



# POOLSIDE MENU

## SALADES

Kale Caesar salad  
Kale | romaine | parmesan  
70

Simple Greek  
Feta | cucumber | cherry tomato |  
olives | oregano  
70

Eggplant & freekah salad  
Grilled eggplant | freekeh |  
pomegranate  
72

## STARTERS

Suppli al telefono  
Mozzarella | risotto | parmesan  
62

Baked zucchini fries  
Zucchini | parmesan | bread  
crumbs  
56

Dip Trio  
Fresh Greek pita | tzatziki |  
hummus | baba-ghanoush  
100

## TAPAS FROM THE SEA

Bolinhos de bacalhau  
Cod fish | lemon | parsley  
78

Grilled calamari kalamaki  
Calamari | smoked paprika | lemon  
68

## SANDWICHES & BITES

Avocado smash Sliders  
Avocado | bacon | cheese  
70

Veggie & burrata focaccia  
sandwich  
Grilled veggies | burrata | honey  
mustard | thyme  
65

Doner wraps (beef/chicken/lamb)  
Lettuce | tomato | yoghurt |  
shawarma bread  
Beef 68  
Chicken 65  
Lamb 72

## PEINIRLI & FLATBREADS

Caprese peinirli  
Mozzarella | basil | tomato

48

Truffle mushroom peinirli  
Truffle paste | portobello

58

Greek vegetable flatbread  
Peppers | olives | artichoke | fresh  
mozzarella

48

Shrimp pesto flatbread  
Shrimps | pesto | spicy sauce |  
mozzarella

65

## SIDES

Frenia side salad  
Kale | lemon | grated parmesan

35

Trio of fries  
Truffle | gruyere cheese |  
Provençal herbs

42

Grilled Mediterranean medley  
Peppers | onion | zucchini | garlic |  
herbs

35

## SAVOURY & SWEETS

Pistachio cream cannoli  
Pistachio nuts | chocolate

55

Fruit platter

50

All prices are in UAE Dirhams (AED) and inclusive of 5% VAT, 7% Municipality charge and 10% Service charge.

## KIDS BITES

Cheese & tomato toastie

35

Mozzarella sticks with tomato  
sauce

35

Breaded chicken bites with fries

42

Goujon fish tenders

42

Cheese burger with fries

42

Spaghetti meat balls

40

Mac & cheese

40

## DESSERTS

Vanilla ice cream

15

Churros chocolate sauce

20



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**LUNCH & DINNER MENU**

## SALADES

The burrata  
Charred vine tomato | burrata | balsamic  
92

Kale caesar salad  
Kale | parmesan  
70

Simple greek  
Feta | cucumber | cherry tomato | olives | oregano  
70

Eggplant & freekah salad  
Grilled eggplant | freekeh | pomegranate  
72

## STARTERS

Suppli al telefono  
Mozzarella | risotto | parmesan  
62

Albondigas  
Veal mince | smoked paprika | parsley  
65

Baked zucchini fries  
Zucchini | parmesan | bread crumbs  
56

Dip Trio  
Fresh Greek pita | tzatziki | hummus | baba-ghanoush  
100

## TAPAS FROM THE SEA

Bolinho de bacalhau  
Cod fish | lemon | parsley

78

Grilled calamari kalamaki  
Calamari | smoked paprika | lemon

68

Gambas al ajillo  
Shrimps | chili | olive oil

85

## SANDWICHES & BITES

Avocado smash sliders  
Avocado | bacon | cheese

70

Veggie & burrata focaccia sandwich  
Grilled veggies | burrata | honey mustard | thyme

