



À LA CARTE



DESSERTS

CHEESE PLATE | 11 €

Gorgonzola, taleggio DOP, parmigiano, sheep ricotta, stracchino, nuts and fig jam



STRAWBERRY SUMMER TIRAMISU | 9 €



LIMONCELLO CARAMEL PANNA COTTA | 8 €



WHITE CHOCOLATE STRAWBERRY LAVA CAKE | 10 €

Roasted pistachios, Montaigu's gelato



MACEDONIA | 10 €

Fresh fruit salad, whipped cream, 1 topping

Add a digestif 2cl : 4 €



GELATO | 7 €

2 flavors + 1 sauce + 1 topping



DESSERT EXTRAS | 2,50 €

Sauce : Salted butter caramel / Dark chocolate / White chocolate vanilla / Strawberry / Shredded coconut

Toppings : Toasted sliced almonds / Caramelized hazelnuts / Amarena cherries / Pistachios



WELCOME TO FRENZI !



Here, we welcome you for lunch, dinner, drinks, or just a coffee.

We host your shared events or à la carte festivities.

Our warm hospitality is matched only by the heat of our pizza oven. In the kitchen, the chef speaks with his hands, bringing Italian flair to local flavors.

From classic dishes to memorable pastas, every bite is made with sincerity.

Whether you're here for a quick "buongiorno" to go or a long meal with friends, you'll feel at home.

IT'S LA DOLCE VITA.
IT'S COSY.
IT'S FRENZI.



EVERY INGREDIENT TELLS A STORY



Our flour comes from the Bourseau mill, 80 km away – chosen for its quality and consistency.

Creamy burrata, aged cheeses, guanciale, bresaola, Milano salami – selected for authenticity.

Our sauces simmer with sweet, sun-ripened San Marzano DOP tomatoes.

Montaigu dairy gives our gelatos their rich creaminess.

Our wine list features vibrant selections from Italy and beyond.



All prices include tax

EXTRAS

LITTLE EXTRAS FOR EXTRA INDULGENCE
ON THE DISH OF YOUR CHOICE

Mushrooms / Confit cherry tomatoes | 1,50 €
Herb ham / Roasted hazelnuts / Roasted almonds | 2,50 €
Creamy Burrata | 7 €

MENUS

LUNCH SPECIAL DISH + DESSERT | 17,90€

Available Monday to Friday lunchtime, excluding public holidays

Dish of the day + Dessert of the day



KID'S MENU | 10,90€

Up to 10 years old

½ pizza Regina or Margherita

OU

Fusilli Amatriciana or Pesto



Gelato



Syrup with water or fruit juice

Free kids' menu every Wednesday evening and Saturday at lunch
With any à la carte dish (salad, main course, pasta, or pizza)

À LA CARTE

HOMEMADE PIZZAS



MARGHERITA FRENZI | 13,50 €

San Marzano DOP tomato sauce, fior di latte mozzarella, pecorino, provola, fresh basil, EVO olive oil



REGINA | 16 €

San Marzano DOP tomato sauce, fior di latte mozzarella, herb ham, mushrooms



MARINARA | 15 €

San Marzano DOP tomato sauce, anchovies, Leccino olives, capers, pecorino, garlic, oregano



5 FORMAGGI | 18 €

Fior di latte mozzarella, taleggio DOP, provola, gorgonzola, parmesan, roasted hazelnuts. *Fig jam on request*



TROTA | 23 €

Chive cream, smoked trout, burrata, confit cherry tomatoes, fresh chives, roasted almonds. *Served warm*



CARBONARA | 17 €

Fior di latte mozzarella, Vendée bacon, egg cream, pecorino, parmesan, black pepper



VEGETARIAN ITALIANA | 16 €

Chive cream, marinated zucchini, mushrooms, cherry tomatoes, pecorino, pine nuts, EVO olive oil



BRESAOLA | 24 €

Parmesan cream, bresaola, burrata, confit tomatoes, pine nuts, balsamic. *Served warm*

Find all our vegetarian dishes marked with

Our pizza is also available to take away at frenzi.fr

À LA CARTE

TO SHARE...OR NOT !

BRESAOLA PLATE | 11 €

IBERIAN HAM PLATE | 12,50 €

MILANO SALAMI PLATE | 9 €

CREAMY BURRATA | 9,50 €

Cherry tomatoes, white focaccia, EVO olive oil

SMOKED BURRATA | 11 €

Cherry tomatoes, white focaccia, EVO olive oil

SMOKED STRACCIATELLA | 9 €

Cherry tomatoes, white focaccia, EVO olive oil

MIXED PLATE TO SHARE

2 PEOPLE | 18 €

4 PEOPLE | 25 €

Bresaola, Iberian ham, stracchino, parmesan, Milano salami, smoked straciatella, white focaccia, and condiments

FRESH SALADS

TOMATE MOZZA | 14 €

Buffalo mozzarella DOP, beefsteak tomatoes, anchovies, fresh herbs, EVO olive oil

TONNO SALAD | 20 €

Tataki-style tuna, confit tomatoes, cucumber, Leccino olives, ricotta, almonds, cherry tomato herb sauce

BRESAOLA SALAD | 17 €

Bresaola, confit tomatoes, Leccino olives, grated parmesan, pine nuts, balsamic, EVO olive oil

TROTA SALAD | 19 €

Smoked trout, straciatella, confit tomatoes, almonds, chive sauce, EVO olive oil

MEDITERRANEO SALAD | 19 €

Beefsteak tomatoes, buffalo mozzarella DOP, cucumbers, organic hard-boiled egg, anchovies, capers, Leccino olives, cherry tomato sauce, fresh herbs

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À LA CARTE

HOMEMADE PASTA, RISOTTO & RAVIOLI



TRADITIONAL CARBONARA SPAGHETTI | 17 €

Crispy guanciale, eggs, pecorino romano, parmesan, black pepper
No cream, just like in Italy !



BOLOGNESE LASAGNA | 18 €

Approximate 10-minute wait



FUSILLI PESTO | 18 €



Basil, pecorino, parmesan, garlic, burrata, pine nuts, EVO olive oil



SPAGHETTI AMATRICIANA | 17 €

Tomato sauce, guanciale, pecorino, basil, black pepper



FUSILLI PESCATORATO | 22 €

Tomato sauce, cuttlefish, parsley, EVO olive oil



RISOTTO PESCATORATO | 22 €

Tomato sauce, cuttlefish, parsley, EVO olive oil



VEGETARIAN RISOTTO WITH SEASONAL VEGETABLES | 18 €



RAVIOLI OF THE DAY | 20 €

Served from Sunday lunch to Thursday evening

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À LA CARTE

MAIN COURSES

CHICKEN CACCIATORA | 19 €

Organic farm chicken, Leccino olives, tomatoes, capers, grilled zucchini, tomato-basil-pepper sauce, fragrant rice. Served warm



GRILLED BEEF STEAK | 24 €

Potato and onion cake, seasonal vegetables, toasted hazelnuts, gorgonzola sauce



GRILLED GAMBAS | 25 €

Ricotta, grilled zucchini with mint and basil, cherry tomato sauce, fragrant rice



TATAKI RED TUNA WITH PANZANELLA | 28 €

Smoked stracciatella, croutons, pepper-mint sauce, Catalan salad, fragrant rice. Served cold



CAPONATA EGGPLANT | 19 €



Zucchini, tomatoes, peppers, capers, basil, pepper sauce, fragrant rice. Served cold



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