


# FRAYA

RESTAURANT & BAR

## THE MENU

Origin of Our Meats: Of European origin except for lamb, which is of Irish origin.

 Gluten-Free Dishes. Allergens: The list of "Allergen" products is available from our servers. All our dishes may contain traces of the 14 major allergens. Prices are net, including tax, expressed in Euros, and include service.

## TO SHARE

<b>Mozzarella Sticks</b> .....	<b>7,00€</b>
<b>Fish Accras</b> x6 .....	<b>7,00€</b>
<b>Fish Rillettes</b> .....	<b>7,00€</b>
<i>With spices and lime</i>	
<b>Focaccia</b> .....	<b>7,00€</b>
<i>Oil, sun-dried tomatoes, tapenade</i>	
<b>Croquetas</b> x6 .....	<b>7,00€</b>
<b>Panisses</b> x6 .....	<b>7,00€</b>

## CELLAR SELECTION

<b>Longanissa Sausage</b> 150g.....	<b>13,00€</b>
<b>Fuet d'Olot</b> 150g .....	<b>9,00€</b>
<b>Chorizo</b> 150g.....	<b>9,00€</b>
<b>Cecina de Leon</b> 100g .....	<b>13,00€</b>
<b>Aperitif Platter</b> .....	<b>18,00€</b>
<i>Assortment of cold cuts, cheeses, and cherry tomatoes</i>	

## STARTERS

 <b>Burrata from Apulia</b> , heirloom tomatoes, olive oil, balsamic cream, basil	
<b>Classic</b> .....	<b>14,00€</b>
<b>With truffle</b> .....	<b>16,00€</b>
<b>Deviled Eggs FRAYA</b> .....	<b>9,00€</b>
 <b>Gravlax Salmon</b> , chive cream.....	<b>14,00€</b>
 <b>Tuna Tataki</b> .....	<b>14,00€</b>
<i>Tomato virgin sauce, sesame, and ginger</i>	
 <b>Marinated Sardines</b> .....	<b>11,00€</b>
<i>Cherries, yuzu, arugula</i>	
<b>Bone Marrow with Truffle Oil</b> ...	<b>16,00€</b>
<b>Fish Soup with Croutons</b> .....	<b>9,00€</b>
 <b>N°3 Hollow Oysters</b> from Jégat	
x6 ...	<b>12,00€</b>
x9 ...	<b>18,00€</b>
x12 ...	<b>22,00€</b>
<b>Seafood Platter</b> .....	<b>52,00€/person</b>
<i>Order 48 hours in advance</i>	
<i>6 oysters, 1/2 crab or spider crab (depending on availability), 300g langoustines, 120g whelks, 60g clams, 80g shrimp, 80g periwinkles, 60g cockles</i>	

## BOWLS & SALADS

- 🌱 **Salmon Bowl** ..... 17,00€  
*Salmon, sushi rice, black sesame, red cabbage, edamame, pink radish, scallion, cilantro, soy vinaigrette, wasabi*
- 🌱 **Vegetarian Bowl** ..... 16,00€  
*Fragrant sushi rice, pink radish, avocado, arugula, zucchini, feta, mint, dill, yogurt sauce*
- Chicken Caesar Salad** ..... 17,00€  
*Grilled chicken, cherry tomatoes, romaine lettuce, croutons, parmesan shavings, onions, hard-boiled egg*
- Goat cheese Salad** ..... 18,00€  
*Mixed greens, fresh mint, toasted pine nuts, cured ham, cherry tomatoes, pickled onions, goat cheese toast with honey*

## FISH

- 🌱 **Seared Tuna Steak** ..... 22,00€  
*Teriyaki sauce, vegetables*
- Fish & chips, Homemade Tartar Sauce** ..... 18,00€
- Grilled Sea Bass Fillet** ..... 28,00€  
*Crustacean jus with basil, gnocchi, and vegetables*

## MEATS

- FRAYA's Chicken Wok, noodles** ..... 19,00€
- 🌱 **Grilled Ribeye Steak, approx. 280g** ..... 26,00€  
*Bearnaise sauce, fries or FRAYA's potatoes or vegetables*
- Spice-Glazed Pork Ribs** ..... 23,00€  
*Fries or FRAYA's potatoes or vegetables*
- Crying Tiger** ..... 26,00€  
*Beef marinated in soy sauce, lime, garlic, ginger, chili, and assorted herbs. Served with seasoned basmati rice*
- 🌱 **Ribeye Steak to Share, approx. 1kg** ..... 75,00€  
*(Preparation time 30 minutes)  
Bearnaise sauce, fries or FRAYA's potatoes or vegetables*

## MUSSELS



*From June to November, depending on availability*

- 🌱 **Marinière Mussels, fries** ..... 17,00€
- 🌱 **Curry Cream Mussels, fries** ..... 17,50€

## BURGERS

- FRAYA Burger** ..... 19,00€  
*Toasted buns filled with grilled ground beef patty, onions, pickles, tomatoes, cheddar, grilled bacon, homemade barbecue sauce*
- Chicken Burger** ..... 18,00€  
*Toasted buns filled with spiced chicken, Tome de Rhuys cheese, onions, pickles, tomatoes, yogurt curry sauce*

## TARTARES

-  **FRAYA Beef Tartare** ..... 19,00€  
Pickles, sweet onions, capers, tarragon  
Served with fries or FRAYA's potatoes or vegetables
-  **Italian Beef Tartare** ..... 20,00€  
Parmesan, basil, pesto, sun-dried tomatoes  
Served with fries or FRAYA's potatoes or vegetables

## PASTA

- Rigatoni with White Truffle Cream** ..... 21,00€  
Primitivo Prosciutto Cotto ham, pecorino
- FRAYA's Pasta** ..... 18,00€  
Curry mussel cream, lightly sautéed vegetables, parmesan shavings

DAILY SPECIALS **See the chalkboard**

Available only for lunch, Monday to Friday

- Starter + Main Course or Main Course + Dessert** .... 22,00€
- Starter + Main Course + Dessert** ..... 26,00€

BAMBINO *Up to 10 years old* ..... 10,00€


Grenadine or mint **syrup with water + Choice of Main Course + Choice of Dessert**

- Ground Beef Steak**, *pasta or fries*  
**Chicken Supreme**, *pasta or fries*  
**Hake**, *vegetables or rice*

**Homemade Chocolate Mousse**

**Ice Cream** | *1 flavor of choice: vanilla, chocolate, salted caramel*

## DESSERTS

- Cheese Platter** ..... 12,00€
- Strawberry Soup**, *Vanilla Ice Cream* ..... 8,00€
- Pan-Seared Far**, *Caramel Ice Cream* ..... 9,00€
-  **Chocolate Mousse** ..... 7,00€
- Gourmet Coffee or Tea** ..... 9,00€  
*Chocolate mousse, far, strawberry soup*

**In partnership with Alain Chartier**

*Best Craftsman of France Glacier and World Champion*

- Tiramisù Sphere**, *Flowing Coffee* ..... 10,00€
- Crunchy Hazelnut**, *Golfe Veil* ..... 10,00€
- Red Fruit Ice Cream Verrine** ..... 9,00€
- Caramel Apple Tatin Ice Cream Verrine** ..... 9,00€
-  **Ice Cream Cup** *2-Scoop* ..... 7,00€  
*Ice Cream Flavors: vanilla, salted caramel, chocolate*  
*Fruit Sorbets: lemon, mango, strawberry, raspberry*

---

**FRAYA**   
RESTAURANT & BAR

---

4 rue du Commerce - Port de Plaisance  
56000 VANNES

\*

02 97 68 15 89