Fredricks

AT MACHYNYS

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APERITIF

ESPRESSO MARTINI - £9.95
Vodka, Kahlua, Espresso, Sugar Syrup

CLASSIC MOJITO - £8.95
Captain Morgan White, Lime, Sugar, Mint and Soda Water

MARGARITA - £9.95
Tequila, Triple Sec, Lime, Salt

NON-ALCOHOLIC

HUGO SPRITZ - £7.95
0% Prosecco, Elderflower Cordial, Soda Water, Fresh Mint

BLOOD ORANGE SPRITZ - £7.95
Lyre's Orange Sec, Lyre's Italian Orange, Fever Tree Blood Orange Soda, Orange Slice

LYRE'S MOJITO - £7.95
Lyres White Cane Spirit, Lime Juice, Sugar Syrup, Soda, Mint

TWO COURSE Special Menu

Select dishes from our Special Menu available weekdays on:

Monday, Tuesday, Wednesday: 12 - 6pm

Thursday & Friday: 12 - 8pm

Excluding bank holidays

Please ask your server for more details

2 COURSES FOR £21.95

FREDRICKS

Fredricks is more than a destination—it's a retreat for the senses. Nestled in the heart of nature, our resort has blended luxury, comfort, and culinary excellence for over 20 years.

Whether you're unwinding in our spa, enjoying a round of golf, or dining on globally inspired sharing plates, every experience is crafted with care. Our commitment to exceptional service, thoughtful design, and a passion for hospitality has made Fredricks a trusted name for two decades.

As we celebrate this milestone, we continue to evolve honouring our heritage while embracing innovation to create unforgettable moments for every guest.

STARTERS

HOMEMADE SOUP OF THE DAY (GFA)
£8.95
Served with warm garlic sourdough bread.

BRÛLÉED CHICKEN LIVER PARFAIT (GFA)
£9.95
Silky Chicken liver pâté infused with brandy and aromatic spices, topped with a delicate caramelized sugar crust. Served chilled with melba toast.

BAKED GOAT'S CHEESE SALAD (GFA) (V)
£8.95
Warm goat's cheese served on crisp sourdough crostini, on a vibrant salad of mixed leaves, cherry tomatoes, quinoa, dried apricots, and walnuts.

Finished with a drizzle of homemade honey mustard dressing.

SCALLOP SYMPHONY (GF)
£12.95
Pan-seared scallops, nestled on a velvety mint-infused pea purée. Finished with crispy lentils and walnut chimichurri.

RETRO PRAWN COCKTAIL (GFA)
£9.95
Prawns layered over crisp iceberg lettuce, topped with a classic Marie Rose sauce, finished with a wedge of lemon served with malt bloomer bread.

MAINS

SMOKED FISH CAKES
£18.95
Crispy golden fish cakes made with smoked fish mixed with creamy mashed potatoes, mustard, and coasted with panko breadcrumbs.

Served with three distinctive sauces, mustard cheese cream, minted mushy peas, and horseradish sour cream.

TRADITIONAL COTTAGE PIE (GF)
£18.95
Slow-cooked beef in a rich gravy with onions, carrots, and herbs, topped with creamy mashed potatoes and baked. Finished with cheese and served with fine beans.

SLOW COOKED LAMB SHANK (GF)
£25.95
Served with creamy mashed potatoes, sautéed vegetables with a red wine Jus.

SEABASS PROVENÇAL WITH BUTTERBEAN & PRAWNS (GF)
£27.95
Pan-seared seabass served over creamy butterbeans and spinach, accompanied with prawns sautéed with toasted almonds.

CHEF'S CHICKEN TRUFFLE (GF)
£20.95
Grilled chicken breast in creamy white wine truffle sauce served on a bed of mushrooms, seasonal greens and homemade gnocchi.

TRADITIONAL CHICKEN CURRY (GFA)
£17.95
A mild chicken curry, served with rice, naan bread and poppadom.

FROM THE GRILL

RUMP STEAK CAFÉ DE PARIS (GFA)
£23.95
Pink or well-done Beef rump steak, flame-grilled, finished with a rich Café de Paris butter—an indulgent blend of herbs, spices, mustard, anchovies and citrus. Served with hand cut chips and sourdough bread.

GRILLED CAULIFLOWER STEAK WITH CHIMICHURRI (Vg) (GF)
£10.95
Grilled thick-cut cauliflower steak, on a bed of Tahini sauce, served with a vibrant walnut chimichurri sauce bursting with fresh herbs, garlic, and citrus.

FLAME HALF CHICKEN (GF)
£20.95
Chargrilled half chicken glazed with a sweet and tangy honey-mustard reduction, alongside roasted portobello mushrooms and cherry vine tomatoes. Served with smokey chipotle mayo and hand cut chips.

WAGYU BEEF BURGER
£21.95
Medium rare cooked Wagyu beef patty, topped with caramelized mushroom and melted cheese. Served with arancini balls, smoked honey sauce and hand cut chips.

MEXICAN -INSPIRED CHICKEN BURGER (GFA) £18.95
Grilled chicken breast, with fresh Avocado salsa and jalapeños, served hand cut chips and coleslaw

SIDES

HAND-CUT CHIPS £4.95

CREAMY SPINACH & MUSHROOMS topped with cheese £5.25

SAUTÉED GREENS WITH PINE NUTS £5.95

GARLIC BREAD £3.95

CHEESE GARLIC BREAD £4.95

Sunday ROAST

Available Sunday 12 - 5pm
from £22.95



Celebrate special occasions in style with bespoke menus and elegant setting tailored to your needs.

THEMED DINING Experience

We bring you a new culinary journey. Global Sharing Plates – ask for our upcoming themed sharing experience.



Scan to view the range of gift vouchers available, or speak to our reception to purchase

DIETARY REQUIREMENTS

(GF) GLUTEN FREE · (GFA) GLUTEN FREE AVAILABLE · (Vg) VEGAN · (V) VEGETARIAN

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.