



Veg.....

Roasted Padron Peppers (ve) - 3
Marinated Nocellara Olives (ve) - 3
House Salad. Rocket, cherry tomato, onion, dressing (ve)- 4
Sweetcorn and Jalapeno fritters, tomato relish (v) - 4
Seared Halloumi, Roasted Red Pepper, Pesto (v) - 5
Sea Salt and Rosemary Dough Balls (ve) - 4
Stilton arancini, Tomato and Mascarpone sauce (v) - 4
Garlic Bread (v) - 4 (add cheese for 50p)

Meat.....

Meatballs, Vodka Arrabiata - 5
Pan Roast Chorizo, Sherry, Raisins - 5
Slow Roast Pork Belly, Apple Cider Reduction - 6
Sticky Worcestershire Sauce Glazed Ribs - 6
Carolina BBQ Chicken Wings - 5

Fish.....

Crisp Tempura battered Salt Cod , Aioli - 6.50
King Prawns Sauteed with Chilli and Garlic - 6.50
Naturally Smoked Haddock Fishcakes, Tartare - 6

Potato.....

Skin on Fries (ve)- 3
Parmesan and Truffle Fries - 4
Sea Salt and Malt Vinegar Potatoes (ve) - 3

Pizza.....

Garlic Butter, Mozzarella (v) - 6
Tomato, Garlic, Basil, Mozzarella (v) - 7 Anchovy,
Olive, Caper, Mozzarella - 9
Freds' American Hot, Nduja, Pepperoni, Chilli - 9 Brie,
Grape, Oregano (v) - 8
Aubergine, Goats Cheese, Honey, Mint (v) - 10 Milano
Salami, Portobello, Chilli, Mozzarella - 8 Pancetta,
Rocket, Egg, Mozzarella - 9
Spinach, Garlic, Mascarpone, nutmeg (v) - 8 Serrano
Ham, Pea, Mint, Rocket - 9

(v) pizzas can be made (ve) on request

Sharing Boards.....

Veg.....Arancini, Halloumi, Padrons, Fritters (v) - 13

Meat.....Meatballs, Ribs, Wings, Chorizo - 17

Fish.....Cod, Prawns, Fishcakes - 15

Charcuterie.....Milano salami, prosciutto, bresaola - 13

Cheese.....ask server for current cheese selection (v)- 12

**All served with salad, Bread, extra virgin olive oil
and aged balsamic.**

Dessert.....

Sticky toffee Pudding, Vanilla ice cream, toffee sauce - 6
Rich Chocolate Torte, Sweet Mascarpone (gf) - 6
Chocolate Brownie, Chantilly Cream - 6
Burnt Orange Tiramisu - 6
Selection Of Ice Cream - 3
Eton Mess - 5

FRED'S FAMOUS ROAST

Lovingly served every Sunday

2 Courses £16.95 // 3 Courses £19.95

Advanced reservations recommended