

Frederick's Autumn Menu

STARTERS

French onion soup,
grilled Gruyère crouton £11 (vegetarian)

Salt & pepper squid, sweet chilli sauce £12.5

Pan-fried scallops, leek & beurre blanc,
red pepper salsa & hazelnuts £17.5

Colchester crab, Russian salad, panko prawn,
saffron mayonnaise £19.5

Smoked salmon & avocado tartare, pickled ginger,
mango, wasabi £14.5

Chilli & garlic monkfish & prawn pappardelle £17.5

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

Angus beef carpaccio, pecorino, rocket & red
onion, truffle & balsamic dressing £16.5

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

Pan-fried tofu, Bok choy, broccoli & spring onion,
chilli & sesame seeds £13.5 (vegan)

Caramelised figs, burrata, rocket pesto,
crushed pecans £13.5 (vegetarian)

MAIN COURSES

Pan-fried Scottish fillet of salmon,
new potatoes, heritage beetroot, broad beans, dill
& horseradish velouté £29

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

Miso black cod, egg noodles, mushroom,
bok choy, chilli & spring onion £40

Chargrilled corn fed chicken breast, Lyonnaise
potatoes, grilled courgette, jus £27

Roast lamb rump, crushed new potatoes,
roast onion, minted peas, rosemary jus £30

Crispy duck leg confit,
baby Hasselback, diced pancetta & white bean
purée, charred baby lettuce £32

Chateaubriand, chips,
French beans, Béarnaise £43 (cooked medium)

Braised ox cheek, mashed potatoes,
Chantenay carrots, courgette fritti, jus £30

Chargrilled Angus fillet of beef, crispy potatoes,
rocket, heritage tomato, red onion & caper salad,
jus £43 (cooked medium)

Wild mushroom risotto, parmesan & truffle oil,
mushroom tempura £18 (vegan on request)

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

DESSERTS

Baked mango cheesecake,
white chocolate ice cream £10

Tiramisu £10

Blood orange baked Alaska £12

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

Chocolate fondant, salted caramel
ice cream £13 (please allow 15 minutes)

Poached pear & dried raspberries,
pear sorbet £10.5 (vegan)

Fresh fruit salad £10

Ice cream or sorbet £9.5

Selection of cheese from
The Cheese Plate £16.5

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Reservations 020 7359 2888
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.