

STARTERS

- Broccoli soup, Ricotta raviolo £7.50
- 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
- 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, celeriac purée, caramelised
hazelnuts, apple & watercress £13.50
- Aberdeen Angus beef carpaccio,
pickled heritage carrots, asparagus £11.00

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.

MAIN COURSES

- Pan-fried Loch Duart Salmon, savoy cabbage,
cauliflower carpaccio, broad beans & caramelised
onions, bread sauce £21.50
- Pistachio crusted rare tuna, edamame purée,
mooli & cucumber spaghetti £26.50
- Pan-fried sea bass fillet, shallot & blackcurrant
tart, spinach, hollandaise £23.50
- Fillet of turbot, brown shrimps, celeriac purée,
romanesco broccoli, curly kale £28.00
- Chargrilled rib eye steak, chips, French beans &
chimichurri £24.00
- Pan-fried duck breast, bok choy, noodles,
heritage carrots £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 £27.50
- Israeli couscous, pan-fried halloumi, tomato,
spring onion & coriander salsa £12.50
- Beetroot gnocchi, goat's cheese, baby leeks and
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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Please note that this menu is subject to
small changes due to seasonal availability
of the ingredients.