

Fredricks

Mains

Roasted chicken chasseur, crumbed mushrooms, sauté potatoes
£16.95

Poached cold salmon fillet salad, new potatoes £14.95

Gower gold beer battered fish and chips, garden peas £14.95.

Mediterranean vegetable lasagne, garlic bread £14.95 (V)

Welsh beef lasagne, garlic bread £14.95

Squash, cranberry, red onion tagine with couscous and
minted potatoes £14.95 (V)

Burgers

Chargrilled Welsh beef burger with Machynys Coleslaw and
home cooked chips £13.95

BBQ chicken burger with Machynys Coleslaw and home cooked
chips £13.95

Beetroot, butternut squash & spinach burger with Machynys
Coleslaw and home cooked chips £12.95 (V)

Grills

10oz Welsh Sirloin steak, roasted vine tomatoes, vegetable fricassee, home cooked chips,
peppercorn sauce £24.95

8oz Welsh Fillet steak, roasted vine tomatoes, vegetable fricassee, home cooked chips, peppercorn
sauce £28.95

Sides

Home cooked chips £3.50

Truffle & parmesan shavings home cooked chips £4.50

Sweet potato fries £3.50

Garlic bread £3.00

Mixed salad £2.95

Sautéed greens & roasted Pine-nuts £3.50

Fredricks

Omelettes *(available until 5pm)*

Bacon, cheddar cheese, mushroom, or tomato (2 fillings of your choice)

Served with mixed salad £7.50

Sandwiches *(available until 6pm)*

Bacon or Sausage bap £4.25

Local egg & cress mayonnaise £5.95 (V)

Coronation chicken, toasted almonds, £5.95

Welsh cheddar and red onion chutney £5.95 (V)

Bacon, lettuce & tomato, wholegrain mustard £5.95

Served on white or brown Bloomer bread with crisps and Machynys Coleslaw.

Desserts

Nutty dark chocolate brownie with salted caramel ice cream £5.95

Vanilla cheesecake, cinnamon fruit compote £5.75

Orange creme brulee, Machynys honey shortbread £5.75

Prosecco & strawberry sorbet, raspberry syrup, candied lemon £5.95

Selection of Carmarthenshire Mario's ice-creams and sorbets £4.95

Please choose from Vanilla, Strawberry, Chocolate, Raspberry,

Mango & Dairy free

with a choice of our toppings as Chocolate, Butterscotch, Raspberry.

Selection of Welsh & British cheeses served with homemade chutney £8.95

[Black bomber, Pendery slate cheddar, Stilton]