FRÉKT®

Welcome to Frékt,

The name of our restaurant is an exclamation of amazement in the Abruzzese dialect, comparable to “wow!” or “goodness!” (…or various colorful expressions).

Frékt is a family-run restaurant whose Abruzzese roots are the beating heart of both its cuisine and spirit.

Our mission is to take you on a journey through the flavors of Abruzzo and let you experience them at their best, using high-quality ingredients prepared according to tradition.

Our meat, cured meats, pecorino cheeses, extra virgin olive oil, red garlic from Sulmona, wines, craft beers, and liqueurs all come directly from Abruzzo.

In our menu, you’ll find classic regional recipes passed down through generations and refined by our kitchen, alongside some of our own creations inspired by the flavors of our homeland.

Thank you for trusting us, and bon voyage through the tastes of Abruzzo.

The Frékt team

WINTER MENU



I taglieri

I Sapori d'Abruzzo

Selection of typical Abruzzese cured meats and pecorino cheeses, sourced exclusively from Abruzzo.

Recommended for 2 to 4 people

- **Small board** 27€
- **Large board** 48€

Allergens: lactose, gluten



I Salumi d'Abruzzo

Selection of typical cured meats, sourced exclusively from Abruzzo.

Recommended for 2 to 4 people

- **Small board** 14€
- **Large board** 25€

Allergens: gluten

I formaggi Pecorini

Tasting of six different ages of Abruzzese pecorino cheeses, served with preserves.

Recommended for 2 to 4 people

- **Small board** 15€
- **Large board** 28€

Allergens: lactose



*Cover charge 2,50€ per person, including fresh bread and Abruzzese EVO oil at your table.

Vegetarian dish

FRÉKT

Appetizers

Le bruschette*

Specialità di STAGIONE

A tasting trio of toasted bruschetta:

- Stracciatella and tomatoes
- Venticina Teramana
- Roasted liver sausage

A starter bursting with flavor, perfect to enjoy alone or to share. 7€

Allergens: lactose, gluten

Il cacio fritto*

Semi-aged pecorino cheese, diced and battered. A tasty appetizer typical throughout the region

- 6 pieces 9€
- 12 pieces 16€

Allergens: lactose, gluten



* We prepare our dishes and ingredients fresh, and some may be blast-chilled on site to ensure both their quality and your safety, following HACCP guidelines (EU Regulation 852/04).

Any requested changes to the ingredients of the dishes on the menu may result in a change to the listed price.



Looking for the perfect wine or beer pairing?

*Pecorino, Passerina and **Trebbiano** are the white wines of Abruzzo, excellent with starters and especially with pecorino cheeses. Check out our wine list to see our full selection.*

*If you're in the mood for a craft beer instead, try the **"Crevette" from Mezzopasso**, a light, aromatic blanche that pairs beautifully with our starters and sharing boards. You'll find all our beer options at the end of this menu.*



Traditional first courses

Traditional recipes, selected by Nonna Amelia, to let you discover the best first courses of Abruzzese cuisine.

Each dish is made from fresh dough and homemade sauces: everything is crafted in-house, every single day.

Chitarra al sugo con polpettine



Fresh egg pasta “chitarra” with the classic Teramo-style tomato sauce, topped with small and tender beef meatballs. This is our most loved dish, cherished by both kids and grown-ups. 13,5€

Allergens: gluten, lactose, eggs, celery.

L’Amatriciana



Fresh egg “chitarra” pasta with a classic tomato sauce and crispy cured pork cheek (guanciale). Few, simple ingredients, an iconic dish with deep, unforgettable flavor. Absolutely delicious with a touch of our grated pecorino cheese. 12€

Allergens: gluten, eggs.

FRÉKT

Pallotte Cacio e Uovo*



A classic from the heart of rural Abruzzo. Delicious bread, egg and cheese balls, simmered in rich tomato sauce. A unique-tasting vegetarian first course, perfect on its own or ideal for sharing as a starter. 13€

Allergens: lactose, gluten, eggs.

Sagne del Gran Sasso

Specialità di STAGIONE



Fresh short pasta, topped with a typical Abruzzo white sausage ragù, potatoes and onion. The **chili pepper** present in the sausage, gives a lively boost to this rustic dish. 13€

Allergens: gluten.



