

# Frederiks

neighbourhood kitchen & bar



HAVE YOU SEEN OUR  
NEW EARLY BIRD MENU?

3-PLATES £16.50

Tues-Fri 5pm-7.30pm Sat 12pm-3pm

## Breads

Tomato Garlic Bread (ve) - £5.00

Confit Garlic Bread (ve) - £4.50  
Add Mozzarella - 50p

House Bread, Olive Oil, Balsamic  
Vinegar (ve) - £4.50

## Meat

Meatballs Arrabiata, Mozzarella - £7.95

Spicy Nduja Sausage, Confit Garlic, Roasted  
Hash, Fried Egg - £7.95

Braised Beef Brisket Ragu, Tagliatelle, Grana  
Padano - £9.45

Fred's Fried Chicken, Chilli, Honey - £7.50

Smoked Pancetta Croquette (ea) - £2.95

Beef Brisket Croquette (ea) - £2.95

## Fish

Fried Calamari, Aioli, Lemon - £7.50

Sautéed Mussels, White Wine & Garlic Sauce  
(gf) - £9.45

King Prawn, Garlic Butter, Cherry Tomato,  
Sourdough - £7.50

## Vegetarian

Smoked Harissa Houmous, Pesto, Crispy Kale,  
Crostini (v) - £6.95

Fried Potato, San Marzano Tomato Sauce,  
Aioli (ve) - £6.45

Sautéed Garlic Mushrooms, Crispy Onion  
Crostini (ve) - £6.45

## Salads

Caprese Salad, Mixed Tomatoes, Buffalo  
Mozzarella, Fresh Basil (v, gf) - £6.95

Pickled Watermelon, Goats Cheese, Balsamic  
Oil, Roasted Nuts Salad (v, n, gf) - £7.95

## Pizza

Hand-Stretched Stone-Baked Neopolitan 8"  
Pizzas with a Tomato Sauce base and  
Mozzarella Cheese. Vegan Cheese & GF  
bases also available.

Classic Margherita (v) - £7.50

Pepperoni, Chilli Honey - £8.00

Portobello Mushroom, Fresh Rocket (v) - £8.00

Nduja Sausage, Goat Cheese - £8.50

Roasted Aubergine, Salsa Verdi (v) - £8.00

Spicy Fennel Sausage, Fresh Basil - £8.00

## Sides & Dips

Skin on Fries (ve, gf) - £4.00

Halloumi Fries (v, gf) - £4.75

Cacio E Pepe Fries (gf) - £4.75

Crispy Kale (ve, gf) - £4.50

Dips - All £2 - Chilli Honey, Aioli

## Desserts

All Our Desserts Served With Vanilla  
Pod Ice Cream. Vegan Ice Cream Is Also  
Available.

Sticky Toffee Pudding - £6.50

Sicilian Lemon Merigue Tart, Berry Couli -  
£6.50

Chocolate Truffle Torte (ve, gf) - £6.75

Raspberry Frangipane Tart (ve, n, gf) - £6.75

*Fred's love of hot and fresh food means  
our small plates will come out to you as  
and when each dish is ready - feel free to  
order some bread and nibbles for  
the table whilst you wait or sit back relax  
and enjoy another drink from the bar.*

## What's On - a week at Fred's...

### SUNDAY - ROAST:

*Better than your Ma's.*

*We've been making wild boasts about  
our Roasts since 2013. Served from  
12-8pm, come find out why.*

### TUESDAY-THURSDAY:

#### HOPE STREET JAZZ:

*Local, national and international  
talent playing weekly in the home of  
Liverpool Jazz. Free entry*

### FRIDAY - CABANA:

*Wind into the weekend with our  
weekly after work social, with live  
music and DJ.*

### SATURDAY - CASINO:

*Sassy and sultry disco, funk  
and house with DJ John Dean.*



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