



## TAPAS

### SALSAS (V,GF)

all made in house - served with homemade corn chips. \*Vegan options available.

Choice of:

**Tomato Salsa (GF, DF, Vegan)**

**Chili con Queso (GF, V)**

**Guacamole w/ pico de Gallo (GF, DF, Vegan)**

### GARLIC PRAWNS

freshly grilled garlic infused prawns with, citrus zest, fresh chilli & olive oil - served with crispy tortilla pieces. \*GF & DF options available.

Add:

**Diced Crispy Chorizo**

**Make Gluten Free w/ Corn Tortillas**

### SMOKY PAPRIKA CORN (V)

chargrilled corn with cilantro crema, smoked paprika, chives & shaved queso fresco.

**GF, DF & Vegan options available.**

### CAULIFLOWER BITES (V,GF)

panko crumbed cauliflower served w/ coriander crema & chives.

**Vegan option available.**

### HALOUMI FRIES (V,GF)

served w/ habanero jam & chili lemon

### (2) CHEF'S CHIMICHANGAS

mini deep fried burritos using our head chef's election of the freshest ingredients served with habanero crema.

**Switch to Vegan protein**

### 6/12 CHICKEN WINGS (GF,DF)

served w/ habanero crema & chili flakes.

Choice of:

**-Spicy Tapatio (ask for extra hot)**

**-Tequila Barbecue (mild).**

### SALT & PEPPER CALAMARES (GF,DF)

served w/ cilantro crema, chives & chilli lime.

### (2) BEEF EMPANADAS

chipotle braised beef, chimichurri & mozzarella served w/ shaved manchego, chives & habanero crema.

**Vegan option available**

### PAPAS CON CHORIZO

smoked chorizo with mixed crispy diced potatoes served w/ rocket, manchego cheese, sour cream, tobasco & chimichurri.

### FRIDA ENSALADA (VEGAN, GF, DF)

charred cauliflower w/ quinoa, red & dressed green cabbage, onion, charred corn, chargrilled capsicum, toasted pepitas, lime & garlic infused olive oil.

Add:

**Grilled/Crispy Chicken (GF)**

**Chipotle Calamari (GF)**

**Garlic Infused Prawns (GF)**

**Crispy Tempeh (Vegan)**

**Rump-cap Steak**

## LARGE PLATES

### QUESADILLAS

#### LA FRIDA QUESADILLAS (V)

10 cuatro queso w/ smoked corn mole, pickled  
12 onion, rocket, chives, chili flakes, habanero crema  
15 & smoked sour cream.

Add:

24 **Pulled Pork w/ Pineapple Chilli Jam** +5

+5 **Carne Mexicana w/ Tomato Pico**

+5 **Chicken (Crispy/Grilled) w/ Charred Corn Salsa**

#### STEAK QUESADILLA

+5 rump-cap steak served w/ agave onions, smoked  
+2 sour cream, chimichurri, rocket, chives, chili flakes,  
smoked corn mole, quatro queso & guacamole.

20 **GRILLED CHICKEN & CHORIZO QUESADILLA**

grilled chicken & smoked chorizo w/ agave onions, tomato pico, smoked sour cream, chives, rocket, chili flakes, quatro queso & habanero crema.

### NACHOS

#### MUCHOS NACHOS (GF)

18 served w/ black beans, mozzarella, smoked sour  
cream, habanero jam, cilantro crema, habanero  
crema, guacamole & tomato pico.

18 Choice of:

**Carne Mexicana**

**Pulled Pork**

**Chicken (Crispy/Grilled)**

+2 **VEGETARIAN NACHOS (V,GF)**

9/16 corn salsa & charred cauliflower w/ black beans,  
pickled onion, mozzarella, smoked sour cream,  
habanero jam, cilantro crema, habanero crema  
guacamole & tomato pico.  
**Vegan option available.**

### 18 BURRITO BOWLS

#### GRILLED BARRAMUNDI & QUINOA (GF, DF)

16 fresh grilled barramundi belly served w/ quinoa,  
crispy rocket, guacamole, tomato pico, Frida's  
coleslaw, pickled onion, lemon & corn tortilla  
chips.

+2 **HALLOUMI & CRISPY CAULIFLOWER (V,GF)**

18 crumbed cauliflower & diced crispy haloumi w/  
rice, black beans, rocket, pickled cabbage, agave  
onion, chimichurri, habanero jam & chilli flakes.  
**Vegan upon request.**

#### BRAISED BEEF CHEEK (GF)

18 braised beef cheek w/ rice, black beans, charred  
cauliflower, chives, spring onions, rocket, red  
cabbage, pickled onion, pineapple chili jam,  
smoked sour cream, habanero crema & chili  
flakes.\*

**DF option available.**

+5 **CRISPY OR GRILLED CHICKEN (GF,DF)**

+7 chicken (crispy or grilled) w/ rice, cilantro crema,  
+9 chives, spring onions, dressed cabbage, charred  
+5 corn salsa, pickled onion, kiss peppers, habanero  
+9 crema & chili flakes.

