

# Frederick's September Menu

## STARTERS

Courgette & parmesan £7.50

Loch Duart salmon & avocado tartare, wasabi,  
soy sauce, pane carasau £11.50

Beef carpaccio, boiled quail's egg, cherry  
tomato, capers, rocket & parmesan, crispy  
baguette, £11.00

Salt & pepper squid, sweet chilli sauce £10.50

Dressed Colchester crab, avocado, mango  
salsa £13.50

Pan-fried scallops, cauliflower purée, black  
pudding, radish £12.50

Stuffed courgette flower tempura, beetroot,  
crushed hazelnuts £10.00

Pear, pomegranate, baby spinach, feta &  
walnut salad £9.50

## MAIN COURSES

Pan-fried cod, wild mushroom & samphire, beurre  
blanc £20.00

Roast fillet of hake, grilled courgette & butternut  
squash, salsa verde £18.00

Loch Duart salmon en croûte, spinach & wasabi  
purée, fennel confit £22.00

Pan-fried halibut, prawn, saffron & broad bean  
risotto £24.50

Organic chargrilled chicken breast, Yukon  
potatoes, grilled baby gem, red wine jus £20.00

Roast Welsh lamb rump, three root vegetable  
gratin, ratatouille £22.00

Chargrilled fillet of beef, potato croquettes, roast  
baby vegetables, red wine jus £30.00

Pan-fried duck breast, cauliflower couscous, pine  
nuts, wilted rocket, blackberry jus £22.00

Aubergine parmigiana £14.00

## DESSERT

Banoffee cheesecake, stracciatella ice cream  
£7.00

Cherry & almond tart, vanilla ice cream £7.50

Vanilla panna cotta, rhubarb compote, granola  
£8.00

White chocolate crème brûlée £7.00

Chocolate fondant, cherry ice cream £9.00  
(please allow 15 minutes)

Fresh fruit salad £8.50

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.