

Frederick's Autumn Menu

STARTERS

- Courgette & parmesan soup £6.50
- Smoked salmon, avocado & prawn cocktail £11.00
- Moules marinières £9.50
- Tuna & avocado tartare, soya sauce & wasabi, pane carasau £13.00
- Chicken liver & foie gras parfait, toasted brioche, chutney £12.00
- Dressed Colchester crab, potato salad, pomegranate, watercress £14.00
- Salt & pepper squid, sweet chilli sauce £10.50
- Burrata, butternut squash, roast broccoli & red pepper salad £10.50
- Pan-fried scallops, pancetta, crushed peas, chilli & lime salsa £13.50
- Aberdeen Angus beef carpaccio, rocket salad & pecorino, truffle dressing £11.00

MAIN COURSES

- Pan-fried Loch Duart Salmon, mixed herb gnocchi, brown shrimps & watercress purée £23.50
- Pistachio crusted rare tuna, edamame, mooli & cucumber spaghetti £26.50
- Pan-fried sea bream, celeriac fondant, spinach purée & red pepper salsa £22.50
- Pan-fried cod, smoked garlic mash, girolles, bacon & baby onion £26.50
- Chargrilled sirloin steak, chips, French beans & chimichurri £24.00
- Assiette of duck; pan-fried breast & griddled courgettes; leg confit & Mediterranean couscous £23.00
- Grilled fillet steak & marrow, polenta, spinach croquettes, red wine jus £32.00
- Roasted lamb rump, Pommes Anna, baby beetroot, curly kale, jus £25.00
- Roasted guinea fowl breast, Gascon cabbage & lentils £22.00
- Pan-fried pork loin medallion, baby spinach, potatoes, wild mushroom & truffle jus £18.50
- Aubergine parmigiana £12.50
- Beetroot gnocchi, goat's cheese, baby leeks & baby beetroot £13.50

DESSERTS

- White chocolate tart, cherry ice cream £7.50
 - Yogurt & pistachio cake, mascarpone cream £7.50
 - Baked blood orange sorbet Alaska £8.00
 - Toffee & banana crème brûlée £6.50
 - Pear & almond tart, pear sorbet £7.00
 - Chocolate fondant, salted caramel ice cream £8.50 (please allow 15 minutes)
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- 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.