

Filterkaffe	39,-	Capuccino <i>Contains: Milk</i>	49,-
Te	39,-	Cafè latte <i>Contains: Milk</i>	49,-
Cafè Americano	45,-	Irish coffee <i>Contains: Milk</i>	169,-
Espresso	35,-	Cafè Mexicano <i>Contains: Milk</i>	169,-
Extra espresso	10,-		

COLD DRINKS

SOFT DRINKS	59,-	HOMEMADE LEMONADE	89,-
Pepsi, 7 up, Solo, Pepsi Max, Farris and apple juice.		Strawberry, Mango, Hibiscus and Passion fruit.	