

EXPRESS LUNCH  
STARTING AT 150

12PM - 3PM  
MONDAY - FRIDAY

# FRITES

HAPPY HOUR DAILY  
50% OFF

12PM - 8PM  
BEERS, HOUSE WINE & SPIRITS

BELGIUM 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

北歐甜菜根醃漬三文魚 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、豆芽苗、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、香草白酒忌廉汁

## 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、香茅青檸葉咖喱汁

### 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

葡式霹靂霹靂辣醬

## 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

香烤爐魚 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、烤藤茄、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、番茜

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 Anglaise

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

F R I T E S

---

BELGIUM ON TAP

---

EST. 2007