

## STARTERS

Frederick's soup £7.50

Chicken liver & foie gras parfait, plum compote, toast £12.00

Mixed beetroot & Picos blue salad, glazed walnuts £9.00

Classic prawn cocktail £10.50

Salmon assiette; smoked parcel,  
rillettes & pickled cucumber £10.50

Salt & pepper squid, chilli sauce £8.50

Sweet chilli roast crispy duck, spring onion & cucumber £9.00

Dressed Colchester crab, celeriac remoulade,  
mâche salad £13.50

Pan-fried scallops & chorizo, rocket salad £12.50

Pea, gorgonzola & ricotta risotto, crispy sage £10.00  
As a main £14

## MAIN COURSES

Pan-fried sea bream, broccoli purée & tempura £18.50

Salmon en croute, sautéed potatoes,  
watercress mousseline £18.50

Frederick's seafood risotto £19.50

Dover sole meunière, mash & spinach £27.00

Côte de boeuf, béarnaise & chips £22.00

Breaded calf's liver, champ mash,  
cipollini & balsamic jus £19.00

Elwy Valley lamb rump, aubergine parmigiana,  
rosemary jus £20.50

Telmara duck breast,  
potato rösti, garlic French beans, thyme jus £19.50

Pot-roasted guinea fowl, creamed lentils & pancetta £18.00

Fillet of Aberdeen Angus beef,  
wild mushroom vol au vent & béarnaise £27.00

Aubergine parmigiana £13.50

## DESSERTS

Banana split, toasted almonds £6.00

Yoghurt & pistachio cake, pomegranate seeds £6.50

Plum & sultana strudel, honeycomb ice cream £6.50

English raspberry brûlée, Amaretti biscuit £6.50

Frederick's fruit salad £ 7.50

Chocolate tart, coconut ice cream £6.50

Seasonal sorbet £5.50

Cheese from La Fromagerie  
Served with fig bread & grapes £8.50

12.5% discretionary service charge will be added  
Vat included, cheques within limit of bankers card

web [www.fredericks.co.uk](http://www.fredericks.co.uk)  
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