



Fredricks
AT MACHYNYS

MENU



STARTERS

Soup of the Day £7.95 GFA
Served with local sourdough bread.

Lebanese Chef's Special £8.95
Traditional Lebanese Kibbeh balls, filled with beef, bulgur wheat, garlic, onion and infused with oriental spices.

Goat's Cheese Salad £8.95
A combination of goat's cheese and blueberries coated in crisp panko breadcrumbs served on a vibrant salad with a carrot and orange confit and a drizzle of Fredricks house dressing.

Duck Salad £9.95 GFA
Aromatic crispy duck, julienne carrots, shredded cabbage leaves and berries combined with a glaze of ginger and soy sauce.

Scallops £12.50 GFA
Pan-seared scallops served on a bed of cauliflower puree and garnished with crunchy green apple batons and a cream fondue infused with green herb oil.

Tuna Steak Salad £11.50 GFA
Oriental marinated tuna steaks served on a vibrant house salad and drizzled with Fredricks house dressing.
Cooked and served medium only.

Mediterranean Tartlet £7.95 V GFA
Mediterranean minted vegetables served in a gluten-free tartlet on a bed of carrot and orange puree and garnished with fresh mint leaves.

Sharing Camembert £11.95
Baked camembert drizzled with Machynys honey and dates, served with toasted sourdough bread.

MAIN COURSES

Truffle Chicken Breast £19.95 GFA
Grilled chicken breast in a white wine, truffle and cream sauce served on a bed of mushrooms and topped with asparagus and potato gnocchi

Greek Style Seabass £25.95 GFA
Baked seabass fillet accompanied by sauteed greens, olives, tomatoes, new potatoes, served with a creamy basil sauce.

Lebanese Vegan Special £16.95 V
Bulgur wheat and potato combined with oriental spices and stuffed with Mediterranean minted vegetables served with a blueberry sauce.

Teriyaki Vegan Tofu Noodles £16.95 V
Vegan noodles combined with cauliflower, peppers, and broccoli, infused in a rich and sticky teriyaki sauce, topped with pickled red onions.

MACHYNYS CLASSICS

Slow Cooked Lamb Shank £25.95 GFA
Served with creamy mashed potatoes, sautéed vegetables, with a red wine jus.

Penderyn Beef Short-rib £27.95 GFA
Slow cooked beef short-rib, infused with Penderyn whiskey, served with creamy mashed potatoes, sauteed vegetables, with a red wine jus.

Traditional Chicken Curry £16.95
Served with rice, poppadoms and naan.

Homemade Veggie Burger £14.75 V
Served with hand cut chips and homemade coleslaw.

FROM THE GRILL

Wagyu Beef Burger £20.95 GFA
Wagyu beef topped with mature cheese and caramelised mushrooms served with truffle arancini, smokey honey sauce and hand-cut chips.

Mexican-inspired Chicken Burger £18.95 GFA
Grilled chicken breast, with fresh avocado salsa and jalapenos, served with hand-cut chips and coleslaw.

Grilled Half Chicken £20.95 GFA
Half chicken brushed with a honey mustard and citrus glaze, served with a portobello mushroom, cherry vine tomatoes, chipotle mayonnaise and hand-cut chips.

10oz Sirloin £27.95 GFA
10oz sirloin steak served with portobello mushroom, cherry vine tomatoes and hand-cut chips.

Add peppercorn sauce or red wine jus £2.50

SIDE DISHES

Hand Cut Chips £4.95 V
Truffle & Parmesan or Cheddar Chips £5.95 V
Sauteed Greens with Pine Nuts £5.95 V
Cauliflower and Broccoli Medley £5.95 V
Seasonal Mixed Salad £3.95 V
Garlic Bread £3.95
Cheesy Garlic Bread £4.95



| Vegetarian



| Vegan Available

GFA | Gluten Free Available **DFA** | Dairy Free Available

If you have any dietary requirements, please advise your server.
We cannot 100% guarantee that any dish is allergen free.
As your safety is our primary concern, if you have any allergies we request that you think carefully before placing your order.
Allergies can be life threatening.