



Fredricks
AT MACHYNYS

LOUNGE MENU

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OMELETTES

Bacon, cheddar cheese, mushroom, or tomato (two fillings of your choice) Served with mixed salad £9.45 ○

SANDWICHES

Free range egg and cress mayonnaise £7.45 ○*

Coronation chicken, toasted almonds £7.45 ○*

Welsh cheddar and red onion chutney £7.45 ○*

Bacon, lettuce & tomato, whole-grain mustard £7.45 ○*

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

Bacon or sausage bap £5.95 ○*

MAINS

Beer battered fish & chips £15.95

Breaded scampi £15.95

Breaded plaice £15.95

Welsh beef lasagne £16.95

Vegetable lasagne £15.95 ●*

Traditional chicken curry £15.95 ○*

Chickpea, sweet potato & spinach curry £15.95 ○*●*

Quinoa, lentil and poached salmon salad with new potatoes £16.95 ○*

BURGERS

Double quinoa, beetroot & edamame burger £14.95 ○*●*

Panko coated buttermilk chicken burger £15.95

Chargrilled Welsh chuck beef burger with tomato chutney, bacon and cheddar cheese £16.95 ○*

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

SIDES

Hand cut chips £4.45 ○●

Truffle & parmesan chips £5.45 ○

Cheddar chips £5.25 ○

Sweet potato fries £4.45 ○●

Garlic bread £3.95

French beans £4.45 ○●*

Sautéed greens with pine nuts £4.95 ○●*

Seasonal mixed salad £3.95 ○●

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

● Vegan

●* Can be modified to Vegan

○ Gluten Free

○* Can be modified to Gluten Free

Served between 12pm and 5pm