



LUNSJ

VELKOMEN

FRESH SALMON AT ITS BEST

SALMON ÅA NORDIC DELICATESSE

Our love for salmon has been developed in the far north. Where the midnight sun shines in summer and where polar nights turn the winter evenings into daytime. During his time in Norway, Frisk Fisk founder Matteo Trivisano got to know the legendary master smoker Frederik Møller Andersen, whose excellent salmon has little in common, quality-wise, with the smoked salmon sold in Switzerland. That's how the idea for a salmon bar and the desire to bring this Nordic delicacy closer to the Swiss people. After eight years of strong belief that Frederik Møller Andersen was the smoker of the century and that he would become the one and only supplier, Matteo decided to open Frisk Fisk in December 2017.

FRISK FISK HAS ARRIVED IN ZURICH

Frisk Fisk's second location has been located in the former Kaffee Mohrenkopf in Niederdorf Zurich since the beginning of 2021. The focus here is on more elaborate fish and seafood dishes. Of course, we serve our different salmons, but we also have a seasonally changing selection of fish and seafood dishes. The offer is complemented by a wine list with naturally produced wines, which we create together with our friends from Wein-Punkt in Winterthur. Whenever possible, the vegetables come from local cultivation; the salmon and seafood are from sustainable farms or wild-caught. We purchase all of our seafood specialties directly from the Norwegian master smoker, Frederik A. A large part of the range can be bought at our counter to take home. During the day, we serve fine coffee and small snacks, such as our oysters from Breton France. In addition to wine, we also serve local craft beers and fancy cocktails.

Your Frisk Fisk Team

Alle Preise verstehen sich in CHF und inklusive 8.1% MwSt.

FRISK FISK



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SNACKS 11 À 5

MARKEDSSALAT market salad	15
raw vegetables almond herbs croutons house dressing + salmon of your choice	12
LAKSEVARISJON salmon variation	29
Salmon cold smoked hot smoked pickled dill mustard capers pickles herbs	
TENDER LOIN royal filet	27
Cold-smoked salmon pickles spring onion sea buckthorn ponzu	
NORSK FISKESUPPE fish soup	18
Fish veloute mussels shrimps salmon parsnip parsley	
BLÅSKJELL Moules & Frites	36
Norwegian blue mussel organic Züri-Fries	
BAKFISK fish & chip	29
Hake remoulade pickles Züri-Fries	
BAGEL Bagel	19.5
Hot smoked salmon chervil mayo cream cheese cranberry pickles purslane	



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SNACKS 11 Å 5

SMØRREBRØD 2x rye sourdough bread by «Sørenbrød»	26
with malt whiskey herring radishes dill with cold smoked salmon pickles horseradish herbs with beet potato onsene egg cress + shrimps in brine 80g	12
STEKT LAKS fried salmon	36
Chive veloute wild broccoli Züri fries	
FRISK FISK RAVIOLI ravioli	32
Saffron veloute salmon roe roasted parsnip herbs	
SURKIRSEBÆR sour cherry	9
Sour cherry sorbet liqueur cacaonibs crispy hips	
OSTEKAKE cheesecake	14
Sea buckthorn kumquats salted caramel	
RISGRØT rice pudding	12
Salted lemon buckwheat pear	
KANELSNUR Å cinamon knots Å	5.5
Secret recipe from Å Lofoten Island	
DAGENS KAKE cake of the day	8
our service staff will be happy to inform you	

Origin of fish: Our products are imported directly and without detours from Fredrik's Røkeri, Norway. Please inform our service staff of any allergies or intolerances.

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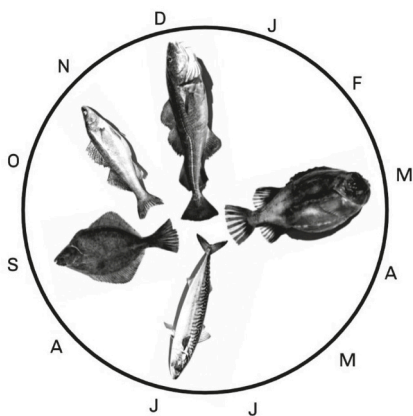
FRISK FISK



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APERÖ 11 Å 5

- FJORDREKER | deep-fried shrimps 200g** 27
black garlic mayonnaise | lemon
- SARDINER | vintage sardines** 16.5
toasted sourdough bread | citrus mayonnaise
Organic gourmet sardines in olive oil
Milles Mille 2017 Lulu
Sardine Lucien Victor Delpy 2019 Ville bleue
- NORSK REKER | cooked shrimps 400g** 25
black garlic mayonnaise | lemon
- LAKSEROGN | salmon roe** 21
Sour cream | echalots | deep-fried turbot skin | crispbread
- TORSKLEVER | cod liver terrine** 21
Cranberry | fleur de sel | brioche toast



