
Fred's
OFF SEASON
DEAL'

GOOD FOOD. GOOD TIMES. GOOD VIBES

Fred's

Fred's OFF SEASON DEAL

AVAILABLE ALL DAY MONDAY TO FRIDAY

2 COURSES £20

3 COURSES £25

Choose A Starter & Main, Main & Dessert, Or Have All Three

STARTERS

Hot Honey Chilli Chicken
Lightly battered chicken in a honey, soy & chilli glaze, topped with sesame seeds

Garlic Flatbread V Or Cheesy Garlic Flatbread
Hand-stretched garlic flatbread, served plain or topped with melted cheese

Marinated Olives & Warm Bread V
Herb-marinated olives with warm bread & dipping oil

Asian Beef Strips
Beef strips with peppers, onions, hoisin, garlic, chilli & ginger, topped with sesame seeds

Pork Carnitas
Shredded pork with a sweet & spicy glaze, pickled red onions, pomegranate & sour cream on toasted sourdough

Salt & Chilli Squid
Crispy squid tossed with peppers & onions, with a salt & chilli seasoning, topped with sesame seeds

Crispy Battered Cauliflower V
Seasoned crispy cauliflower with vegan Sriracha mayo

MAINS

Classic Chicken Caesar Salad
Crisp romaine lettuce, chicken breast, Caesar dressing, golden sourdough croutons & Parmesan
(Can be made gluten-free)

Chicken Kebab Skewers
Chargrilled spiced chicken skewers marinated in our house spice mix, served with warm homemade flatbread, fresh salad, pomegranate, crunchy Asian slaw & house pickles, drizzled with garlic aioli & chilli honey sauce. Served with seasoned fries

Korean Fried Chicken Burger
Crispy Korean fried chicken tossed in a sticky gochujang glaze, topped with crunchy Asian slaw, pickled red onions, spring onions & Sriracha mayo, served in a toasted brioche bun. Served with fries

Beer-Battered Fish & Chips
Crispy beer-battered fish, twice-cooked chips, homemade tartare sauce & mushy peas
(Can be made gluten-free)
Add curry sauce 3.50

Katsu Curry
Panko chicken or aubergine V, homemade katsu sauce, jasmine rice & Asian slaw topped with sesame seeds

Spice Bags
Twice cooked chips tossed in our salt & chilli seasoning with wok-fried peppers & onions, fresh chilli & spring onions. Served with house curry sauce & your choice of
Panko Chicken
Crispy Battered Fish
Crispy Battered Cauliflower V

Fred's Dirty Pig Tacos
Three soft tortillas loaded with smoky chipotle pulled pork & melted cheese, topped with crunchy slaw, pickled red onions, jalapeños & chipotle mayo, finished with spring onions & fresh lime. Served with seasoned fries

The Vegan Stacky V
Plant-based burger, melted vegan cheese, beef tomato, shredded iceberg, pickled red onions & house pickles, finished with vegan burger sauce in a toasted gluten-free bun. Served with seasoned fries

Fred's Burger
Two 4oz Fred's signature beef patties, stacked with melted American cheese, shredded iceberg lettuce, pickled red onions & house pickles, finished with Fred's signature burger sauce in a toasted brioche bun.
(Gluten-free bun available)

Hot Honey Halloumi Pizza
Tomato base, mozzarella, grilled halloumi, roasted peppers & red onion, finished with hot honey, fresh chilli & sesame seeds

Hot Honey Pepperoni Pizza
Tomato base, mozzarella, pepperoni, spicy 'nduja, red onion & jalapeños, finished with Parmesan & a generous drizzle of hot honey

Middle Eastern Vegan Kebab V
Chargrilled Middle Eastern-spiced kofta, with warm homemade flatbread, creamy hummus, fresh tomato & cucumber salad, crunchy Asian slaw, house pickles & pomegranate. Finished with vegan lime & coriander mayo & a drizzle of harissa. Served with seasoned fries

DESSERTS

Basque Burnt Cheesecake
Creamy Basque-style burnt cheesecake served with Biscoff sauce, Biscoff crumb & vanilla ice cream

Ice Cream & Sorbet V
Three scoops, topped with a wafer - ask about today's flavours
(Can be made gluten-free)

Fred's Loaded Brownie
Warm chocolate brownie, vanilla ice cream, chocolate sauce, salted caramel & crushed honeycomb

Vegetarian V Vegan Gluten Free Sesame

Although we try our best to minimise cross contamination, we cannot guarantee that there has been no accidental crossover. For this reason, our dishes may not be suitable for those with severe allergies or strict dietary requirements. Please speak with a member of staff before ordering. Fred's Off Season Deal is not available on bank holidays, festive periods and other selected dates. Management reserves the right to remove this offer at their discretion and without notice.