

Frederick's Spring Menu

STARTER

White onion soup,
Roquefort croquette £10 (vegetarian on request)

Salt & pepper squid, sweet chilli sauce £12.5

Pan-fried scallops, turmeric cauliflower florets
& purée, pomegranate, walnuts £17.5

Dressed Colchester crab, crushed avocado,
fennel salad, pickled ginger £18.5

Marinated smoked herring, potato salad,
pickled mooli, carrots & red onions £13.5

Mushroom parfait, plum & cherry relish,
chargrilled toast £13.5 (vegetarian)

Angus beef carpaccio, Black Bomber,
rocket & blackberries, balsamic dressing £15

Buffalo mozzarella, pea gazpacho, heritage
tomatoes, crispy croutons £14.5 (vegetarian)

Seared marinated tofu, warm turmeric pearl
barley, cranberry & curly kale salad £13.5 (vegan)

Superfood spring salad; cauliflower couscous,
broccoli, spring onion, avocado, radish & baby
watercress, pine nuts £12.5 (vegan)

Please note that this menu and the prices is
subject to small changes due to seasonal
availability/cost of the ingredients.

MAIN COURSES

Herb crusted Scottish fillet of salmon, new
potatoes, asparagus & samphire, Hollandaise £32

Miso glazed halibut, bok choy, broccoli, spring
onion, pine nuts, sake beurre blanc £42

Roast fillet of cod, mash, baby chorizo,
cavolo nero £34

Pan-fried Monkfish, fondant potato,
confit fennel, parsley sauce £37

Chargrilled corn fed chicken breast,
parmesan gnocchi, grilled butternut squash,
curly kale, jus £27

Roast lamb rump, Hasselback potatoes,
Provençal vegetables, rosemary jus £30

Pan-fried duck breast, potato rösti,
garlic French beans, orange jus £32

Chateaubriand, chips,
French beans, Béarnaise £40 (cooked medium)

Chargrilled veal rump, "aioli" mash,
roast courgette, spring onion, jus £38

Chargrilled Angus fillet of beef, crispy
potatoes, wilted spinach, Diane sauce £44
(cooked medium)

Torched goat's cheese, chargrilled vegetables,
sun-dried tomato tapenade on toast £17.5
(vegetarian)

Aubergine parmigiana, lamb's lettuce, red onion
& cherry tomato salad £18.5 (vegan on request)

DESSERTS

White chocolate cheesecake,
strawberry sorbet £9.5

Blueberry yoghurt cake,
mascarpone cream £10

Pecan tart, vanilla ice cream £11

Passion fruit assiette:
Crème brûlée; Pavlova, cream £12

Chocolate fondant, salted caramel ice cream
£12.5 (please allow 15 minutes)

Caramelised oranges, mandarin sorbet,
raspberries, flaked almonds £10 (vegan)

Fresh fruit salad £10 (vegan)

Ice cream £9.5

Sorbet £9.5 (vegan on request)

Selection of cheese from
The Cheese Plate £16.5

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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.