

STARTERS

- White onion soup, truffle oil £7.50
- Pan-fried foie gras, wild mushrooms, raspberry coulis, toasted brioche £12.00/£16.00
- Trio of scallops, cauliflower purée, couscous, florets £13.50
- Quinoa, crisp broccoli & butternut squash 'Superfood' salad, pumpkin seeds £10.50
- Frederick's prawn & avocado cocktail, marie rose sauce £11.50
- Salt & pepper squid, chilli sauce £9.50
- Aberdeen Angus beef carpaccio, baby artichoke, rocket salad, pecorino £11.00
- Dressed Colchester crab, cucumber ribbons, brown crab pâté, guava sauce & cherries £13.50
- Chargrilled broccoli, French bean & avocado salad, spiced dressing £9.50

MAIN COURSES

- Pan-fried brill, spinach, pea triptych, sun-dried tomatoes £22.50
- Pan-fried organic salmon fillet, clams, red chard & spinach, lemon beurre blanc £24.00
- Pistachio & herb crusted tuna, white radish, cucumber, sesame & pickled ginger £26.50
- Pan-fried sea bream, celeriac purée, sautéed red chicory & runner beans, red wine jus £23.50
- Baked whole sea bass, boiled potatoes, crispy broccoli £23.00
- Pan-fried duck breast, baby vegetables, broccoli & wasabi purée £22.00
- Chargrilled chicken supreme, roast butternut squash, puy lentils, parsnip purée £21.00
- Roast Welsh rump of lamb, smoked aubergine ragú & crisp, grilled baby gem £26.00
- Pan-fried fillet of beef, saffron risotto, courgette flower tempura, red pesto £32.00
- Welsh lamb cutlets, sautéed potatoes, garlic French beans £19.00/£22.50
- Breaded English goat's cheese, tomato & red onion ceviche, courgette ribbons £13.00
- Home made pappardelle, pumpkin purée, beurre noisette, Amaretti crumble £13.50

DESSERTS All £7.00

- Apple & lemon tart, pear sorbet
- Golden syrup sponge, cinnamon ice cream, custard
- Toasted brioche, lemon curd, vanilla ice cream
- Banana tart Tatin, mascarpone, chocolate sauce
- Pistachio panna cotta, rose petals
- Mandarin cheesecake, mango sorbet
- Chocolate fondant, mint & chocolate ice cream (please allow 15 minutes)
- Fresh fruit salad

- Ice cream or sorbet £5.50
- Selection of cheese from *The Cheese Plate* £10.50

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Reservations 020 7359 2888

12.5% discretionary service charge will be added

Frederick's