

Frederick's Summer Menu

STARTERS

Gazpacho £6.50

Asparagus, red onion & blue cheese tart
chive crème fraîche, tomato jam £10.00

Frederick's smoked salmon assiette £11.00

Prawns 'Pil Pil' £9.50

Tuna & avocado tartare, soya sauce & wasabi,
pane carasau £13.00

Chicken & ham hock terrine, romanesco
cauliflower, tarragon mayonnaise £12.00

Dressed Colchester crab, Russian salad
smoked salmon £13.50

Salt & pepper squid, sweet chilli sauce £10.50

Chargrilled broccoli, French beans & avocado
salad, spiced dressing £10.50

Pan-fried scallops, baby chorizo & pea purée
£13.50

Aberdeen Angus beef carpaccio,
pickled heritage carrots, asparagus £11.00

MAIN COURSES

Pan-fried Loch Duart Salmon, fennel & asparagus
salad, orange purée, smoked salmon arancini
£23.00

Pistachio crusted rare tuna, edamame purée,
mooli & cucumber spaghetti £26.50

Pan-fried sea bass fillet, shallot & blackcurrant
tart, spinach, hollandaise £23.50

Pan-fried halibut, mussels, heritage tomato,
broad bean & spring onion salad, almond purée
£28.00

Chargrilled sirloin steak, chips, French beans &
chimichurri £24.00

Assiette of duck; pan-fried breast & griddled
courgettes; confit leg & mediterranean couscous
£23.00

Pan-fried fillet steak, ratte potatoes, rainbow
chard, roast baby vegetables, red wine jus £32.00

Lamb loin, potato gnocchi, French beans, red
pepper salsa £24.00

Chargrilled chicken breast, Jersey Royal potatoes,
grilled baby gem & sweetcorn salsa £22.00

Pan-fried venison, fondant potato,
spring greens, apple & onion purée, nut &
raspberry crumble £28.50

Israeli couscous, pan-fried halloumi, tomato,
spring onion & coriander salsa £12.50

Beetroot gnocchi, goat's cheese, baby leeks &
baby beetroot £13.50

DESSERTS

White chocolate tart, cherry ice cream £7.50

Banana cheesecake,
dulce de leche ice cream £7.50

Baked mango sorbet Alaska £8.00

Classic vanilla crème brûlée £6.50

Tiramisu £7.00

Chocolate fondant, mandarin sorbet £8.50
(please allow 15 minutes)

Fresh fruit salad £7.00

Ice cream or sorbet £5.50

Selection of cheese from The Cheese Plate
£10.50

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Frederick's

12.5% discretionary service charge will be added

Where possible Frederick's uses fish from sustainable source.
Food Allergies & Intolerances, before ordering please speak to a
member of staff about your requirements.

Please note that this menu is subject to
small changes due to seasonal availability
of the ingredients.