

FRITTATA / OMELETTE

For the best Italian omelet you can enjoy our frittatas, with fresh and organic products or if you prefer the same flavors, have the option of a french omelette

SPINACH	\$12.95
Spinach, feta cheese, eggs	
HAM	\$12.95
Ham, cheese, eggs	
VEGGIES	\$13.95
Onions, tomato, mushroom, green peppers, spinach, eggs	
SALMON	\$14.95
Smoked salmon, goat cheese, chives, eggs	
MEAT LOVERS	\$15.95
Sausage, bacon, ham, eggs	

CRÊPES / WAFFLES

add ice cream + \$ 1.50

CLASSIC	\$8.95
Powdered sugar	
LEMON	\$10.95
Powdered sugar	
BANANA & NUTELLA	\$11.95
Powdered sugar	
STRAWBERRY & NUTELLA	\$11.95
Powdered sugar	
BERRIES WHIPPED CREAM	\$11.95
Powered sugar	
GOAT CHEESE	\$12.95
Walnuts, honey	
CHICKEN WAFFLE	\$13.95
Honey mustard	

CROISSANT OR BAGEL - Plain or Everything

The art of puff pastries and traditional bagels, merging flavors to start the day

NUTELLA add strawberries + \$ 2.00	\$5.95
Powdered sugar	
PISTACHIO CROISSANT	\$7.95
Powdered sugar	
CREAM CHEESE	\$4.95
SCRAMBLED EGGS add cheese + \$1.25	\$10.95
Bacon OR Sausage	
HAM	\$8.95
Swiss chesse	
*SMOKED SALMON	\$13.95
Cream chesse, tomato, onion, capers	
CHEESESTEAK	\$13.95
Scrambled eggs, american chesse	
CAPRESE	\$12.95
Fresh mozzarella, arugula, tomato, pesto, balsamic glaze	
PROSCIUTTO	\$12.95
Arugula, swiss chesse, balsamic glaze	
*POACHED EGG AVOCADO	\$9.95

SIDES

Bacon	\$4.25
Sausage	\$4.25
Homemade fries	\$5.25
French fries	\$5.25
One egg	\$2.95
Two eggs	\$4.95

BREAKFAST

BREAKFAST PLATTER	\$14.95
Traditional breakfast with a taste of Italy, scrambled eggs, sausage, bacon & homemade fries	
COLOMBIAN STYLE- FRIED EGGS	\$13.95
A tribute to Colombian breakfast. Fried eggs (over medium), mozzarella cheese, house made hogao sauce, tostones	
RANCHEROS FRIED EGGS	\$14.95
Fried eggs (over medium), tomato, onion, garlic, jalapeños, peppers, fresh cheese, nachos, avocado - a perfect balance of Latin flavors	
THREE CHEESE FRIED EGGS	\$12.50
A fabulous fusion of mozzarella cheese, cheddar cheese and provolone cheese accompanied by fried eggs (over medium), slice of rustic bread	
TWO SCRAMBLED EGGS	\$7.95
Scrambled eggs with toast	
OATMEAL	\$9.95 medium \$13.95 large
A delicious and healthy breakfast with berries, coconut, granola, honey and milk	
GRANOLA GLOW	\$9.95
A healthy breakfast with greek yogurt, berries, granola and honey	

KIDS MENU

MINI BREAKFAST PLATTER	\$9.95
Scrambled egg, homemade fries, bacon and toast	
CHICKEN FINGERS & FRIES	\$12.95
Crispy breaded chicken with golden fries and honey mustard	

AVOCADO TOAST

A rustic bread made with Italian bakery technique and a freshly unique avocado spread to pair

CLASSIC	\$ 9.95
CAPRESE	\$12.95
Fresh mozzarella, tomato, balsamic glaze	
BACON	\$13.95
*Poached egg	
BURRATA CHEESE	\$14.95
Prosciutto, balsamic glaze	
GOAT CHEESE	\$13.95
Pear, Honey	
STRAWBERRY	\$13.95
Almonds, balsamic glaze	
FETA CHEESE	\$13.95
Kalamata olives, balsamic glaze	
*SMOKED SALMON	\$14.95
Cream cheese, poached egg	

WE MAKE FLAVORS THAT TELL A STORY,
A FUSION BETWEEN GASTRONOMY AND ART.
DISHES DESIGNED WITH PURE INGREDIENTS,
CAREFULL TECHNIQUES AND AN AUTHENTIC VISION
OF HEALTHY COOKING.

SALADS

add Chicken \$4.50 add Shrimp \$ 6.50

BEETS Arugula, sheradded cheese, tomato, walnuts, vinaigrette	\$10.95
CAESAR Romaine lettuce, croutons, shredded parmesan cheese	\$10.95
SPINACH Strawberry, feta cheese, almonds, balsamic glaze	\$10.95
GREEK Romaine lettuce, tomato, onions, cucumber, kalamata olives, feta cheese	\$13.95
COBB Romaine lettuce, tomato, grilled chicken, bacon, avocado, poached egg, whole kernel corn	\$16.95

TAPAS

CAPRESE A delicious blend of Mediterranean flavours; tomato, fresh mozzarella, pesto, basil, balzamic glaze	\$12.95
BRUSCHETTA Authentic Tuscan flavors with fresh tomatoes, fresh mozzarella, garlic and balsamic glaze	\$12.95
MEATBALLS The traditional recipe of La Nona italiana served with tomato marinara sauce, mozzarella cheese, parmesan cheese	\$13.95
PESTO FRIES When 2 wordls collide between France and Italy. You won't be able to resist	\$ 7.95
PATATAS BRAVAS A Spain classic, homemade fries, hot sauce, chorizo	\$11.95
HUEVOS ROTOS Another Spain dish much loved by all; french fries, fried eggs and prosciutto	\$14.95
CHARCUTERIE BOARD The original charcuterie box with cheeses and meats. pastrami, prosciutto, ham, cucumber, kalamata olives, tomato, strawberries, swiss cheese, white american cheese, cheddar cheese, crackers	\$19.95
THREE CHEESE MELT Mozzarella cheese, provolone cheese, swiss cheese, mushrooms,tomato, oregano and artisan bread	\$11.95

LUNCH SPECIALS

*AVAILABLE AFTER 12:00 P.M.

