

# Frederick's Spring Menu

Family-run & celebrating 50 years

## STARTERS

Frederick's minestrone £7.00

Smoked salmon, avocado & horseradish cream £10.50

Stuffed courgette flower tempura, baby grilled courgette, beetroot, pine nuts £11.50

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

Salt & pepper squid, sweet chilli sauce £10.50

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

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

Rabbit & parma ham terrine, pea & watercress pureé £12.50

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

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

## MAIN COURSES

Moules marinière & chips £15.50

Pan-fried organic salmon, curly kale, roast beetroot, leek & spring onion purée £22.00

Pan-fried stone black bass, crushed new potatoes & peas, turmeric broccoli tempura, brown shrimp & red pepper salsa £23.00

Pan-fried halibut, garlic mash, salsify, broad beans, beurre blanc £28.00

Organic chargrilled chicken breast, heritage potatoes, asparagus £22.50

Chargrilled fillet of beef, truffle gnocchi, baby vegetables & curly kale, red wine jus £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

Roast venison saddle, fondant potato, samphire, mooli & carrot Medley, cranberry purée £26.50

Aubergine parmigiana £12.50

Risotto primavera, spring vegetable tempura £13.50 (vegan on request)

## DESSERT

White chocolate creme brûlée, strawberry sorbet £8.00

Vanilla panna cotta, rhubarb compote, granola £7.50

Treacle tart, dulce de leche ice cream £7.50

Pecan cheesecake, salted caramel ice cream £7.50

Lemon meringue tart £7.50

Chocolate fondant, cherry ice cream £8.50  
(please allow 15 minutes)

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Fresh fruit salad £7.50

Ice cream or sorbet £6.00

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.