65

Doner wraps (beef/chicken/lamb)  
Lettuce | tomato | onion | yoghurt | pita

Beef 68

Chicken 65

Lamb 72

## PEINIRLI & FLATBREADS

Caprese peinirli  
Mozzarella | basil | tomato  
48

Truffle mushroom peinirli  
Truffle paste | portobello  
58

Greek vegetable flatbread  
Peppers | olives | artichoke | fresh mozzarella  
48

Shrimp pesto flatbread  
Shrimps | pesto | spicy sauce | mozzarella  
65

## MAINS

Oven roasted flank steak  
Flank steak | season rub | garlic  
85

Rustic cauliflower steak  
Cauliflower | lemon | mixed herbs  
55

Spanish chicken pintxo  
Smoked paprika | chili | tender chicken  
58

## PASTA & RICE

Spaghetti allo scaglio  
Fennel sausage | clams | chili | mixed  
seafood

110

Mediterranean mac pot  
Macaroni | corn | olives | mozzarella

52

## SEAFOOD PLATTERS

Seared seabass  
Seabass | capers | lemon zest | anchovy

120

Pan seared truffle cream scallops  
Scallops | truffle cream caviar

52

Oysters of the day  
Dibba oysters | condiments

25

## SIDES

Frenia side salad  
Kale | lemon | grated parmesan  
35

Potato bravas  
Smoked paprika | new potato | Provençal herbs  
35

Couscous  
Mixed peppers parsley | butter raisins almonds  
35

Trio of fries  
Truffle | gruyere cheese | Provençal herbs  
52

Grilled Mediterranean medley  
Peppers | onion | zucchini | garlic | herbs  
35

## SPREADS

Romessco  
Peppers | tomato | garlic | almonds | olive oil  
44

Tzatziki  
Greek yoghurt | cucumber | dill | garlic | lemon  
44

Hummus  
Chick pea | tahini paste | garlic | lemon  
44

Baba-ghanoush  
Roasted egg plant | garlic | olive oil  
44

## SAVOURY & SWEETS

Brulee surprise

52

Pistachio cream cannoli  
Pistachio nuts | chocolate

55

Fruit platter

55

WE ARE THE MESS AND THE ORDER  
ABOVE AND BEYOND  
THE DAYS, THE SUNSETS, THE NIGHTS  
AND EVERYTHING IN BETWEEN THAT MIGHT





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**DRINK MENU**

## SIGNATURES COCKTAILS

### **The Sundowner**

gin mare | limoncello | aperol | tonic

65

### **Frenia Breeze**

orange infused | sparkling wine

65

### **Blood Orange Rosemary**

bombay | blood orange bitters | rosemary syrup

65

### **Sapphire Margarita**

patron repasado | orange liqueur | sherry | agave

65

### **Paper Plane**

bourbon | aperol | amaro | lemon

65

### **Pomegranate Vodka Spritz**

stoli | pomegranate juice | basil

65

### **Mykonos Mojito**

white rum | blue curaçao | lime | mint

65

### **Rose Cloud**

gin | rose syrup | egg white | lemon | juice | edible roses

65

### **Paloma Twist**

Tequila | grapefruit juice | egg white | sugar syrup

65

## THE CLASSICS

**Aperol Spritz** 65

**Negroni** 62

**Espresso Martini** 62

**Old Fashioned** 62

**Whiskey Sour** 62

**Cosmopolitan** 62

**Moscow Mule** 62

**Lime Margarita** 65

**Mimosa** 56

**Mojito** 62

**Bloody Mary** 62

## DESSERT DRINKS

**Chocolate Martini 65**

**The Grasshopper 65**

**Irish Coffee 65**

## SANGRIA PITCHERS

**Rose Sangria**

**Peach liqueur | rose wine | agave | cranberry | mixed berries**

**130**

**White Sangria**

**Peach liqueur | white wine | agave | grapefruit & orange juice | mixed berries**

**130**

## SPIRITS

<b>VODKA</b>	30ML/BTL	<b>TEQUILA</b>	30ML/BTL
Stolichnaya Premium	45/900	El Jimador 100% Agave Blanco	45/900
Ketel One	50/900	El Jimador 100% Agave Reposado	45/900
Grey Goose	70/1400	Patron Silver	70/1300
Belvedere	70/1400	Patron Repesado	75/1400
<b>GIN</b>	30ML/BTL	<b>RUM</b>	30ML/BTL
Bombay Sapphire	45/900	Captain Morgan White	45/900
Tanqueray 10	55/1100	Bacardi White Superior	45/900
Gin Mare	60/1200	Captain Morgan Spiced	52/900
Hendricks	60/1200	Malibu	45/900
<b>WHISKEY</b>	30ML/BTL	<b>SINGLE MALTS</b>	30ML/BTL
Johnnie Walker Red	45/900	Chivas 12 Y/O	65/1300
Johnnie Walker Black Label	60/1400	Taliskar 10 Y	70/1300
Johnnie Walker Blue Label	220/2200	Glenfidich 12 Y/O	72/1400
Jameson Irish Whiskey	60/1200	Balvenie 14 Y/O	84/1600
Jack Daniels No.7	55		
<b>COGNAC</b>	30ML/BTL	<b>BOURBON</b>	30ML/BTL
Courvoiser VSOP	75/1400	Jim Beam	50/900
Remy Martin XO	200/2000	Makers Mark	55/1100

