

Frederiks

neighbourhood kitchen & bar

LUNCH

SERVED 12.00PM - 4.00PM - MONDAY TO FRIDAY

SOUP & SANDWICH £6.00

Soup of the day served with your choice of sandwich;

- Mediterranean vegetables and pesto (v)
- Char Sui pulled pork and Asian veg
- B.L.T with Cajun mayonnaise
- Swiss cheese, tomato, caramelised red onion and rocket (v)
- Roasted red pepper, spinach, walnuts and basil oil (ve)
- Jerk chicken and slaw

PIZZA

Sun dried tomato & basil oil (V) £7.50

Pepperoni, chilli and mozzarella £8.50

SIDES

Handcut chips (ve) £3.50

Sweet potato fries (v) £3.50

Green salad with mustard & balsamic dressing (ve) £3.00

2 COURSES £10.00

See board for today's options

FRED'S FAMOUS ROAST

LOVINGLY SERVED EVERY SUNDAY.

2 COURSES £13.50

3 COURSES £16.50

ADVANCE RESERVATIONS RECOMMENDED

(0151) 708 9574 OR WHY NOT BOOK NOW?

EVENING

SERVED FROM 4.00PM - 9.00PM MIDWEEK

AND 12.00PM - 9.30PM SATURDAY

STARTERS & SMALL PLATES

Chargrilled jerk chicken wings £5.00

Honey glazed chorizo onions and peppers £5.50

Salmon and sweet potato fish cakes with £5.00

harissa mayonnaise

Halloumi and roasted red peppers (v) £5.00

Soup of the day with rustic bread £4.50

Spicy Italian arrabiata meatballs with mozzarella £5.00

MAINS

Fat Freddie beef burger with slaw and fries £11.00

(Add bacon £1 add cheese 50p)

Seabass fillet with sprouting broccoli, new potatoes, £12.00

hazelnuts, Parmesan and Caesar sauce

Char sui pulled pork, pak choi and noodles £11.00

with a soy and sesame dressing

Sriracha bourbon glazed ribs with side salad £11.00

and slaw

Chargrilled Mediterranean vegetable penne £10.50

pasta in a tomato sauce with pesto (v)

Pan roasted chicken breast, wilted greens, £12.00

Stornaway black pudding and a sun-blush

tomato butter

PIZZA

Sun-dried tomato and basil oil (v) £7.50

Chargrilled Mediterranean vegetables and pesto (v) £8.00

Egg, spinach and Parmesan (v) £8.00

Pepperoni, chilli and mozzarella £8.00

Tuna, olives, green beans, anchovies and egg £8.50

Char Sui pulled pork and pepper with a £8.50

hoi sin base

EVENING &

PRE-THEATRE SPECIAL

2 COURSES £13.50 / 3 COURSES £16.50

SERVICE TIMES AS OUR EVENING MENU

SIDES

Sesame greens (ve) £3.00

Padron peppers (ve) £3.50

Asian chop chop with soy and sesame dressing (v) £3.00

Garden green salad with mustard and balsamic £3.00

dressing (ve)

Hand cut chips (v) £3.50

Sweet potato fries (ve) £3.50

Homemade Cajun wedges with garlic mayo (v) £3.50

Skin on fries (ve) £3.00

Pesto new potatoes (v) £3.00

DESSERTS

Oreo cheese cake jam jar £5.00

Sticky toffee pudding, salted caramel sauce £5.00

and vanilla ice cream

Nutella chocolate mousse with fresh fruit £5.00

IN THE MOOD FOR A PARTY?

FREDERIK'S FABULOUS PILLBOX IS

AVAILABLE TO HIRE 7 DAYS A WEEK.

A PRIVATE SPACE - IT'S ALWAYS IN DEMAND,

PERFECT FOR CLANDESTINE MEETINGS,

DISCREET DINNERS AND 2017 FESTIVE

CELEBRATIONS. ASK ONE OF THE TEAM

FOR MORE DETAILS.