

# Mr Fred's

DINING | BAR | LOUNGE

## WHILE YOU WAIT

Chargrilled pitta bread with chickpea hummus <span>🌱</span>	£4.00
Mixed nuts, and spiced rice crackers <span>🌱</span>	£5.00
Honey and mustard glazed chipolata sausages	£6.00
Marinated Olives <span>🌱</span>	£5.00

## LIGHT BITES

Homemade soup of the day with freshly baked bread <span>🌱</span>	£7.00
Salad of roast parsnip, walnut, pesto and pickled apple, with crispy rosemary <span>🌱</span>	£7.50
Black pudding Scotch egg, mixed leaf and English mustard mayonnaise	£9.00
Confit pork terrine, poached rhubarb and watercress	£7.50
Salmon and haddock fishcake, chive veloute and pickled shallots	£8.50
Trio of beetroot, whipped goats cheese, ketchup and watercress <span>🌱</span>	£7.00
Chicken liver parfait, roasted chicken butter, onion marmalade and croutons	£7.00
Steamed mussels, coconut broth, sourdough	£9.50

## SEASONAL SALADS

Caesar salad with soft boiled hen's egg	£8.00
Caesar salad with chargrilled chicken breast and soft boiled hen's egg	£15.00
Pan seared Tuna fish, classic Nicoise salad	Small £11.00 Large £20.00
Home smoked duck and orange salad, honey and thyme dressing	Small £10.00 Large £19.00
Pink grapefruit, pecan nut, and avocado winter salad <span>🌱</span>	Small 7.50 Large £14.00

## MR.FREDS FAVOURITES

8oz Rib eye steak with all the trimmings	£27.00
Red wine or peppercorn sauce	£3.00
Greaves of up holland old English pork and herb sausages with caramelised onion, red wine sauce and mashed potatoes	£14.50
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
Chicken, mushroom, and wholegrain mustard pie, buttered green beans and chunky chips	£16.00

## SOMETHING DIFFERENT

Pan roasted salmon fillet, golden beetroot, roasted kohlrabi and watercress	£19.50
Braised beef cheek, salt baked carrot, horseradish mash and red wine sauce	£19.50
Fillet of pork "Wellington", apple puree, curly kale and mashed potato	£18.00
Grilled seabass fillet, olive crushed new potatoes, salsa Verde	£18.00
Crispy kale, chestnut, truffle, and sage risotto <span>🌱</span>	£15.00

## TRADITIONAL SANDWICHES

Hand carved honey roasted ham	£7.50
Lancashire cheese and Branston pickle <span>🌱</span>	£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 kale with hazelnuts <span>🌱</span>	£3.00
Honey roasted parsnips <span>🌱</span>	£3.00
Buttered green beans <span>🌱</span>	£3.00
Creamed potato <span>🌱</span>	£3.00
Beer battered onion rings <span>🌱</span>	£3.00
Chunky chips <span>🌱</span>	£3.00
Wild rocket, tomato and balsamic salad <span>🌱</span>	£3.00

## YOUNG MR FRED'S

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

## DESSERTS

Steamed chocolate orange sponge pudding, Grand Marnier custard <span>🌱</span>	£7.50
"Rhubarb and custard" panna cotta, jelly, and crisp <span>🌱</span>	£7.50
Spiced pineapple carpaccio, coconut gel and 5 spice ice cream <span>🌱</span>	£7.50
Duck egg custard tart, nutmeg ice cream and toffee <span>🌱</span>	£7.50
Selection of ice creams and sorbets, meringue crisp <span>🌱</span>	£7.50
Cheese selection of the day with red onion marmalade, celery, grapes, and artisan biscuit	£10.00
Chocolate truffles <span>🌱</span>	£1.00 each

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