

Freya's menu is lovingly created from the finest and freshest ingredients, sourced from a selection of local suppliers. From a range of signature dishes to the very best of British classics, Freya's provides the perfect fusion of great food in a warm and friendly environment.

Available daily from 5pm - 11:30pm

STARTERS

Freshly Made Soup 🦋

Please ask staff for details £4.00

Garlic & Chorizo Prawns

Three Shell-on Prawns delicately poached in garlic butter with chorizo sausage, served with toasted ciabatta £5.00

Caesar Salad (V) 🦋

Crisp lettuce, parmesan and croutons tossed together in a cool & creamy dressing £5.00

Add Cajun Chicken £1.00

Freya's Crispy Duck Salad

Served extra crispy with watercress & sesame, dressed with our own signature sauce £5.00

Foraged Mushrooms on Toast (V)

Resting on warm ciabatta served with a poached hen's egg £4.00

Oysters "Three Ways"

Served fresh with lemon, baked Kilpatrick and tempura with spring onion & chilli £5.00

FROM THE GRILL

All of our meat is locally sourced and matured for 24 days; we then add our very own Freya's seasoning, a select blend of juniper berries, white, black and Szechuan peppercorns that all combine to enhance the flavour.

Chargrilled just how you like it, served with salted fries or twice cooked chips

8oz Ribeye Steak

A marbled cut, best grilled medium to well done £14.00

12oz Rump Steak

A true grilling steak, perfect grilled any way £15.00

Pork T-Bone 🦋

Mostly juicy loin meat with a little bit fillet and a nice amount of fat £9.00

Double Chicken Breast 🦋

Chargrilled on the bone £12.00

MAIN COURSES

Slow Cooked Pork Belly 🦋

With an apple glaze, mashed potato, cabbage, crispy black pudding & HP emulsion £11.00

Roast Duck Breast

With sweet potato hash & fresh greens finished with a tomato jus £12.00

Pan Roasted Salmon

With crushed new potatoes finished with fresh garden peas, bacon & crème fraîche £12.00

Crab Linguine

Crisp smoked bacon infused with a blend of garlic & chilli tossed together with succulent white crab, fresh spring onions & cherry tomatoes £12.00

North Shields Cod in Brown Ale Batter

Served with minted mushy peas & twice cooked chips £9.00

Thai Vegetable Curry (V)

Green vegetables, coconut milk and coriander served with rice noodles £9.00

Add Chicken £3.00

Creamy Chilli Penne (V)

With sautéed onions, chilli, mushrooms and fresh cream served with penne & parmesan £8.00

Add Chicken £3.00

The "Aspers" Beef burger

6oz Aberdeen Angus beef burger, served in a brioche bun with salad, salted fries & accompanied with our signature sauce £7.00.

Add mature cheddar cheese £1.00

Add smoked bacon £1.00

MAIN COURSES (CONTINUED)

English Breakfast 🦋

Two slices of chargrilled back bacon, two pork sausages, black pudding, two fried eggs, sautéed mushrooms, two hash browns, baked beans and a slice of toast £7.00

Steak & Eggs

6oz chargrilled rump steak served with two fried eggs & salted fries £10.00

Piri Piri Chicken

Marinated chicken breast served in a toasted flatbread with salted fries, spiced mayonnaise, salad & coleslaw £9.00

Spicy Bean Burger (V) 🦋

Two crispy burgers served in a brioche bun with melted mature cheddar cheese, salad, salted fries, accompanied with our own signature sauce £8.00

SIDES & SAUCES

£2.00 each

Black Peppercorn Sauce

Red Wine Sauce

Twice Cooked Chips (V)

Mashed Potatoes (V)

Sautéed Garlic Mushrooms (V)

Salted Fries (V)

Peas & Bacon with Sautéed Onions

Chilli Broccoli (V)

Honey & Sesame Carrots (V)

Beer Battered Onion Rings (V)

Dressed Salad (V)

Garlic Ciabatta (V)

DESSERTS

Welcome to our dessert offerings! So many wonderfully indulgent flavours to choose from to conclude your perfect meal...

Sticky Toffee Pudding

Made in-house with a Belgian waffle crust served with toffee sauce & vanilla ice cream £4.00

Lemon Posset 🦋

Made in-house with fresh lemons & cream, topped with raspberry jelly £4.00

White Chocolate and Strawberry Cheesecake

Homemade layered cheesecake & fresh strawberries served in a glass £4.00

Chocolate and Peppermint Brownie

Homemade, served with a scoop of mint ice cream £4.00

Vanilla Crème Brûlée 🦋

Homemade French classic served with homemade lemon shortbread £4.00

Selection of Ice Creams or Sorbets

Ask a member of staff for flavours £3.00



25p from your chosen menu items will be donated to the Aspinall Foundation.

