

FREDIS

SPORTS BAR & FOOD



BREAKFAST PEQUENO ALMOÇO

TILL 2 PM
ATÉ ÀS 14H

ADD
FRESH
ORANGE
JUICE
4

INGLÊS . ENGLISH 5.5
Sausage, egg, bacon, tomato, toast, beans
Salsicha, ovo, bacon, tomate, torrada, feijão

IRLANDÊS . IRISH 7.5
Sausage, egg, bacon, tomato, toast, black pudding, hash brown, beans
Salsicha, ovo, bacon, tomate, morcela, hash brown, torrada, feijão

MEGA FOR THE CHAMPIONS 9.8
2 sausages, 2 eggs, 2 bacons, 2 toast,, black pudding, hash brown, tomato,, beans
2 salsichas, 2 ovos, 2 bacon, 2 torradas, morcela, hash brown, tomate, feijão



GO BIG OR GO HOME

EXTRAS 1.5

hash brown, black pudding, mushrooms, jam, butter, toast
hash brown, morcela, cogumelos, compota, manteiga, torrada

CHIPS

PLAIN . BATATA FRITA 3.5
CHEESE . QUEIJO 4.5
CHEESE & BACON 5.5
QUEIJO E BACON



SNACKS

GARLIC BREAD W/ CHEESE 4.9
PÃO DE ALHO C/ QUEIJO

ONION RINGS W/ GARLIC MAYO 5.5
AROS DE CEBOLA C/ MAIONESE DE ALHO

NACHOS with mexican salsa, cheese & jalapeños 7

CHICKEN TENDERS W/ GARLIC MAYO 7.5
PANADO DE FRANGO C/ MAIONESE DE ALHO

MOZZARELLA STICKS W/ GARLIC MAYO 7
PALITOS DE MOZZARELLA C/ MAIONESE DE ALHO

CHICKEN WINGS W/ BBQ SAUCE 7.5
ASAS DE FRANGO C/ MOLHO BBQ

CHICKEN & BACON WRAP W/ LETTUCE, TOMATO 7.5
WRAP DE FRANGO E BACON C/ ALFACE E TOMATE

CHEESE & HAM TOAST 6.5
TOSTA MISTA

CHEESE & BACON TOAST 6.9
TOSTA DE QUEIJO E BACON

BLT . BACON, LETTUCE & TOMATO BAGUETTE 6.9
BLT . BAGUETE COM BACON, TOMATE & ALFACE

GRILLED CHICKEN BAGUETTE W/ CHEESE & BACON 7.9
BAGUETE DE FRANGO GRELHADO C/ QUEIJO E BACON

DONER KEBAB

CHICKEN . FRANGO 6.5
BEEF . VACA 6.9
MIX 7.5
DONER BOX 8.5



HOMEMADE PIZZA

tomato sauce base,
cheese and oregano



Extra ingredient 1.5

MARGARITA 11.9
Cheese

FREDIS SPECIAL 15
Bacon, mushrooms, cheese roller

PEPPERONI ^{TOP SELLER} 13.5
Pepperoni

ALBUFEIRA 14
Chorizo, onion, bacon, peppers

MEAT FEAST ^{TOP SELLER} 14.5
Minced meat, chicken, bacon, pepperoni

HAWAII 13
Ham, mushrooms, pineapple

AMERICANA 14
Chicken, onion, bbq sauce

VEGGIE 13
Mushrooms, onion, peppers, olives

MAIN COURSE



SAUCES . MOLHOS 2.5

MUSHROOMS COGUMELOS
PEPPER PIMENTA
SWEET CHILLI
BBQ
GARLIC MAYO



FREDIS BEEF STEAK ^{TOP SELLER} 17.5
BIFE DE VACA FREDIS
GO ON. ADD THE SAUCE 🍷

GRILLED CHICKEN BREAST 13
PEITO DE FRANGO GRELHADO
GO ON. ADD THE SAUCE 🍷

PORK RIBS W/ BBQ SAUCE 14
ENTRECOSTO C/ MOLHO BBQ

FISH & CHIPS 12
FILETES DE PEIXE c/ BATATA FRITA

