

Frederick's Summer Menu

STARTERS

Frederick's gazpacho £7

Cured salmon, new potato, red onion & pickled radish salad, orange dressing £11

Pan-fried scallops, parma ham, broad beans apple & onion purée £13.50

Tomato, mozzarella & basil arancini, rocket salad £9.50

Tuna & avocado tartare, shallots, sesame seeds, pickled ginger & wasabi £13

Beef carpaccio, rocket & pecorino £11.50

Salt & pepper squid, sweet chilli sauce £10.50

Dressed Colchester crab, beetroot carpaccio, rocket, pine nuts, red onion dressing £13.50

Frederick's superfood salad, quinoa, avocado, roasted broccoli, red pepper, crispy chickpeas £10.50

MAIN COURSES

Pan-fried fillet of stone black bass, rainbow chard spring onion & pea purée £23

Pistachio crusted rare tuna, edamame purée, mooli & cucumber spaghetti 27.50

Pan-fried Scottish salmon, smoked salmon arancini, fennel, watercress, pink grape fruit & pomegranate salad, orange sauce £22.50

Roast fillet of cod, prawns, clams saffron potatoes, fish velouté £24.50

Chargrilled fillet of Angus beef, stuffed courgette flower tempura, roast cauliflower, sweetcorn purée, red wine jus £34

Assiette of Welsh lamb: rump, cauliflower & butternut squash purée; croquettes, heritage carrot, peas £27

Chargrilled organic chicken breast, spring green, chorizo, peas £20

Pan-fried duck breast, potato rösti, Bok choy, cherry jus £24.50

Chargrilled veal cutlet, caponata £32

Aubergine parmigiana £15

Wild mushrooms risotto, parmesan, truffle oil £13.50

DESSERTS

Classic crème brûlée £7.50

Pear & almond tart, pear sorbet £8

Vanilla cheesecake, salted caramel ice cream £8

Tiramisu £7.50

Summer pudding, clotted cream £7.50

Chocolate fondant, vanilla ice cream £9.50 (please allow 15 minutes)

Fresh fruit salad £8

Ice cream or sorbet £7

Selection of cheese from The Cheese Plate £13.50

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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 (and prices) are subject to small changes due to seasonal availability of the ingredients.