

Frederick's Summer Menu

STARTER

Salt & pepper squid, sweet chilli sauce £12.5

Pan-fried scallops, cauliflower & broccoli
couscous, parsley cream, pomegranate,
shallots & flaked almonds £17.5

Colchester crab assiette:
Dressed, cucumber ribbon salad;
Brown parfait, guava purée &
marinated cherries £18.5

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

Stuffed courgette flower tempura, heritage
beetroot carpaccio, rocket, harissa £15
(vegetarian)

Watermelon, feta & cucumber salad,
minted dressing £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)

Mixed grain superfood salad; Israeli couscous,
red, white & black quinoa, avocado, butternut
squash, chickpeas & pine nuts £12.5 (vegan)

MAIN COURSES

Herb crusted Scottish fillet of salmon, new
potatoes, asparagus & samphire, Hollandaise £28

Seared sesame rare tuna, mooli carpaccio, carrot
& cucumber spaghetti, baby watercress, spring
onion, chilli, soy & lime dressing £35

Pan-fried Monkfish, fondant potato,
wilted spinach, tomato coulis £37

Pan-fried halibut, fennel, pink grapefruit,
orange & dill salad £40

Chargrilled corn fed chicken breast, Lyonnaise
potatoes, grilled courgette, 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 £42 (cooked medium)

Chargrilled veal rump, caponata,
crispy kale, jus £40

Chargrilled Angus fillet of beef, crispy potatoes,
mixed heritage tomato ceviche £43
(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,
raspberry sorbet £9.5

Summer pudding, clotted cream £10

Strawberry Eton mess, strawberry sorbet £10

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

Ice cream or sorbet £9.5

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.

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