CARBONARA SPAGHETTI 13
ESPARGUETE CARBONARA

BOLOGNESE SPAGHETTI 12
ESPARGUETE BOLONHESA

PASTAS

CARBONARA SPAGHETTI 13
ESPARGUETE CARBONARA

BOLOGNESE SPAGHETTI 12
ESPARGUETE BOLONHESA



ADD
GARLIC
BREAD
PÃO ALHO
3.5

CLASSIC BURGERS

All burgers are served with
lettuce, tomato, fried onion



ADD CHIPS TO YOUR BURGER

CHEESE 6.9
Beef burger, cheese

BACON & CHEESE 7.5
Beef burger, bacon, cheese

FREDIS SPECIAL ^{TOP SELLER} 9.8
2x beef burger, bacon, cheese, egg

CHICKEN BBQ 7.5
Chicken burger, bbq sauce

VEGETARIAN 7.9
Veggie burger

SMASH BURGER

BY MALY

| | BURGER | COMBO* |
|--|--------|--------|
| ORIGINAL | | |
| BRIOCHE BUN, 2X SMASH BEEF PATTIES, CHEDDAR, PICKLES, SMASH SAUCE | 9 | 13 |
| PÃO BRIOCHE, 2X SMASH HAMBURGUER VACA, CHEDDAR, PICKLES, MOLHO SMASH | | |
| BACON | | |
| BRIOCHE BUN, 2X SMASH BEEF PATTIES, CHEDDAR, BACON, PICKLES, BACON JAM | 10 | 14 |
| PÃO BRIOCHE, 2X SMASH HAMBURGUER VACA, CHEDDAR, BACON, PICKLES, COMPOTA DE BACON | | |
| MALY'S | | |
| BRIOCHE BUN, 2X SMASH BEEF PATTIES, CHEDDAR, PICKLES, PULLED PORK, BBQ, CARAMELIZED ONIONS, SMASH SAUCE | 11 | 15 |
| PÃO BRIOCHE, 2X SMASH HAMBURGUER VACA, CHEDDAR, PICKLES, PORCO DESFIADO C/ BBQ, CEBOLA CARAMELIZADA, MOLHO SMASH | | |

COMBO: burger + chips + dip + drink! Extra pattie Hamburguer de vaca 3



TOWERS

COCKTAIL 40

SEX ON THE BEACH, BLUE LAGOON,
TEQUILA SUNRISE

3LT



35

BEER



35



25

DRAFT

SAGRES PINT ALL DAY
3

SAGRES
COORS
GUINNESS
KOPPARBERG
STRONGBOW



| | SMALL | LARGE |
|------------|-------|-------|
| SAGRES | 2 | 3 |
| COORS | 3.5 | 6 |
| GUINNESS | 3.5 | 6 |
| KOPPARBERG | 3.5 | 6 |
| STRONGBOW | 3 | 6 |

BOTTLES

SUPER BOCK 4
HEINEKEN 5
CORONA 5
DESPERADOS 5
SOMERSBY 5
MAGNERS 567ML 6
HEINEKEN 0.0 4



BUCKET



**PAY 5
GET 6**

RED BULL 5
SMIRNOFF ICE 6
BACARDI BREEZER 6
WKD 6



WINES

| | GLASS | BOTTLE |
|--------------|-------|--------|
| WHITE BRANCO | 3.5 | 16 |
| RED TINTO | 3.5 | 16 |
| ROSE ROSÉ | 3.5 | 16 |
| PROSECCO | 6 | 22 |

SPIRITS

| | FROM/ DESDE |
|----------|-------------|
| NACIONAL | 5 |
| IMPORTED | 6 |

SOFT DRINKS

| | |
|--------------------------------|-----|
| WATER . ÁGUA 33CL | 2 |
| SPARKLING WATER . ÁGUA COM GÁS | 2.5 |
| TONIC WATER . ÁGUA TÓNICA | 3 |
| GINGER ALE | 3 |
| GINGERBEER | 3 |
| COLA, FANTA, SPRITE 50CL | 4.5 |
| CAN . LATA | 3.5 |
| FRESH ORANGE JUICE 40CL | 4 |
| SUMO DE LARANJA NATURAL | |

