

Mr Fred's

DINING | BAR | LOUNGE

WHILE YOU WAIT

Chargrilled pitta bread with aubergine caviar 🌱	£3.00
Mixed nuts and spiced rice crackers 🌱	£5.00
Deep fried whitebait with marie rose sauce 🌱	£5.00
Marinated olives 🌱	£5.00

LIGHT BITES

Homemade soup of the day with freshly baked bread 🌱	£6.00
Beetroot and feta cheese salad, lambs leaf, orange and walnuts 🌱	£8.00
Crispy fried panko crumbed hen's egg, smoked bacon jam and parsley	£8.00
Serrano ham with roasted peach, torn mozzarella, and mint dressing	£10.00
Slow cooked ham hock and parsley turnover, piccalilli, and watercress	£8.50
Pan fried baby squid, red chilli sauce, wild rocket and lemon	£10.00
Avocado pear and green pea guacamole, kohlrabi, lemon jam 🌱	£8.00
Atlantic prawns, bruschetta, crispy fennel salad, lemon, and dill	£11.00

SEASONAL SALADS

Caesar salad with soft boiled hen's egg	£9.00
Caesar salad with chargrilled chicken breast and soft boiled hen's egg	£15.00
Hot smoked salmon, baby gem lettuce, new potatoes, shallots, and crème fraiche	Small £10.00 Large £19.00
Crispy thai chilli beef salad with pak choi, cashew nuts, and coriander	Small £8.50 Large £16.00
Compressed watermelon with quinoa, crumbled aged feta cheese, and radish 🌱	Small £7.50 Large £14.00

MR.FREDS FAVOURITES

8oz Rib eye steak with all the trimmings Red wine or peppercorn sauce	£27.00 £3.00
Greaves of up holland old english pork and herb sausages with caramelised onion, red wine sauce and mashed potatoes	£13.50
Choice fish "pie" with smoked salmon, atlantic prawns, cheesy mash and buttered green beans	£16.00
Beer battered whitby haddock, chunky chips, mushy peas and tartar sauce	£16.00
Mr. Fred's homemade 8oz ground rump steak burger with blacksticks blue cheese and smoked bacon	£16.00
Green pea and broad bean gnudi, fennel and confit lemon 🌱	£14.00

SOMETHING DIFFERENT

Pan fried fillet of seabass, peperonata and potato gnocchi	£17.00
Lemon, garlic, and thyme marinated chicken breast, saffron paella rice, and chorizo sausage	£17.00
Grilled cod loin, balsamic aubergine puree, char grilled potatoes, vine tomato salsa	£19.00
Roast fillet of pork with champ potatoes, runner beans, cider sauce and crackling	£18.00
Slow cooked shoulder fillet of lamb, baby gem lettuce, sauté potatoes, lettuce sauce	£21.00

TRADITIONAL SANDWICHES

Hand carved honey roasted ham	£7.50
Lancashire cheese and branston pickle 🌱	£7.50
Oak smoked salmon and cream cheese	£8.25
Rare roasted bowland beef	£8.25
Tuna fish mayonnaise	£7.50
Atlantic prawn and cocktail sauce	£8.50

Available on white or wholemeal bread and accompanied by a crisp garden salad, coleslaw and crisps

SIDES

Wilted spinach 🌱	£3.00
Champ mash 🌱	£3.00
Runner beans 🌱	£3.00
Buttered green beans 🌱	£3.00
Creamed potato 🌱	£3.00
Beer battered onion rings 🌱	£3.00
Chunky chips 🌱	£3.00
Wild rocket, tomato and balsamic salad 🌱	£3.00

YOUNG MR FRED'S

Fish, chips and mushy peas	£8.00
Cheese and tomato pizza with chips 🌱	£5.50
Sausage and mash with onion and gravy	£5.50
Pasta in a creamy tomato sauce with cheddar cheese 🌱	£5.00
Strips of breaded chicken served with chips	£5.00

DESSERTS

Raspberry "eton mess," raspberry sorbet 🌱	£6.50
Dark chocolate and hazelnut pyramid, praline ice cream 🌱	£6.50
Strawberry mousse, pistachio nut gel, clotted cream ice cream	£6.50
Blackberry ripple baked alaska, blackberry sauce 🌱	£6.50
Selection of ice creams and sorbets, meringue crisp 🌱	£6.50
Cheese selection of the day with red onion marmalade, celery, grapes, and artisan biscuit	£10.00
Chocolate truffles 🌱	£5.00

Some of our dishes may contain nuts. If you have a food allergy, intolerance or sensitivity, please speak to your waiter about the ingredients in our dishes before you order your meal. Whilst we endeavour at all times to provide gm free ingredients, this can not be guaranteed. Prices inclusive of VAT at the prevailing rate. Weights of meat are appropriate measures when uncooked.

🌱 = Vegetarian