

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 (V)

Please ask staff for details £4.50

Garlic Mushrooms (V)

With a hint of chilli served with toasted crusty bread £5.25

Tempura Prawns

Delicately deep fried served with a mango salsa and chickpea fritter £7.50

Cajun Chicken Caesar Salad

Crisp lettuce, parmesan, croutons & chorizo tossed together in a cool & creamy dressing £5.25

Freya's Crispy Duck Salad

Served extra crispy with watercress & sesame, dressed with our own signature sauce £5.95

Moules Marinière

Fresh mussels in a white wine and cream sauce served with crusty bread £6.95

Oak Smoked Salmon

With a caper and dill cream cheese served with brown bread £6.95

Tasting Board

Two espresso cups of our fresh homemade soup, crispy duck salad, two grilled prawns & a selection of fresh olives £9.95

FREYA'S FAVOURITES

The "Aspers" Beef Burger

6oz Aberdeen Angus beef burger, with mature cheddar cheese and smoked bacon, served in a brioche bun with salad, salted fries & accompanied with our signature sauce £8.95

North Shields Caught Cod in Brown Ale Batter

Served with twice cooked chips and minted mushy peas £10.95

Steak & Eggs

6oz chargrilled rump steak served with fried eggs & salted fries £10.95

Steak & Cheese Flatbread

Rump steak cooked pink or well done, served in a toasted flatbread with twice cooked chips, salad, coleslaw & BBQ sauce £10.95

Piri Piri Chicken Flatbread

Marinated chicken breast served in a toasted flatbread served with twice cooked chips, salad, coleslaw & spiced mayonnaise £9.95

Lamb Kofta Flatbread

Cumin spiced minced lamb with chill & coriander, chargrilled served in a toasted flatbread with salad, salted fries & accompanied with tzatziki £10.95

Spicy Bean Burger (V)

Served in a brioche bun with mature cheddar cheese, salad, salted fries & accompanied with our signature sauce £7.95

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 a choice of twice cooked chips or salted fries

10oz Ribeye Steak

A marbled cut, best grilled medium to well done £17.95

12oz Rump Steak

A true grilling steak, perfect grilled any way £15.95

Double Chicken Breast

Chargrilled on the bone £13.95

Pork T-Bone

Juicy loin meat with a little bit of fillet and just the right amount of fat £9.95

MAIN COURSES

Pan Roasted Chicken Breast

With confit potato, braised cabbage and bacon topped with a herb cream £12.50

Slow Cooked Lamb Shepherd's Pie

With a rich sauce topped with grain mustard mashed potato & buttered peas £14.50

Italian Sausage Ragù

Italian spiced minced pork, chilli & fennel seeds served with potato gnocchi & fresh broccoli £11.50

Fillet Steak Medallions

"The King of Steaks" served with a fondant potato, green beans wrapped in bacon & peppercorn sauce, served medium rare or well done £20.95

Pan Roasted Salmon

With slow cooked shallots, chive mashed potato and pea purée £13.95

Pan Seared Monkfish

Served with braised oxtail and fresh tender stem broccoli £15.95

Crab Linguine

Crisp smoked bacon infused with a blend of garlic & chilli tossed together with succulent white crab, fresh spring onions and cherry tomatoes £11.95

Penne Caponata (V)

Penne pasta bound together with a Sicilian aubergine sauce of capers, tomatoes, celery & pine nuts £10.50

Potato Gnocchi (V)

Served in a butter sauce with courgette ribbons, cherry tomatoes, garlic, fresh sage & parmesan £9.95

SIDES & SAUCES

£3.00 each or 3 for £6.00

Black Peppercorn Sauce

Red Wine Sauce

Salted Fries

Twice Cooked Chips

Mashed Potatoes

Sautéed Garlic Mushrooms

Peas & Bacon with Sautéed Onions

Mixed Vegetables

Chilli Broccoli

Honey & Sesame Carrots

Beer Battered Onion Rings

Dressed Salad

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 £4.95

Apple & Blackberry Crumble

Homemade stewed fruits topped with a golden crumb served with either ice cream or custard £4.95

Cherry Clafoutis

Homemade French tart of fresh cherries in a sweet style baked batter £4.95

Chocolate Mousse Pot

Homemade with a peppermint cream and edible chocolate soil £5.95

Autumn Berry Mess

Homemade meringue, combined with whipped vanilla cream and fresh berries £4.95

Selection of Ice Cream

Ask a member of staff for flavours £4.95

Selection of Fruit Sorbet

Ask a member of staff for flavours £4.95

Why not add a scoop of ice cream or sorbet to your dessert! £1.25

EARLY EVENING MENU

Available daily from 5pm - 7:30pm

2 courses for £9.95 3 courses for £12.95

STARTERS

Freshly Made Soup (V)

Please ask staff for details

Garlic Mushrooms (V)

With a hint of chilli served with toasted crusty bread

Cajun Chicken Caesar Salad

Crisp lettuce, parmesan, croutons & chorizo tossed together in a cool & creamy dressing

MAIN COURSES

Italian Sausage Ragù

Italian spiced minced pork, chilli & fennel seeds served with potato gnocchi & fresh broccoli

Pan Roasted Salmon

With slow cooked shallots, chive mashed potato and pea purée

Spicy Bean Burger (V)

Served in a brioche bun with mature cheddar cheese, salad, salted fries & accompanied with our signature sauce

DESSERTS

Apple & Blackberry Crumble

Homemade stewed fruits topped with a golden crumb served with either ice cream or custard

Autumn Berry Mess

Homemade meringue, combined with whipped vanilla cream and fresh berries

Selection of Ice Cream

Ask a member of staff for flavours§

AFTER HOURS MENU

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SUNDAY CARVERY ONLY £6.95

Freya's Sunday carvery menu is lovingly created from the nest and freshest ingredients, sourced from a selection of local suppliers. Available Sunday's from 12 noon - 4pm

Only £6.95

MAIN COURSES

Roast Turkey Breast

Roast Topside of Beef

Roast Pork and Crackling

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

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

Vegetarian gravy available upon request

DESSERTS

A selection of desserts for only £3.00

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