## APERITIFS/LIQUEURS/PORTS

**Taylors Tawny Port 10 Y 55**

**Baileys 52**

**Jagermister 54**

**Lazzaroni Amaretto 50**

**Sambuca Bianca 50**

**Molinari Sambuca Caffè 50**

**Limoncello 52**

## BEER

### BOTTLED

**Corona 45**

**Birra Moretti 42**

**Heineken 42**

**Hoegarden 44**

**Somersby 44**

**Guinness 50**

**Heineken 0.0 35**

### DRAUGHT

**PERONI 52**

## WINE

<b>WHITE</b>	GLS/BTL
Italia, Pinot Grigio, Italy	48/230
Bio Bio Chardonnaay Organic, Italy	55/265
Le Fou Sauvignon Blanc, France	58/285
Marqués De Cáceres Rioja Blanco Doca Organic, Spain	420
Alois Lageder Sauvignon Blanc, Südtirol Alto Adige Doc, Italy	500
Louis Jadot Chablis, France	600
Santorini Pdo Assyrtiko, Domaine Sigalas, Greece	650
Lugana 'Vigneto Massoni' Doc, Italy	500
<b>RED</b>	GLS/BTL
Primitivo, Organic, Vinuva, Italy	48/230
Sabourin Grande Réserve Cabernet-Merlot Southern, France	55/265
Sangre De Toro Tempranillo, D.O. La Mancha, Spain	58/285
Chianti Classico Riserva Docg, Cavaliere D'Oro, Italy	500
Chocolate Block, Syrah-Grenache-Cabernet Sauvignon, South Africa	550
Pinot Noir, Le Fou, France	425
Montepulciano, Lupi Reali, Italy	500
Kim Crawford, Pinot Noir, New Zealand	

## WINE

### ROSE

	GLS/BTL
Cuvée Spéciale Rosé, Barton & Guestier, France	50/230
Montepulicano Rosé, Lupi Reali, Italy	58/275
By. Ott Rosé, Domaines Ott*, France	450

### SPARKLING

	GLS/BTL
Da Luca Prosecco, Italy	56/265
Da Luca Sparkling Rosé , Italy	52/245
Moët & Chandon Grand Vintage Brut Champagne, France	800
Veuve Clicquot Vintage Champagne Brut, France	950

## MOCKTAILS

Capri Cooler 40

Rose Elixir 40

Citrus Zest Delight 40

Passionate Paradise 40

Iced Teas 40

## FRESH JUICES

Orange 35

Green Apple 35

Grapefruit 35

Coconut Water 45

## SMOOTHIES

**Tropical Bliss** 45

**Berry Breeze** 45

**Sunshine Citrus** 45

**Green Paradise** 45

**Mango Tango** 45

## SOFT DRINKS

**Coke** 26

**Diet Coke** 26

**Sprite** 26

**Fanta** 26

**Fever Tree Ginger Beer** 35

**Fever Tree Mediterranean Soda** 35

**Fever Tree Tonic** 35

**Red Bull** 35

**Sugar Free Red bull** 35

## COFFEES & TEAS

**Single/Double Espresso 19/22**

**Americano 24**

**Latte 25**

**Cappuccino 25**

**Iced Lattes 28**

**Hot Chocolate 24**

**Teas (Green, Black, Herbal) 23**

**Non Dairy Milk 7**

**Syrups 7**

**Additional Espresso 6**

## WATER

**Acqua Panna 1L 32**

**Pellegrino 1L 32**

**Acqua Panna 500ML 20**

**Pellegrino 500ML 20**

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