## TACOS

### PREMIUM TACOS

All served on 6' flour tortillas

**Corn Tortilla +1**

**Lettuce leaf +1**

**Add Guac +2.50**

#### PRAWN SALSA (DF)

21 marinated prawns w/ Frida's coleslaw, guacamole, tomatillo,  
radish, cucumber salsa & chili lime. 14

**GF option w/corn tortilla or lettuce leaf +1**

#### STEAK CHIMICHURRI

26 rump-cap steak w/ manchego cheese, tomatillo,  
chimichurri, agave onion, rocket, pickled cabbage & fried  
garlic. 14

**DF option + GF option w/corn tortilla or lettuce leaf +1**

#### HALOUMI & CRISPY CAULIFLOWER (V)

25 grilled haloumi cheese, crispy fried cauliflower, Frida's  
coleslaw, chives, chimichurri, habanero jam & pineapple  
chili jam. 13

**GF option w/corn tortilla or lettuce leaf +1**

#### SURF & TURF MEXICANA

24 garlic butter spiced prawn, rump-cap steak, agave onion,  
manchego cheese, pickled cabbage, rocket, tomatillo, crispy  
garlic & chimichurri mayo. 16

**GF option w/corn tortilla or lettuce leaf +1**

### CLASSIC TACOS

All served on 6' flour tortillas

**Corn Tortilla +1**

**Lettuce leaf +1**

**Add Guac +2.50**

#### CRISPY BARRAMUNDI FISH

23 crispy coconut marinated barramundi w/ tomato pico,  
dressed cabbage, pickled onion, habanero crema & queso  
fresco. 9.50

**\*GF option available**

#### CRISPY CHICKEN

27 crispy chicken w/ charred corn salsa, pickled onion, dressed  
cabbage, habanero crema & queso fresco.  
9.50

**\*GF option available**

#### CHIPOTLE BRAISED BEEF

24 chipotle braised beef, pickled cabbage, radish, habanero  
crema, guacamole & queso fresco. 9.50

**\*GF option available**

#### CALAMARI (DF)

26 crispy calamari w/ pineapple chili jam, red cabbage, dressed  
green cabbage, cucumber salsa & cilantro crema.  
9.50

**\*GF option available**

#### PULLED PORK

26 pulled pork w/ tomatillo, pickled cabbage, pineapple chili  
jam, queso fresco & cilantro crema.  
9.50 \*

**GF option available**

#### CRISPY CAULIFLOWER (V)

26 crispy cauliflower w/ guacamole, rocket, cilantro crema,  
pickled onion & queso fresco. 9.50

**\*GF option available**

## FRIDA BANQUET

### 7 COURSES TO SHARE

HOMEMADE SALSA & CORN CHIPS

SMOKEY PAPRIKA CORN

CHEF'S CHIMICHANGAS

LA FRIDA QUESADILLAS

TEQUILA BBQ CHICKEN WINGS

FRIDA ENSALADA

&

CHOICE OF CLASSIC TACO (1PP)

\$45PP

GLUTEN FREE & VEGAN OPTIONS AVAILABLE.  
MINIMUM 2 PEOPLE, FULL TABLE GROUP REQUIRED.  
GROUPS OF 7 OR MORE REQUIRED.  
AVAILABLE DAILY UNTIL 8PM.

## ADD

(TO ANY MENU ITEM)

Corn Chip Basket (gf) +3

Corn Tortillas (2) (gf) +2

Flour Tortillas (2) +1

Lettuce Leaves (2) +2

Grilled/Crispy Chicken (gf) +5

Chipotle Calamari (gf) +7

Garlic Infused Prawns (gf) +9

Rump-cap Steak (gf) +9

Carne Mexicana (gf) +5

Braised Beef Cheek +5

Pulled Pork (gf) +5

Crispy Diced Chorizo (gf) +5

Crispy Tempeh (Vegan) +5

Guacamole (Vegan) +5

Tomato Pico +3

## SAUCES

Habanero Jam +3

Smoked Sour Cream +3

Pineapple Chili Jam +3

Habanero Crema (v) +3

Chimichurri +3

Jalapenos & Cucumber Salsa +3

Vegan Garlic Aioli +3

FRIDA SOL

@fridasolpalmbeach