

Fredricks

Mains

Chargrilled chicken breast, sautéed potatoes in garlic butter, wilted green, crumbed mushrooms, and chasseur sauce £16.95

Slow cooked lamb shank, red onion and herb mashed potatoes, sauteed seasonal vegetables and red current jus £18.95

Braised beef brisket, creamy mashed potatoes, sauteed seasonal veg and veal jus £18.95

Moroccan chickpea and pumpkin seed tagine with rice, minted potatoes and naan bread £15.95

Quinoa, lentil and poached salmon salad with new potatoes £15.95

Breaded scampi with hand cut chips, mushy peas, and tartare sauce £14.95

Breaded plaice with hand cut chips, mushy peas, and tartare sauce £14.95

Welsh beef lasagne served with mixed salad and garlic butter ciabatta £15.95

Vegetable lasagne served with mixed salad and garlic butter ciabatta £14.95

Traditional chicken curry with rice or chips, or half and half £14.95

Chickpea, sweet potato and spinach curry with rice, chips or half and half £14.95

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

From the Grill

Chargrilled chicken breast with garlic butter £16.95

10oz sirloin steak £26.95

8oz fillet steak £29.95

All our grills are served with confit Portobello mushroom, balsamic glazed cherry wine tomato, house salad, home cooked chips and peppercorn or bearnaise sauce

Sides

Home cooked chips £3.95

Sweet potato fries £3.95

Sautéed greens & roasted Pine-nuts £4.50

Seasonal mixed salad £3.50

If you have any dietary requirements, please advise your server