

# Frederiks

*neighbourhood kitchen & bar*

2 courses £15.00 / 3 courses £18.50

## STARTERS

Soup of the day with rustic bread £5

Fred's meatballs in tomato sauce £5

Salmon and sweet potato fishcakes with harissa mayonnaise sauce £5

## ROASTS

Roast chicken with apricot stuffing £12

Roast beef with Yorkshire pudding £13

Roast pork with apple sauce £12

Mushroom and spinach nut roast with Yorkshire pudding £11

All served with roast potatoes, cauliflower, carrots,  
parsnips, kale and red wine gravy

Pan roasted seabass fillet £12

With kale, new potatoes & a white wine & garlic sauce

## HOMEMADE DESSERTS

Nutella chocolate mousse with fresh fruit and crushed hazelnuts £5

Oreo cheesecake jam jar £5

Sticky toffee pudding with salted caramel sauce  
and vanilla ice cream £5

**ALLERGENS:** If you suffer from allergies please ask a  
member of staff for the allergy information sheet

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