

# Frederick's Spring Menu

## STARTERS

- Roast onion soup, comté croûtons £7.50
- Loch Duart salmon & avocado tartare, pickled ginger, crispy bread £10.50
- Prawns "Pil Pil" £11.00
- Chicken liver & foie gras parfait, toasted brioche, chutney £12.00
- Salt & pepper squid, sweet chilli sauce £10.50
- Dressed Colchester crab, cucumber salad, brown crab bruschetta, cherry purée £13.50
- Halloumi cake, tomato jam, mixed leaves £10.50
- Assiette of duck; smoked breast & celeriac remoulade; rillettes & turmeric pickled vegetables £11.50
- Pan-fried scallops, peas, cipollini onion, baby chorizo £13.50
- Superfood salad; cauliflower couscous, roast broccoli, spring onion, radish, avocado, pine nuts £9.50

## MAIN COURSES

- Pan-fried sea bream, garlic mash, oyster mushrooms & radicchio, salsify, broad beans £22.00
- Loch Duart salmon en croûte, Charlotte potatoes, asparagus £24.00
- Thai green Monkfish tail curry, pappardelle, mussels & mushroom £27.50
- Pan-fried hake fillet, mash, grilled courgette, cherry tomato confit, gremolata £20.00
- Organic chargrilled chicken breast, potato rösti, roast butternut squash, baby leeks £21.50
- Chargrilled Angus fillet of beef, polenta, roast spring vegetables, spinach croquettes £32.00  
*(served medium)*
- Roast Welsh lamb rump, aubergine purée, borlotti beans £23.00
- Crispy duck leg confit, chargrilled baby gem, peas & pancetta, charred onion £18.50
- Roasted veal rump, crushed new potatoes & Jerusalem artichokes, pan-fried ceps £27.00
- Pappardelle wild mushroom stroganoff £13.50
- Aubergine parmigiana £13.00

## DESSERT

- Raspberry crème brûlée £7.00
- Pear & almond tart, pear sorbet £7.50
- Passion fruit sorbet baked Alaska £8.50
- Apple & blackberry crumble, cinnamon ice cream £7.00
- Banoffee cheesecake, salted caramel ice cream £7.50
- Chocolate fondant, cherry ice cream £8.50  
(please allow 15 minutes)
- Fresh fruit salad £7.50
- Ice cream or sorbet £6.00
- Selection of cheese from The Cheese Plate £12.50

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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.