

Frederick's Winter Menu

STARTERS

Jerusalem artichoke soup & croquette £7.00

Smoked salmon, avocado & horseradish cream £10.50

Grilled goat's cheese, chargrilled Mediterranean vegetables £11.00

Chicken liver & foie gras parfait, toasted brioche, chutney £12.00

Salt & pepper squid, sweet chilli sauce £10.50

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

Crispy confit duck leg, Israeli couscous, red pepper £12.50

Assiette of smoked mackerel; fillet & potato salad, rillettes & turmeric pickled vegetables £11.50

Pan-fried scallops, cauliflower purée & couscous, pine nuts & raisins £13.50

Chargrilled aubergine, sun-dried tomato & feta cheese salad £9.50

MAIN COURSES

Moules marinière & chips £15.50

Sea bass en papillote, baby vegetables £20.00

Thai green Monkfish tail curry, mussels & oyster mushroom £27.50

Pan-fried halibut, garlic mash, broad beans, Beurre Blanc £28.00

Rabbit assiette; loin & rösti; parcel & glazed baby carrots, ginger purée £21.50

Chargrilled fillet steak, saffron potatoes, cavalo nero, chilli lime butter £32.00 *(served medium)*

Roasted lamb rump, Pommes Anna, sautéed Jerusalem artichokes & wild mushrooms £25.00

Pan-fried duck breast, duck confit croquette, French beans, orange & cherry jus £23.50

Veal Ossobuco, soft herb risotto, red pepper salsa £24.00

Aubergine parmigiana £12.50

Pappardelle, wild mushroom stroganoff £13.50

DESSERT

Toffee & banana crème brûlée £7.50

Bread & butter pudding, dulce de leche ice cream £8.00

Bakewell tart, clotted cream £7.50

Apple strudel, vanilla ice cream £7.00

Lemon meringue tart £7.50

Chocolate fondant, cherry ice cream £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.