CHICKEN BOWL White rice, grilled chicken, mixture of zucchini, carrots and onions sauté with garlic, corn and green lettuce.	\$17.95
PICANHA BOWL White rice, special cut beef, black beans, sweet plantains, pico de gallo and green lettuce	\$20.95
FISH MARIKERA BOWL White rice with sesame, grilled fish (seasonal), green lettuce, red onion, corn, olive oil, cherry tomato and carrots.	\$20.95
SHRIMP BOWL White rice, pink sauce, green lettuce, avocado, red onion, olive oil and sesame	\$17.95
SHRIMP COCKTAIL A refreshing coastal classic. Fresh shrimp served in a homemade sauce with red onions, celery and cilantro, paired with crackers	\$16.95

PANINI - Ciabatta bread

The classic pressed and toasted Italian panini with superb flavors

CAPRESE Arugula, fresh mozzarella, tomato, pesto, balsamic glaze	\$14.95
CHEESESTEAK Arugula, onions, green peppers, mushrooms, mozzarella cheese, mayonnaise	\$14.95
PROSCIUTTO Arugula, fresh mozzarella, tomato, balsamic glaze	\$14.95
CHICKEN PESTO Pesto, red peppers, provolone cheese	\$14.95

FLAT BREAD

Surprising flavors and perfect textures with the option of
Gluten Free (GF) and artisanal dough.

BANDIERA GF Marinara sauce (fresh tomato), mozzarella cheese, arugula prosciutto, shredded parmesan cheese	\$17.95
MARGHERITA GF Marinara sauce(tomato), fresh mozzarella, parmesan cheese	\$16.95
BUFALO CHICKEN GF Mozzarella cheese, chicken	\$17.95
CHICKEN PESTO Fresh mozzarella, arugula, chicken, balsamic glaze	\$17.95

WRAPS

CHICKEN CAESAR Romaine lettuce, shredded parmesan cheese, caesar dressing	\$12.95
TUNA Arugula, onions, tomato, balsamic glaze	\$14.95
CHEESESTEAK Arugula, onions, green peppers, mushrooms, mozzarella cheese, mayonnaise	\$14.95
PASTRAMI GOURMET Arugula, onions, green peppers, mushrooms, mozzarella cheese, scrambled egg, mayo	\$18.95

SUBS

CHEESESTEAK Onions, green peppers, mushrooms, white american cheese, mayonnaise	\$14.95
MEATBALLS Marinara sauce, mozzarella cheese, parmesan cheese	\$14.95
TUNA Arugula, onions, tomato, balsamic glaze	\$14.95



*Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions.

BEVERAGES

COFFEE

Extra shot \$0.95
Almond milk / Coconut mik / Oat mik
Syrup/ Whipped Cream.

BREWED COFFEE	\$3.00
ICED COFFEE	\$4.00
CAPPUCCINO	\$4.50
AMERICANO	\$4.00
LATTE	\$4.50
MACCHIATO	\$4.00
CORTADO	\$4.00
ESPRESSO	\$4.00
DOPPIO ESPRESSO	\$4.25
HOT CHOCOLATE	\$3.50
HOT TEA	\$3.50

SMOOTHIES

COFFE BUZZ	\$9.95
Banana, nutella, milk, espresso	
BANANA	\$9.95
Coconut, honey, walnuts, coconut milk	

FRESH SQUEEZED JUICES

CARROT	\$8.95
GINGER- APPLE- CARROT	\$9.95
CUCUMBER- CELERY-APPLE	\$9.95
PINEAPPLE-CARROT-ORANGE	\$9.95
BEETS-APPLE-GINGER	\$9.95
ORANGE	\$9.95

MILKSHAKES

PEANUT BUTTER	\$8.95
Banana, vanilla ice cream	
STRAWBERRY	\$8.95
Strawberries, vanilla ice cream	

DESSERTS

ADD ICE CREAM \$ 1.50

TIRAMISU	\$6.95
CANNOLI	\$4.95
CHOCOLATE MOUSSE	\$6.95
MINI CANNOLI	\$3.25
CHOCOLATE CAKE	\$5.95
PISTACHIO CANNOLI	\$6.95
FRUIT SALAD	\$6.50





Our secret: Every dish begins the moment you order- **made fresh.**

Perfection takes time, so sit back, soak up the vibe, and the aroma of fresh coffee.

Something extraordinary is on it's way.

Loved the flavor journey?

Snap your best photo and share it on **Instagram** with

#FrittataMoments.

If you enjoyed the experience, leave us a review on

Google or TripAdvisor

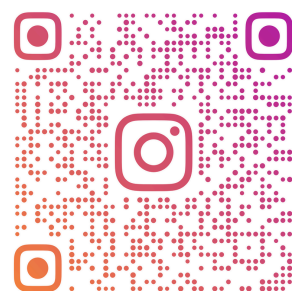
Your **feedback** helps us grow!



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www.frittatapsl.com

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