



FRIDA COCINA MEXICANA MENU

INGREDIENTS LIST

ADOBOMARINADE:	Spices/chilimarinade	MORITA SALSA:	Morita chili salsa
AGUACHILE:	Chili water	PICO DE GALLO:	Fresh tomato salsa
CHICHARRÓN:	Pork rind	PIPIAN SALSA:	Thick salsa with churned pumpkin seeds
ESQUITES:	Corn salad	QUESO FRESCO:	White cows milk cheese
FRIJOLE CHARROS:	Mexican bean stew	ROMPOPE PARFAIT:	Eggnog ice cream
HUITLACOCHÉ:	Delicacy mushroom from corn	SALSA VERDE:	Grønn salsa based on tomatillo and green chili peppers
MOLE:	Thick sauce		
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..... 129,-

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..... 159,-

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,-

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.

TOSTADA DE CEVICHE..... 195,-

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)..... 149,-

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.

MAIN COURSES

BACALAO..... 369,-

This is Mexico's most popular Christmas dish!

Bacalao-loin from Mathias in Ålesund served with red or green salsa, potatoes, olives, capers, onion and chiles güeros.

Contains: Fish, sulphites.

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 Kahlo. 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 499,-

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

Frida prefers 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..... 329,-

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 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). 399,-

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 cliffish 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.

TACOS TWO TACOS PER ORDER

Tacos can be served in many ways. Frida serves them the Mexico City way.

TACOS AL PASTOR..... 169,-

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..... 169,-

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 DE ASADA CON CHORIZO..... 199,-

A classic from Mexico City that consists of home baked goods... corn tortilla, grilled beef mix with chorizo sausage, served with caramelised onions, padron pepper and salsa Macha.

Recommended with guacamole! 2 pcs.

Contains: Peanuts, sulphites and soya.

ENCHILADAS DE FRIDA

ENCHILADAS DE FRIDA Chicken / Veg 279,-

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.

ENMOLADAS..... 299,-

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.

EXTRAS AND SIDES

Wheat quesadillas *Contains: Wheat and milk.....* 39,-

Filled corn quesadillas *Contains: Milk.....* 49,-

Tomato salad *Contains: Sesame seeds and sulphites.....* 59,-

4 extra tortillas

Corn (gluten-free) *Contains: Wheat and milk.....* 30,-

Wheat *Contains: Wheat.....* 30,-

Guacamole bowl *Contains: Sulphites.....* 69,-

Stuffed jalapeños..... 59,-

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: 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,-

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

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

FRIDA CON AMOR (pris per pers)..... 149,-

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.

*Allergies? Ask your waiter, ingredients can be changed according to
availability and season.*

Contains: Milk, eggs, gluten, nuts, wheat, sulphites.

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

COLD DRINKS

FRIDA'S GORGEOUS FRESH LEMONADE.... 89,-

Choose between: Strawberry, Mango, Hibiscus,
Passion Fruit, sweet or sour!

SOFT DRINKS..... 59,-

Pepsi, 7-up, Solo, Pepsi Max, Farris
or Apple Juice.

WARM DRINKS

Filter coffee..... 39,-

Tea..... 39,-

Café Americano..... 45,-

Espresso..... 35,-

Extra Espresso..... 10,-

Capuccino *Contains: milk*..... 49,-

Café Latte *Contains: milk*..... 49,-

Irish Coffee *Contains: milk*..... 169,-

Café Mexicano *Contains: milk*..... 169,-

