

Freiheit フライハイト

TEL 03-3339-8886

3-68-1 Koenji-Minami, Suginami-ku

FOOD MENU

1. 手づくりピザ ここだけの味 (L)
Tezukuri pizza kokodake no aji (L)
(Homemade pizza original taste (L)) ¥ 1200 
2. 手づくりピザ ここだけの味 (M)
Tezukuri pizza kokodake no aji (M)
(Homemade pizza original taste (M)) ¥ 1000 
3. 手づくりピザ ここだけの味 (S)
Tezukuri pizza kokodake no aji (S)
(Homemade pizza original taste (S)) ¥ 800 
4. 牛スジの煮込み Gysuji no nikomi
(Stew of beef sinew) ¥ 700 
5. トマトとモッツアレラのサラダ (大)
Tomato to mozzarella no salad (Dai)
(Salad of tomato and mozzarella (large)) ¥ 1000  
6. トマトとモッツアレラのサラダ (小)
Tomato to mozzarella no salad (syo)
(Salad of tomato and mozzarella (small)) ¥ 500  
7. あい鴨の砂肝スモーク
Aigamo no sunagimo smoke
(Smoked gizzard of duck) ¥ 700 











8. ドライフルーツの赤ワイン煮
Dry fruit no aka wine ni
(Stew of dry fruits with red wine) ¥ 500
9. ドライフルーツの赤ワイン煮+アイスクリーム
Dry fruit no aka wine ni +ice cream
(Stew of dry fruits with red wine+ice cream) ¥ 600
10. 洋梨の赤ワイン煮 Yonashi no aka wine ni
(Stew of European pear with red wine) ¥ 600
11. ズッキーニ海老 ジュノベーゼソース炒め
Zucchini ebi genoveze sauce itame
(Fried prawn and zucchini with Genovese sauce) ¥ 700 
12. 生ハムとフルーツサラダ
Nama ham to fruit salad
(Salad of uncured ham and fruit) ¥ 1000 
13. イカの鉄板焼き Ika no teppan yaki
(Grilled squid on hot plate) ¥ 700 
14. 荒挽きソーセージ Arabiki sausage
(Sausages made of coarsely ground meat) ¥ 700 
15. 昭和の味ナポリタン Showa no aji napolitan
(Napolitan(Ketchup-flavoured spaghetti)) ¥ 600 
16. みょうがの甘酢漬 Myoga no amazu zuke
(Pickled Japanese ginger with sweet vinegar) ¥ 400 
17. 海老 or たこ マッシュルームのアヒージョ
Ebi or tako to mushroom no ahijyo
(Ajillo of shrimp or octopus and mushroom) ¥ 600 
18. アンチョビ入りオリーブ Anchovy iri olive
(Anchovy inside olive) ¥ 500 
19. スナップエンドウレモンペッパー炒め
Snap endou lemon papper itame
(Fried snap peas with lemon and pepper) ¥ 500 
20. 焼きそば Yaki soba
(Fried noodle with sauce) ¥ 700  
21. 焼きうどん Yaki udon
(Fried udon noodle with souse) ¥ 700  
22. 野菜スティック Yasai stick
(Vegetable sticks) ¥ 700 

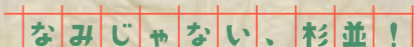
23. オニオンとツナのサラダ Onion to tuna no salad
(Salad of onion and tuna) ¥ 600 
24. 冷やしトマト Hiyashi tomato
(Cold tomato) ¥ 600 
25. 野菜サラダ Yasai salad
(Vegetable salad) ¥ 700 
26. 冷奴 Hiyayakko (Cooled tofu) ¥ 600
27. エイヒレ Eihire (Skate fin) ¥ 700 
28. 缶ごとサーディン焼き Kangoto sardine yaki
(Grilled whole can of sardine) ¥ 800 
29. ガーリックトースト Galic toast
(Gallic toast) ¥ 600 
30. カマンベールチーズ Camembert cheese
(Camembert cheese) ¥ 700 
31. ホットカマンベール苺ジャム
Hot camembert ichigo jam
(Hot camembert cheese with strawberry jam) ¥ 800 
32. チーズ・サラミ・きゅうり
Cheese・sarami・kyuri
(Cheese・salami・cucumber) ¥ 800  
33. チーズ盛合せ Cheese moriawase
(Assorted cheese) ¥ 1000 
34. 乾きものいろいろ (ナッツ・チョコ)
Kawakimono iroiro (nuts・choco)
(Variety of dry snacks (nuts and chocolates)) ¥ 600


<Notice>

Some of restaurants accept CASH ONLY
The price including or excluding TAX is depending on the restaurant
Some of restaurants require COVER CHARGE
Some of restaurants require to order at least ONE DRINK

<Ingredients/Taste>

 Chicken  Pork  Seafood  Vegetables  Flour
 Beef  Fish  Egg  Dairy Products  Spicy

協力:  なみじゃない、杉並!
中央線あるある PROJECT

 EXPERIENCE
SUGINAMI TOKYO