

# Alfresco

## Prosecco

### Desiderio Jeio

£ 7.50 by the Glass

£ 33.00 by the Bottle

## Champagne

### Perrier Jouet

£ 12.50 by the Glass

£ 43.50 by the Bottle

## Wines by the Glass

### White

**Dom. De la Pouché,**  
Sauvignon Blanc, France

**Echeverria** Unwooded  
Chardonnay, Chile

**Villa Blanca,** Pinot Grigio  
Hungary

**The War Horse** Chenin  
Blanc, South Africa

### Red

**Andrew Hurley,** Shiraz  
Cabernet, Australia

**Cotes du Rhône,** André  
Brunel, France

**Norton La Finca** Merlot,  
Argentina

**El Somo,** Rioja DOC, Spain

### Rose

**Montepulciano**  
**d'Abruzzo,** Vipra rosa, Bigi,  
Italy

Large Glass £6.50 (250 ml)

Small Glass £5.20 (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

Pan fried gnocchi, fresh crab, lobster espuma	£5.50
Gazpacho soup – basil cream	£4.95
Serrano ham, Irish boulie goats cheese with marinated artichoke and beetroot, saffron aioli	£6.95
Oak smoked Scottish salmon with watercress foam	£9.95
Selection of fresh bread	£2.50

## MAINS

Rump of lamb on puy lentils, tomato and chorizo jam	£16.50
Grilled sirloin steak with pont neuf, roast shallot	£17.50
Fish and chips with pea puree, tartar sauce	£13.95
Thai green curry, pilaf rice	£14.50
Butternut squash, amaretti tortellini, spinach, mushrooms, sage cream	£9.95
Pickled beetroot, roast salsify, pan fried gurnard	£9.95
Roast duck breast, peach tart fin, pickled endive	£12.95

## CLASSICS

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

## DESSERTS

Bitter chocolate tart, white chocolate sorbet	£5.25
Pina colada parfait, rum jelly, cherry sorbet	£5.95
Apple, plum and rhubarb strudel, yoghurt 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