Looking for the perfect wine or beer pairing?

***Cerasuolo** is a rosé wine made from Montepulciano grapes an excellent match for our first courses with meat. Check out our wine list to discover our full selection.*

*If you're in the mood for a craft beer, try the **"Kris" by Mezzopasso**. This fresh and versatile pils pairs perfectly with our pasta dishes-and so much more. You'll find all our beer options at the end of this menu.*



Second courses

Pecora alla callara*

Specialità di STAGIONE

Selected and hand-cut mutton, aromatic herbs, tomato, and a very long cooking time. A delicate, melt-in-your-mouth mutton stew, served with toasted bread. 18€

Allergens: Gluten (toasted bread).



La porchetta abruzzese

Crunchy, crackling skin hugs the rolled pork belly, which is seasoned with aromatic spices and wrapped around a tender pork loin. An explosion of flavors, served with your choice of side. 18€



Grilled second courses

Tagliata di pecora

Selected, grilled lamb rump.
Tender and flavorful, we recommend cooking it medium or rare.
Served with your choice of side. 20€



Costolette di agnello*

300g of Irish lamb chops, chargrilled...
Need we say more?
Served with your choice of side. 26€



Arrosticini

Known as rustell', rustelle, or speducc' in the many Abruzzese dialects, arrosticini are the most iconic dish of our region. Legend has it that the first ones were invented in the 1930s, during the time of sheep transhumance along the Apennines, when shepherds would skewer little pieces of sheep meat on wooden sticks and cook them over open coals. Nearly a hundred years later, with a few tweaks here and there, they remain a must-have from Abruzzo's kitchen.





Looking for the perfect wine or beer pairing?

*When it comes to meat, in Abruzzo the choice is always **Montepulciano**. Whether you prefer it light or bold, it's a wonderful match for all our main courses. Take a look at our wine list for the full selection.*

*And if you're craving a craft beer, try the **"RED STONE" by Mezzopasso**. A lightly smoked IPA, perfect with our meat dishes. You'll find all our beer options at the end of this menu.*



❖ Classic Arrosticino 20 g*

The original! Skewered cubes of sheep meat grilled over coals. 1,3€

❖ Arrosticino 28 g*

A slightly “chunkier” version of the classic. 1,8€

❖ Arrosticino 38 g*

Hand-cut selected meat, XXL size for true enthusiasts. 2,4€

❖ Arrosticino di fegato e cipolla

Skewers of veal liver and onion slices,
flavored with thin layers of sheep fat. 1,8€

To let you taste as many different types as you like,
there’s no minimum order.

Side dishes

❖ Fuje strascinate

Fresh cabbage cooked in a pan with a sprinkling of chilli pepper and blended with pecorino wine. 5€

Allergens: sulphites.

❖ Cioffa ‘mbriaca

Cauliflower cooked in a pan and deglazed with Pecorino wine. 5€

Allergens: sulphites.

❖ Patate al forno

Fresh potatoes cut into chunks and roasted until golden in the oven. 5€

❖ Pomodori / Insalata

Tomatoes and/or iceberg lettuce. 5€



Homemade desserts

Il Bocconotto di Castel Frentano*

A delicate shortcrust pastry shell filled with a soft chocolate and almond cream. Served with our homemade custard. 6€

Allergens: eggs, gluten, nuts, milk (custard).



Tiramisù alla Frèkt

Soft mascarpone cream meets the crunch of homemade Abruzzese cantucci, dipped in coffee. 6€

Allergens: eggs, milk, gluten, nuts.



Tortino dal cuore caldo*

A chocolate soufflé with a gooey, melted chocolate center. Accompanied by our custard. 6€

Allergens: gluten.



Cantucci & Passito



Crunchy homemade Abruzzese cantucci, perfect for dipping in the sweet Passito wine of our land. 7€

Allergens: eggs, gluten, nuts, milk, sulfites.

Sorbetti al cucchiaio

A tasting of three refreshing sorbets (not homemade):

sage & lemon,

tangerine,

pink grapefruit.

