



Frego's Grillhouse & Bar Menu

<https://menulist.menu>

312 Lake St, St. Catharines, Ontario L2N 4H4, Canada

+19059347715 - <http://www.fregosgrillandbar.ca>



A comprehensive [menu](#) of Frego's Grillhouse & Bar from St. Catharines covering all 19 meals and drinks can be found here on the menu. For **seasonal or weekly deals**, please get in touch via phone or use the contact details provided on the website.

Frego's Grillhouse & Bar Menu



Dessert

CREPES

Soft Drinks

ICE TEA

Chicken Wings

WINGS

Toast

FRENCH TOAST

TOAST

Starters & Salads

POTATO CHIPS

FRENCH FRIES

Hot Drinks

TEA

COFFEE

Restaurant Category

FRENCH

DESSERT

Ingredients Used

BACON

HAM

TOMATOES

These Types Of Dishes Are Being Served

SALAD

FISH

SOUP

TOSTADAS

BURGER

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312 Lake St, St. Catharines,
Ontario L2N 4H4, Canada

Opening Hours:

Monday 08:00 -01:00
Tuesday 08:00 -01:00
Wednesday 08:00 -13:00
Thursday 08:00 -01:00
Friday 08:00 -02:00
Saturday 08:00 -02:00
Sunday 09:00 -00:00

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 gallery image

