

## Small Plates

Calamari, Rocket, Garlic Aioli - £6.50

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

Meatballs, Parmesan, Arrabiata Sauce, Tuscan Bread - £7.50

Braised Beef Short Rib (Boneless), Red Wine Sauce & Sourdough - £8.50

Roasted Padron Peppers (ve, gf) - £5.50

Wild Mushroom Crostini, Pea Puree (ve) - £6.50

Baked Mac & Cheese - £7.45  
Choice of Spicy Nduja, Blue cheese (v) or Garlic Mushroom (v)

Crispy Gnocchi - £7.45  
Choice of Honey & Nduja Sauce, Arrabiata (ve) or Garlic & Parmesan

## Fred's Croquettes

*Freshly-made crispy croquettes with a choice of fillings*

Mac & Cheese Croquettes, Rocket, Tomato Chilli Chutney (v) - £6.50

Slow-cooked Brisket Croquettes - £7.00

## Pizza

*Traditional Hand-Stretched Stone-Baked Neopolitan 7" Pizzas.  
(Vegan Cheese & GF bases also available.)*

**Margherita**  
Tomato Sauce, Mozzarella, Fresh Basil, Extra Virgin Olive Oil (v) - £6.75

**Vegetarian**  
Tomato Sauce, Mozzarella, Roasted Courgette, Aubergine, Fresh Chilli (v) - £7.25

**Pepperoni**  
Tomato Sauce, Mozzarella, Pepperoni - £7.75

**Ham & Pineapple**  
Tomato Sauce, Mozzarella, Ham, Smoked Pineapple - £7.75

**Ham & Mushroom**  
Tomato Sauce, Mozzarella, Ham, Chestnut Mushroom - £7.75

**Goat's Cheese & Nduja Spicy Sausage**  
Tomato Sauce, Mozzarella, Goat's Cheese, Nduja Spicy Sausage - £7.75

**Blue Cheese**  
Caramelised Onion Base, Mozzarella, Stilton, Crispy Onions (v) - £7.75

## Stone-baked 7" Garlic Bread

Traditional - Roasted Garlic (ve) - £4

Tomato - Roasted Garlic, Tomato Sauce (ve) - £4

Cheese - Roasted Garlic, Mozzarella (v) - £4.5



## Fried Chicken

Blue Cheese Sauce & Crispy Onion - £7.50

Spicy Nduja & Honey - £7.50

## Sides & Dips

Skin on Fries (ve) - £4.00

Halloumi Fries (v/gf) - £4.50

Parmesan Truffle Fries - £4.50

Tender-stem Broccoli, Garlic & Lemon - £5.45 (ve/gf)

Dips: All £2 - Blue Cheese, Roasted Pepper, Spicy Nduja Honey

## Desserts

*All Our Desserts Are Made In House And Are Served With Vanilla Pod Ice Cream.  
(Vegan Ice Cream Is Also Available.)*

Sticky Toffee Pudding £6

Sicilian Lemon Tart £6

Chocolate Fudge Brownie £6

Bramley Apple Pie (ve/gf) £6



# Frederiks

*neighbourhood kitchen & bar*



**Allergies, dietary requirements or preferences.**

Please let the server know if you have allergen or dietary requirements. All our dishes are prepared in the kitchen where nuts are used and we cannot guarantee that they are free from allergens.