

Frederick's October Menu

STARTERS

- Courgette & parmesan £7.50
- Assiette of salmon: smoked & avocado; rillettes & pickled vegetables £11.50
- Beef carpaccio, rocket, red onion, parmesan £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
- Moules marinière, chips £15.00
- Organic chargrilled chicken breast, wild mushroom risotto £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
- Assiette of duck: breast & french beans; confit leg & mediterranean bulgur wheat £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

web: www.fredericks.co.uk
e-mail: dine@fredericks.co.uk

Camden Passage Islington London N1 8EG
Reservations 020 7359 2888

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.