

Fred's

BRASSERIE

NIBBLES

Mixed olives (v) (gf)	£4.00
Selection of breads, balsamic & olive oil (v)	£4.50
Haddock croquettes, tartare sauce	£5.00

STARTERS

Bruschetta of broad beans, mint & pecorino cheese (v)	£6.50
Spinach & ricotta tortellini, tomato sauce (v)	£7.50
Crab & avocado, gazpacho jelly (gf)	£7.95
Grilled langoustines, garlic & herb butter, lemon (gf)	£9.95
Beef carpaccio, rocket & parmesan (gf)	£8.50
Chicken bon bon, burnt leeks, sorrel mayo	£8.00
Anti pasti plank, perfect for sharing	£15.50

SALADS

Panzanella (Tuscan tomato & bread salad) (v)	£8.00
Caesar salad, add chicken for an extra £1.50	£8.50
Prawn, spinach & avocado salad (gf)	£9.00

MAINS

Tempura battered fish & chips, mushy peas, tartare sauce (gf)	£14.50
Cod loin, squid ink risotto, squid cracker (gf)	£14.00
Baked bass in a bag, fennel, lemon & potatoes for 2 to share (gf)	£30.00
8oz ribeye steak, tomato, mushroom, chunky chips & watercress, with peppercorn sauce or garlic butter (gf)	£24.95
Fred's steak burger, toasted brioche bun, salad, cheddar cheese (add extra turkey bacon for £1.50, fried onions for £1.00, extra cheese for £1.00)	£12.50
Crispy chicken parma burger, toasted brioche bun, salad, tomato sauce and mozzarella	£12.50
Meat free burger, toasted brioche bun, salad and cheese (v)	£10.50
Chargrilled chicken breast, summer vegetable gnocchi, parmesan	£15.00
Tagliatelle, courgettes, pesto & parmesan (v)	£12.50

PIZZA (thick or thin crust 10inch base)

Red onion, rocket & goat's cheese with a chilli & tomato base (v)	£10.50
Double pepperoni	£10.50
Quattro (v)	£9.50
Garlic bread (v)	£4.50
Garlic bread with cheese (v)	£5.50

SIDES

Creamed spinach (v) (gf)	£3.00
Onion rings (v) (gf)	£2.50
Coleslaw (v) (gf)	£2.50
French fries (v) (gf)	£2.50
Chunky chips (v) (gf)	£3.00
Sweet potato fries (v)	£2.50
Halloumi chips with sweet chilli sauce (v)	£4.50
Rocket & parmesan salad	£3.00

DESSERTS

Grilled peaches, amaretti & crème fraiche (v) (gf)	£6.50
Marinated strawberries, elderflower sorbet, black pepper & sesame (v)	£6.50
Tiramisu (V)	£6.00
Chocolate & pistachio cannoli (V)	£6.50
Coconut pannacotta, curried pineapple, lime granita (V)	£6.50
Chocolate soufflé, milk ice cream, chocolate sauce (v) (gf) (Please allow 15 minutes baking time)	£7.50