



*Fredricks*  
AT MACHYNYS

LOUNGE MENU

# LOUNGE MENU



## OMELETTES

Bacon, cheddar cheese, mushroom, or tomato (two fillings of your choice) Served with mixed salad ..... £8.95 ○

## SANDWICHES

Bacon or sausage bap ..... £5.45 ○\*

Free range egg and cress mayonnaise ..... £6.95 ○\*

Coronation chicken, toasted almonds ..... £6.95 ○\*

Welsh cheddar and red onion chutney ..... £6.95 ○\*

Bacon, lettuce & tomato, whole-grain mustard .... £6.95 ○\*

Served on white or brown bloomer bread with crisps and Machynys coleslaw.

## MAINS

Beer battered fish & chips ..... £14.95

Breaded scampi ..... £14.95

Breaded plaice ..... £13.95

Welsh beef lasagne ..... £15.95

Vegetable lasagne ..... £14.95 ●\*

Traditional chicken curry ..... £14.95 ○\*

Chickpea, sweet potato & spinach curry ..... £13.95 ○\*●\*

Quinoa, lentil and poached salmon salad with new potatoes ..... £15.95 ○\*

## BURGERS

Double quinoa, beetroot & edamame burger ..... £13.95 ○\*●\*

Panko coated buttermilk chicken burger ..... £14.95

Chargrilled Welsh chuck beef burger with tomato chutney, bacon and cheddar cheese ..... £15.95 ○\*

All our burgers are accompanied by Machynys honey coleslaw, house salad and triple cooked chips

## SIDES

Hand cut chips ..... £3.95 ○●

Truffle & parmesan chips ..... £4.95 ○

Cheddar chips ..... £4.45 ○

Sweet potato fries ..... £3.95 ○●

Garlic bread ..... £3.50

French beans ..... £3.95 ○●\*

Sautéed greens with pine nuts ..... £4.50 ○●\*

Seasonal mixed salad ..... £3.50 ○●

If you have any dietary requirements, please speak with a member of the team.

- Vegan
- Gluten Free
- \* Can be modified to Vegan
- \* Can be modified to Gluten Free

Served between 12pm and 5pm