❖ **Trio of sorbets** 6€

❖ **Single sorbet** 2,5€

Abruzzese Liqueurs





❖ Genziana 25° - Infusion of gentian root in alcohol. 4,5€

❖ Ratafià 20° - Sour cherries infused in Montepulciano wine. 4,5€

❖ Amaro della Laga 30° - Gentian-based liqueur with mountain herbs. 4,5€

❖ Limoncello curcuma e zenzero 25°
Lemon liqueur with turmeric and ginger. 4,5€



❖ Centerba Toro 70° - Famous Abruzzese herbal spirit. 5€

❖ Centerba Esprit Toro 40°
New recipe with less alcohol and the same unmistakable taste of Centerba. 5€

❖ Amaro Jannamico 35° Sweet liqueur with strong hazelnut notes. 4,5€

❖ Amaro Toro 27° Liqueur made from rhubarb, gentian, and mountain herbs. 4,5€

❖ Aurum 40° - Sweet orange liqueur. 4,5€

❖ Classic Italian Amari. 4,5€

Abruzzese Wines by the Carafe

❖ **Red** - Montepulciano DOC 13°
❖ **Rosé** - Cerasuolo DOC 12,5°
❖ **White** - Pecorino DOC 12,5°

5€ (25 cl) | 9€ (50 cl) | 15€ (LITRO)

❖ **Red** - Montepulciano barrel-aged DOC 13,5°

8€ (25 cl) | 14€ (50 cl) | 25€ (LITRO)



Abruzzo wines in bottles

In the wine list, you can find our selection of the best labels of Abruzzo wines.

❖ **Abruzzo wine tasting** 3 wine glasses 18€

According to the advice of our staff



Craft Beers from Abruzzo

❖ Tasting of craft beers

3 bottles of 33 cl 15€

❖ Kris Pils

PILSNER | Blonde 5,2°

Freshness and simplicity make Kris the perfect beer for any moment: imagine enjoying it on the beach, after a long workday, or following a mountain hike. Whatever the occasion, the result is the same: mellow malts unfold gradually into a herbal, bitter finish with a delightful interplay of malt and hops. 6€



❖ Crevette

BLANCHE | Pale & Cloudy 4,8°

Crevette Blanche (French for “white prawn”) is a wheat beer inspired by Belgian blanche tradition.
Its foamy head releases fresh, citrusy aromas of lemon peel and coriander, gently softened by subtle notes of chamomile.
A delicate hint of malt leads into a refreshing, citrusy and spicy finish with a clean, dry aftertaste. 6€



❖ Vox Popoli

BIERE TRIPEL | Deep Gold 8°

Vox Popoli makes its presence known: a true Belgian-style tripel, warm and spicy with elegant fruity highlights,
enriched by the extraordinary aroma of saffron stigmas,
one of Abruzzo’s proudest agricultural treasures. 6€



❖ Red Stone

MODERN ENGLISH IPA | Ruby Red 5,9°

Red Stone is a truly original IPA: a harmonious mix of fruity and spicy new world hops (from the USA, Australia, New Zealand) dances with chocolatey and caramel notes reminiscent of classic English Amber Ales. This beer reinterprets the IPA with a nod to tradition,
and when its hint of smokiness delicately graces your palate,
Red Stone just might become your new favorite IPA. 6€



Beyond Abruzzo

Draft Beers

	25 cl	40 cl	LITRO
❖ Munchner Gold 5,5° - Blonde export	3,5€	5,5€	11€

Aperitifs

- ❖ Gingerino / Crodino 3€
- ❖ Spritz 6€
- ❖ Hugo 6€
- ❖ Americano 7€
- ❖ Campari Lemon 7€



Soft Drinks

- ❖ Coca Cola 33 cl 4€
- ❖ Coca Cola Zero 33 cl 4€
- ❖ Fanta 33 cl 4€
- ❖ Lemon Soda 20 cl 3€
- ❖ Water 75 cl 2,5€

Coffee & Hot Drinks

- ❖ Espresso 1,6€
- ❖ Espresso "corretto" *(with grappa or liquor)* 2,3€
- ❖ Decaf 1,7€
- ❖ Macchiato 1,7€
- ❖ Cappuccino 2,5€
- ❖ Barley coffee 1,8€
- ❖ Ginseng coffee 1,8€
- ❖ Hot tea 3,5€