

Frederick's Autumn Menu

STARTERS

White onion soup, stilton beignet £8.00

Prawn & vegetable tempura,
ponzu sauce £13.00
(maximum 10 portions)

Goldstein smoked salmon, avocado,
quinoa £12.00

Pan-fried foie gras, brioche, pear & apple
compote £14.00

Dressed Colchester crab, potted shrimps,
celeriac remoulade 14.50

Salt & pepper squid, sweet chilli sauce £11.00

Frederick's arancini, rocket salad £10.00

Pan-fried scallops, caramelised onion purée,
balsamic puy lentils £14.50
(maximum 15 portions)

Parma ham, buffalo mozzarella, heritage
tomato, radish, croutons, herb oil £12.50

Pear, pomegranate, baby spinach, feta &
walnut salad £10.00

MAIN COURSES

Pan-fried fillet of sea bream, Hasselback potato,
wild mushrooms, beurre blanc £23.00

Roast fillet of halibut, mash, ratatouille,
basil oil £29.00

Pan-fried Scottish salmon, gnocchi,
pea puree, baby onion, beetroot £23.00

Pan-fried hake, roast cauliflower, cherry
tomatoes, caper dressing £19.50

Chargrilled organic chicken breast, pancetta,
creamed savoy cabbage, puy lentils £23.00

Slow cooked Welsh lamb shoulder, leek & butter
beans gratin, rosemary jus £23.00

Chargrilled fillet of beef, polenta, spinach
croquettes, truffle jus £36.00

Steak, chips, French beans,
Béarnaise sauce £29.50

Duck leg confit, chorizo, charred onions, peas,
chargrilled baby gem £23.00

Calf's liver, crushed new potatoes,
cipollini onions, crispy sage, shallot jus £23.00

Spinach & feta pie, filo pastry, cherry tomato &
red onion salad £14.00

Butternut squash risotto, blue cheese & roast
pine nuts £15.00

DESSERTS

Classic crème brûlée £8.00

Vanilla cheesecake, salted caramel
ice cream £9.00

Pistachio & pomegranate panna cotta £9.00

Bakewell tart, clotted cream £9.00

Tiramisu £8.50

Tarte tatin, vanilla ice cream £9.50

Chocolate fondant, cherry ice cream £10.50
(please allow 15 minutes)

Fresh fruit salad £9.00

Ice cream or sorbet £7.00

Selection of cheese from The Cheese Plate
£14.50

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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.