

Frederick's Autumn Menu

STARTERS

- Clam, leek & spinach chowder £7.50
- Smoked salmon, avocado & prawn cocktail
£11.00
- Pan-fried tiger prawns, sorrel, mango & chilli
£12.00
- Chicken liver & foie gras parfait, toasted
brioche, chutney £12.00
- Dressed Colchester crab, potato salad,
pomegranate, watercress £13.50
- Salt & pepper squid, sweet chilli sauce £10.50
- Leek & pancetta tartiflette £10.50
- Burrata, butternut squash, roast broccoli & red
pepper salad £10.50
- Seared scallops, quinoa, apple & butternut
squash purée £13.50
- Aberdeen Angus beef carpaccio,
roasted Jerusalem artichoke & pecorino salad
£11.50

MAIN COURSES

- Pan-fried Loch Duart Salmon, mixed herb
gnocchi, brown shrimps & watercress purée
£23.50
- Pan-fried brill, crushed Jerusalem artichokes,
lemon mash & beurre blanc £23.50
- Pan-fried sea bream, celeriac fondant, spinach
purée & red pepper salsa £22.50
- Pan-fried cod, smoked garlic mash, girolles, bacon
& baby onion £26.50
- Chargrilled sirloin steak, chips, French beans &
chimichurri £24.00
- Pan-fried duck, celeriac mash & crisps, garlic
French beans £23.00
- Grilled fillet steak & marrow, polenta, spinach
croquettes, red wine jus £32.00
- Roasted lamb rump, Pommes Anna, roast
beetroot, curly kale, jus £25.00
- Pan-fried venison loin, leek & mushroom gratin
£28.00
- Roasted pork loin medallion, baby spinach,
potatoes, wild mushroom & truffle jus £18.50
- Aubergine parmigiana £12.50
- Beetroot gnocchi, goat's cheese, baby leeks &
baby beetroot £13.50

DESSERTS

- White chocolate tart, cherry ice cream £7.50
- Pistachio panna cotta, chocolate sauce & rose
petal £7.50
- Baked raspberry sorbet Alaska £8.00
- Toffee & banana crème brûlée £6.50
- Pear & almond tart, pear sorbet £7.00
- Chocolate fondant, salted caramel ice cream
£8.50 (please allow 15 minutes)

Fresh fruit salad £7.00

Ice cream or sorbet £5.50

Selection of cheese from The Cheese Plate
£10.50

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Frederick's

12.5% discretionary service charge will be added

Where possible Frederick's uses fish from sustainable source.
Food Allergies & Intolerances, before ordering please speak to a
member of staff about your requirements.

Please note that this menu is subject to
small changes due to seasonal availability
of the ingredients.