COFFEE ZONE

| | | | |
|-----------------|-----|----------------|-----|
| ESPRESSO . CAFÉ | 1.5 | HOT CHOCOLATE | 4 |
| COFFEE W/ MILK | 2.8 | CAPPUCCINO | 3.5 |
| BLACK COFFEE | 2.8 | BAILEYS COFFEE | 7 |
| LATTE . GALÃO | 3 | IRISH COFFEE | 7 |
| TEA . CHÁ | 2.8 | EXTRA MILK | 1 |

COCKTAILS



FREDIS SPECIAL 7.5
VODKA, PASSION FRUIT PURÉE, LIME JUICE,
VANILLA SYRUP, PINEAPPLE JUICE
VODKA, PURÉ DE MARACUJÁ, SUMO DE LIMA,
XAROPE DE BAUNILHA, SUMO DE ANANÁS



TEQUILA SUNRISE 6.5
TEQUILA, ORANGE JUICE, GRENADINE
TEQUILA, SUMO DE LARANJA, GROSELHA



SEX ON THE BEACH 6.5
VODKA, PEACH SCHNAPPS, ORANGE, GRENADINE
VODKA, PEACH SCHNAPPS, LARANJA, GROSELHA



WOO WOO 6.5
VODKA, PEACH SCHNAPPS, CRANBERRY JUICE, LIME
VODKA, LICOR DE PÊSSEGO, SUMO DE ARANDO, LIMA



BLUE LAGOON 8
VODKA, BLUE CURAÇÃO, SPRITE
VODKA, BLUE CURAÇÃO, SPRITE



PINA COLADA 8
RUM, COCONUT, PINEAPPLE
RUM, COCO, ANANÁS



APEROL SPRITZ 8
APEROL, PROSECCO, SODA
APEROL, PROSECCO, SODA



WATERMELON SOUR 8
VODKA, WATERMELON LIQUEUR, SOUR MIX, EGG WHITE
VODKA, LICOR DE MELANCIA, SOUR MIX, CLARA DE OVO



MANGO DARK'N STORMY 9
RUM, MANGO PURÉE, LIME, GINGERBEER
RUM, PURÉ DE MANGA, LIMA, GINGERBEER



EXPRESSO MARTINI 9
VODKA, COFFEE LIQUEUR, VANILLA, EXPRESSO
VODKA, LICOR DE CAFÉ, BAUNILHA, EXPRESSO



PORNSTAR MARTINI 9
VODKA, PASSION FRUIT PURÉE, PASSOA,
VANILLA, LIME, PROSECCO
VODKA, PURÉ DE MARACUJÁ, PASSOA,
BAUNILHA, LIMA, PROSECCO



LONG ISLAND ICED TEA 9
GIN, VODKA, RUM, TEQUILA, TRIPLE SEC, LIME, COCA-COLA
GIN, VODKA, RUM, TEQUILA, TRIPLE SEC, LIMA, COCA-COLA



BLACK MAMBA 9
BLACK VODKA, COCONUT, STRAWBERRY PURÉE,
LIME, APPLE JUICE
VODKA PRETA, COCO, PURÉ DE MORANGO,
LIMA FRESCA, SUMO DE MAÇÃ



CAIPIRINHA 8
BRANDY, BEIRÃO, TRIPLE SEC, WINE, SPRITE
Cachaça, lime, sugar
BRANDY, BEIRÃO, TRIPLE SEC, WINE, SPRITE
Cachaça, limão, açúcar

ADD YOUR
FLAVOUR +1€



MOJITO 8
Rum, lime, mint, sugar, soda
Rum, lima, hortelã, açúcar, soda



FROZEN DAIQUIRI 8
Rum, fresh lime, triple sec
Rum, lima fresca, triple sec



MOCKTAILS

RONALDO . CR7 6
STRAWBERRY PURÉE, COCONUT,
PINEAPPLE JUICE, LIME JUICE
PURÉ DE MORANGO, COCO, S. DE ANANÁS E LIMA

ROONEY 6
MILK, VANILLA ICE CREAM, OREO
LEITE, GELADO DE BAUNILHA, OREO



S/O GRUPO SIMOLPRO

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