



# Frisette Salad Menu

<https://menulist.menu>

5600 Monkland Ave, Montreal, Montréal, Canada  
(+1)5144828542 - <http://www.frisette.ca/>



Build Your Own		Construire votre propre	
Choose Your Base		salade, bol de grains ou wrap	
<b>leaf</b> 4 6 6.50 7	<b>Choose Your Base</b> Rice 2 Quinoa 2 Goat Cheese 2.50 Chickpeas 1 Edamame 1.50 Marinated Tofu 1 Marinated Tofu 3.50 Pulled Tofu 3.50 Roasted Chicken 4	<b>Grains and Crunch</b> Red Quinoa 2 Organic Brown Rice 1.50 Baked Falafel 2 Chickpea Noodles 1 Baked Pita Chips 1 Sunflower Seeds 0.50 Dried Cranberries 1.00 Pumpkin Seeds 1 Almond Slices 2 Walnuts 2	<b>Proteins</b> Chicken 1 Beef 1 Pork 1 Tofu 1 Salmon 1 Shrimp 1 Turkey 1 Veggie 1 Vegan 1 Chicken 1 Beef 1 Pork 1 Tofu 1 Salmon 1 Shrimp 1 Turkey 1 Veggie 1 Vegan 1

The Menu of Frisette Salad from Montréal contains about 36 different meals and drinks. On average, you pay for a dish / drink about CA\$9. What User likes about Frisette Salad:

Stopped by today for the first time, and was amazed by the big portion sizes! The dressing had so much flavour, we got the tofu convert and highwire girl. We will definitely come back! [read more](#). What User doesn't like about Frisette Salad:

the salads are delicious. my only complicity would be the resistance, sometimes it seems as if it were not measured. once it was overloaded with pumpkin seeds and today my frisetto salad was overloaded with quinoa. I saw more like quinoa salad than anything else. kinda turned me off. it is also unavoidable that they run into a few muddy and brown salate, but today was a bit. but a very good salate! and better prices... [read more](#).

# ***Frisette Salad Menu***



## ***Oriental dishes***

FALAFEL

## ***Soups***

RED LENTIL SOUP

CA\$5

## ***Salad***

CAESAR SALAD

## ***Dessert***

CHOCOLATE CHIP COOKIES

## ***Ensaladas***

QUINOA SALAD

## ***Cookies***

CHOCOLATE CHIP

## ***Sweets & Ice***

COOKIES

## ***Beverages***

BLACK CHERRY SODA

CA\$3

## ***Biscuits and Cookies***

COOKIE

## ***Chilis***

VEGETARIAN CHILI

CA\$6

## ***Double Down***

TOTS

## ***Restaurant Category***

VEGAN

***These types of dishes are being served***

SALAD

## ***Drinks***

POMEGRANATE AND ORANGE  
FLAVOURED SAN PELLEGRINO

CA\$3

GRAPEFRUIT FLAVOURED SAN  
PELLEGRINO

CA\$3

ESKA SPRING WATER

CA\$2

LEMON FLAVOURED SAN  
PELLEGRINO

CA\$3

ORIGINAL SAN PELLEGRINO

CA\$3

## ***Dishes are prepared with***



QUINOA

TOFU

CHEESE

CHOCOLATE

CHICKEN

## ***Salads***



THE FRISETTE  
SALAD

CA\$12

SALAD

LETTUCE

BUILD YOUR OWN SALAD

CA\$6

THE FALA FULL SALAD

CA\$12

THE RADIO FLYER SALAD

CA\$14

THE FARMHOUSE SALAD

CA\$14

THE TOFU CONVERT SALAD

CA\$13

# ***Frisette Salad Menu***



**THE PINK GOAT SALAD** CA\$14

**THE SUD OUEST SALAD** CA\$12

**THE WALNUT CHICKEN SALAD** CA\$15

**THE VEGAN WALNUT SALAD** CA\$13

**THE HIGHWIRE GIRL SALAD** CA\$12

# ***Frisette Salad Menu***



## ***Frisette Salad***

5600 Monkland Ave, Montreal,  
Montréal, Canada

**Opening Hours:**  
Tuesday 11:00 -19:00  
Wednesday 11:00 -19:00  
Thursday 11:00 -19:00  
Friday 11:00 -19:00  
Saturday 11:00 -19:00

Made with [menulist.menu](https://menulist.menu)