EARLY EVENING MENU

Available daily from 5pm - 7:30pm

2 courses for £9.95 or **3 courses** for £12.95

STARTERS

Freshly Made Soup 🦋

Please ask staff for details

Freya's Crispy Duck Salad

Served extra crispy with watercress & Sesame dressed with our own signature sauce

Mushrooms On Toast (V)

Resting on warm ciabatta served with a poached hen's egg

MAIN COURSES

The "Aspers" Beef Burger

6oz Aberdeen Angus beef burger, served in a brioche bun with salad, salted fries & accompanied with our signature sauce

Pork T-Bone

Mostly juicy loin meat with a little bit fillet and a nice amount of fat served with salad and fries

North Shields Cod Goujons in Brown Ale Batter

Served with minted peas & twice cooked chips

Creamy Chilli Penne (V)

With sautéed onions, chilli, mushrooms and fresh cream served with penne & parmesan

DESSERTS

Lemon Posset 🦋

Made in-house with fresh lemons & cream, topped with raspberry jelly

Chocolate and Peppermint Brownie

Homemade, served with a scoop of mint ice cream

Selection of Ice Creams or Sorbets

Ask a member of staff for flavours

FAVOURITES MENU

Served between 11:30pm and 1:30am Sunday - Thursday, and 11:30pm - 2:30am Friday and Saturday our Freya's Favourites offers the perfect naughty midnight snack for those with an appetite. Choose from our select dishes below.

The "Aspers" Beef Burger

6oz Aberdeen Angus beef burger, served in a brioche bun with salad, salted fries & accompanied with our signature sauce £7.00
Add mature cheese £1 | Add smoked bacon £1

English Breakfast 🦋

Two slices of chargrilled back bacon, two pork sausages, black pudding, two fried eggs, sautéed mushrooms, two hash browns, baked beans and a slice of toast £7.00

Steak & Eggs

6oz chargrilled rump steak served with two fried eggs & salted fries £10.00

Piri Piri Chicken

Marinated chicken breast served in a toasted flatbread with salted fries, spiced mayonnaise, salad & coleslaw £9.00

Spicy Bean Burger 🦋

Two crispy burgers served in a brioche bun with melted mature cheddar cheese, salad, salted fries & accompanied with our own signature sauce £8.00

Fish Finger Ciabatta

Two battered cod fingers served in a warm ciabatta with crispy lettuce & tartare sauce £5.00

Bacon Sandwich

Three slices of chargrilled bacon served in a brioche bun with a side of hash browns £4.00

Sausage Sandwich

Three succulent pork sausages served in a brioche bun with a side of hash browns £4.00

SUNDAY LUNCH MENU

Freya's Sunday lunch menu is lovingly created from the finest and freshest ingredients, sourced from a selection of local suppliers. Freya's provides the perfect fusion of great food in a warm and friendly environment.

MAIN COURSES

All served with homemade Yorkshire pudding, unlimited seasonal vegetables, potatoes and fresh rich gravy

Roast Turkey Breast £7.95

Roast Topside of Beef £7.95

Roast Pork and Crackling £7.95

Mixed Meat £8.50

For £2.00, go large and receive extra meat and an extra homemade Yorkshire pudding

Don't fancy meat, then why not enjoy our unlimited seasonal vegetables and potatoes £5.95

Vegetarian gravy available upon request

DESSERTS

Chocolate Fudge Cake served with cream £3.50

Apple Pie served with custard £3.50

Sticky Toffee Pudding served with custard £3.50

Homemade Vanilla Crème Brûlée £3.50

Selection of Ice Cream £3.50

General Information

(v) Suitable for Vegetarians.

If you suffer from a food allergen intolerance please let your server know upon placing your order.

All weights are approximate before cooking.

Most of our dishes can be tailored to suit Gluten free requirements, please ask a member of staff before ordering. Some fish may contain bones.

We cannot guarantee that all our dishes are free from nuts or their derivatives.

Our menu descriptions do not list all ingredients, so please ask a member of staff before ordering if you have any particular allergy or requirements.

All items are subject to availability.

Prices include VAT at the current rate. No service charge is included as part of your bill.

Read reviews of Freya's Restaurant on



DID YOU KNOW?

The western lowland gorilla is critically endangered as their numbers have declined by 60% in the last 20 years.

The Aspinall Foundation, a world leading conservation charity, which is supported by Aspers Casino, manages 1 million acres of protected habitat across Africa into which the charity has reintroduced 50 gorillas, celebrated over 20 births and returned 18 gorillas from the wild animal parks in Kent back to the wild.

FREYA'S