



# Valentine's Menu

Thursday 14th February 2019

Salt & pepper squid, sweet chilli sauce £10.50

Roast butternut squash & onion salad, goat's cheese curd £9.50

Pan-fried scallops, salsify, crushed peas, chilli & lime salsa £13.50

Salmon tartare & avocado, pane carasau £12.00

Dressed Colchester crab, avocado, pickled ginger & fennel salad £14.00

Frederick's tricolore salad, burrata, heritage tomatoes & avocado £11.50

Duck confit raviolo, chicken consommé, spring onion, chilli & coriander £10.50

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- Pan-fried Monkfish, lobster, baby scallops, saffron-cream pappardelle £30.00
- Sesame crusted tuna, Chinese noddles, bok choy & chilli £28.50
- Roast chicken breast; mushroom stroganoff, mash, tenderstem broccoli £22.50
- Roast venison loin, potato rösti, kale, blackberry, red wine jus £22.00
- Roasted Welsh rump of lamb, potato Dauphinoise, spinach, jus £25.00
- Chateaubriand & chips, Portobello mushroom, kale,  
peppercorn sauce or Béarnaise sauce (to share) £70.00  
(also available as a fillet)
- Aubergine parmigiana £13.50

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- Chocolate & fig fondant, mandarin sorbet £8.50
- Salted caramel panna cotta, biscotti £7.50
- Tarte tatin, vanilla ice cream £8.50
- Banana & toffee cheesecake, chocolate sauce 8.00
- Baked passion fruit Alaska £8.50
- A selection of cheese from The Cheese Plate £11.00

