

Alfresco

Prosecco Jeio

£ 7.50 by the Glass

£ 34.00 by the Bottle

Champagne

Henri Favre

£ 12.50 by the Glass

£45.00 by the Bottle

Perrier Jouet

£ 14.50 by the Glass

£50.00 by the Bottle

Wines by the Glass

White

Dom. De la Pouché,
Sauvignon Blanc, France

Echeverria Unwooded
Chardonnay, Chile

Villa San Martino,
Pinot Grigio Italy

False Bay Chenin Blanc,
South Africa

Red

Andrew Hurley, Shiraz
Cabernet, Australia

Cotes du Rhône, André
Brunel, France

Norton La Finca Merlot,
Argentina

Sanchobaron, Rioja Tinto
Joven, Spain

Rose

Pinot Gigrio Blush, Italy

Large Glass £6.95 (250 ml)

Small Glass £5.45 (175 ml)

We also have an extensive wine list, please ask if you would like to have a browse!
Prices inc VAT at current rate

STARTERS

Local poached duck egg, Jerusalem artichoke	£8.50
Curried parsnip soup, parsnip crisp	£4.95
Serrano ham, Irish boulie goats cheese with marinated artichoke and beetroot, saffron aioli	£8.50
Traditional oak smoked Scottish salmon	£9.95
Selection of fresh bread	£2.50

MAINS

Braised lamb shank, wholegrain mash and spinach	£17.50
Braised beef shoulder, Jerusalem artichoke purée, potato rosti	£16.50
Fish and chips with pea puree, tartar sauce	£13.95
Thai green curry, pilaf rice	£14.50
Risotto butternut squash, rocket and parmesan	£14.50
Roast duck leg, pickled red cabbage, potato fondant	£12.95
Fillet of plaice, fragrant white bean cassoulet	£14.95

CLASSICS

Fredrick's CBLT or BLT club sandwich and chips	£14.95
Croque Monsieur / Madame	£9.95
Caesar salad, grilled chicken	£13.95

DESSERTS

Honeycomb Parfait, Banana Ice Cream	£6.50
Millefeuille of chocolate mousse	£5.95
Chocolate nut brownie, passion fruit cream, passion fruit sorbet	£6.00
Please see our A La Carte menu for other choices	

SIDE ORDERS

Coleslaw	£1.95
Thick cut chips	£3.95
Green Beans with brunoise shallots	£3.95
Mixed salad leaves	£3.95
Caesar salad with croutons	£3.95
Rocket and parmesan salad	£3.95

Sandwiches - On farmhouse white or multigrain	£6.95
- Tuna mayonnaise, rocket	
- Ham, cheese and tomato	
- Roast beef, horseradish	
- Smoked salmon and chive cream cheese	

Selection of teas and coffees	£3.95
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DINNER, LUNCH, SPA BREAKS, CONFERENCES, WEDDINGS, FREDRICK'S WILL BE YOUR BEST CHOICE.

If you have any food allergies please do talk to a member of staff before ordering, although not containing nuts or flour some dishes may have traces. Sustainable fish used on this menu where possible