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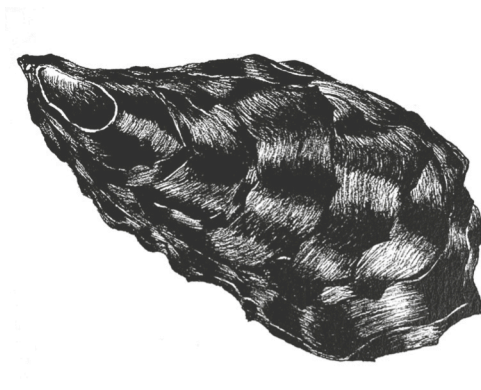
FRISK FISK



ØSTERS

ALL DAY LONG

BRETON OYSTER SPECIAL one	5.5
BRETON OYSTER SPECIAL half dozen	30
BRETON OYSTER SPECIAL a dozen	54
FLAT OYSTER one	6.5
FLAT OYSTER half dozen	36
FLAT OYSTER a dozen	66
MIXED OYSTERS half dozen	33
MIXED OYSTERS a dozen	63
OYSTERTINI Martini with oyster	18



Oyster origin: Our oysters are imported directly and without detours from Les Viviers Banastere, France. They are of the highest quality and are awarded the «Médaille d'Or au Salon de l'Agriculture» every year. Please inform our service staff of any allergies or intolerances.

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DRIKKEVARER

KALTE GETRÄNKE

Wasser

Frisk Fisk-Mineral* mit	1 l 5 dl	7 5
Frisk Fisk-Mineral* ohne	1 l 5 dl	6 4

Süssgetränke

Coca-Cola	33cl	5.5
Coca-Cola Zero	33cl	5.5
Gents Tonic Water	20cl	5.5
Gents Bitter Lemon	20cl	5.5
Gents Ginger Beer	20cl	5.5
Ingwer Shot von INGWR	20cl	5.5

Hausgemachte Schorlen & Frisches

Frisk Fisk Eistee	40cl	7
Apfel-Birnen Schorle	40cl	7
Rhabarber Schorle von Rad Saft	40cl	7
Ingwer Schorle von INGWR	40cl	7
Mint-Melon Schorle von Teelabor	40cl	7
Tropical Schorle von Teelabor	40cl	7
Kokosnusswasser von Michelsberger's	52cl	9

* Wir setzen voll auf unser hochwertiges Leitungswasser und spenden von jedem erkauftem Wasser einen Teil an «Wasser für Wasser». WfW setzt diese Spenden zu 100% für Wasserprojekte in Sambia ein.

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FRISK FISK



COUNTER

SALMON AND SEAFOOD FOR HOME

SALMON | SMOKED

Cold smoked salmon «CLASSIC»	13.5 100 g
Cold smoked salmon «BEETROOT»	17.5 100 g
Hot smoked salmon «HOT SMOKED»	13.5 100 g
+ cut and packed by hand	2 100 g

FILLET ROYAL | SMOKED

Tender Loin «Yuzu Ponzu»	57.5 200 g
Tender Loin «Truffle Seaweed»	57.5 200 g
Tender Loin «Classic»	47 200 g
Tender Loin «Wild»	52.5 100 g

SALMON | GRAVED

Graved salmon with dill «GRAVLAX»	12.5 100 g
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OYSTERS

Flat	5.5 pc
Special Palme d'Or	4.5 pc

SALMON | FRESH

Fresh salmon with skin	7.5 100 g
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CAVIAR

Salmon Roe	48.5 100 g
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FISH & SEAFOOD | RAW & COOKED

Shrimps cooked whole	8.5 100 g
Shrimps in brine peeled	13.5 100 g
Fresh fish seasonal head-on-gutted	prices vary

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FRISK FISK



KAFFEE

STOLL *Ä Alaka Wine Process | fruchtig | Ethiopia*

Espresso Doppio	4 4.5
Americano	5
Café Latte	6.5
Cappuccino	6
liskafi	6.5
Flat White	6.5
Filterkaffee	5.5
Espresso Tonic	6.5

LA FLOR | heisse Schokolade **7**

«Bean to Bar» | kleine Schokoladen-Manufaktur aus Zürich

Alle Kaffees sowie Milchgetränke sind auch mit Hafermilch erhältlich. **DB0.50D**

Bei uns gibt es auch koffeinfreien Kaffee.

TEE

TEELABOR Winterthur Bio Zertifiziert, 35cl

N°110 Earl Grey Blue Flower Schwarztee	7
N°120 Purva Chai Classic Schwarztee	7
N°103 Wild OP Grusinien Schwarztee, Georgien	7
N°410 Kwai Flowers Osmanthus Oolong	7
N°202 Genmaicha Grüntee mit gepufftem Reis	7
N°203 Sencha Uchiyama Grüntee	7
N°302 Yunnan Silver Bud ya Bao Weisser Tee, Rarität	7
N°603 Rooibos-Vanille Tee	7
N°704 Gipfelstürmer Kräutertee	7
N°708 Kurkuma Relax Kräutertee	7
N°509 Strawberry Lemonade Früchtetee	7
N°520 Eistee Waldbeere & Kräuter kalt oder heiss	6.5

Alle unsere hochwertigen Tees stammen von ausgewählten Teegärten aus Indien, China, Taiwan, Japan und Südkorea.

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