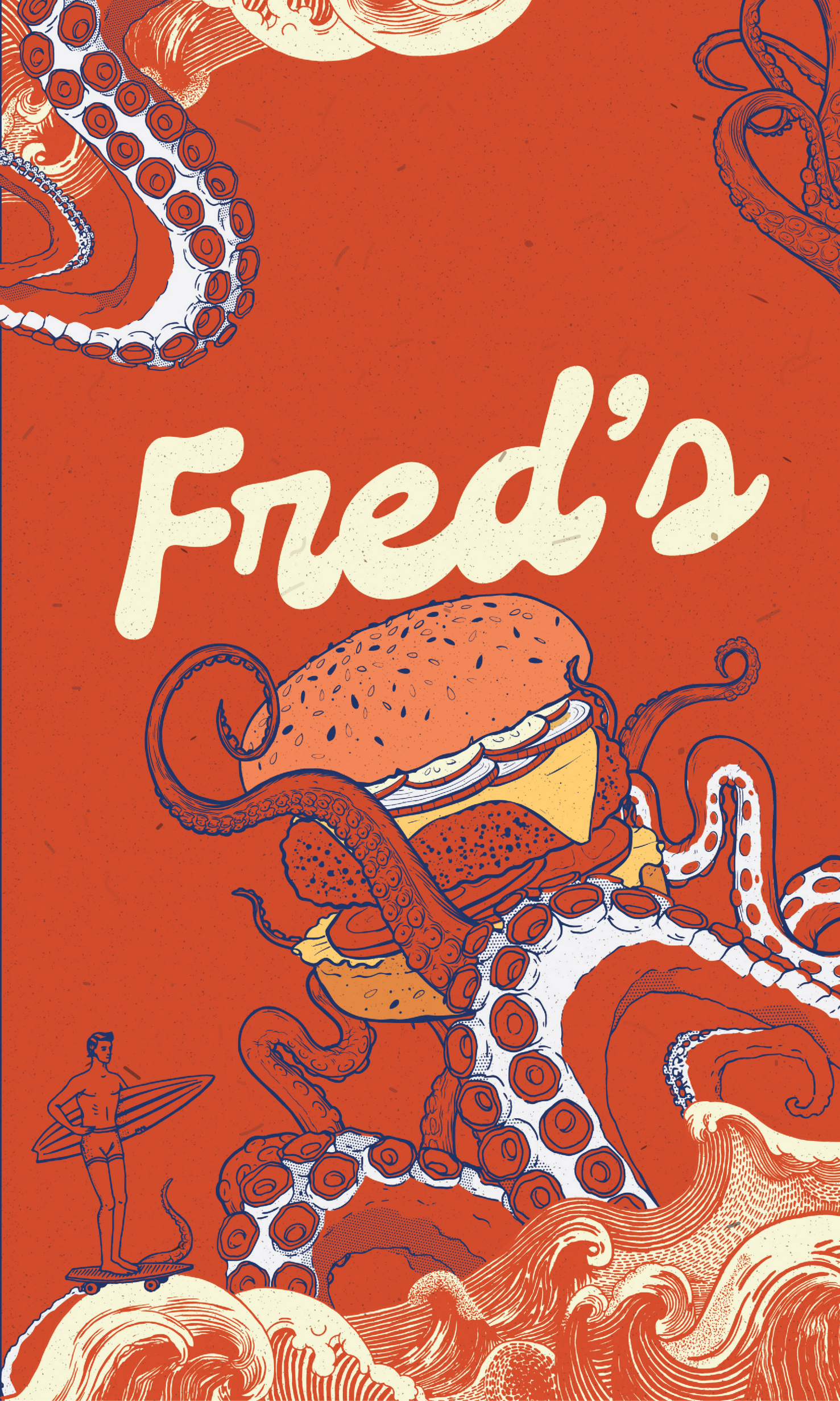
Fred's

BIG PLATES



Beer Battered Fish & Chips
Large 17.95 Small 12.95

Crispy beer-battered fish, twice-cooked chips, homemade tartare sauce & proper mushy peas

(Can be made gluten-free)

Add Curry Sauce 3.50

Crispy Caesar Panko Chicken 15.95
Golden crispy panko chicken Milanese, piled with a little Caesar salad, Parmesan & crispy bacon crumb, then drizzled with creamy Caesar dressing.
Served with seasoned fries

Katsu Curry
Homemade katsu curry sauce, fragrant jasmine rice & crunchy Asian slaw, finished with sesame seeds & spring onions

Panko Chicken 15.95
Panko Aubergine V 14.50

Mussels 15.50
Fresh, locally sourced mussels, served with seasoned fries & toasted sourdough for dipping

CHOOSE YOUR SAUCE:

Creamy White Wine – rich, silky & indulgent
Fiery Spiced Tomato – punchy, warming & full of flavour

(Can be made gluten-free)

Fred's Dirty Pig Tacos 15.95
3 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

Chicken Kebab Skewers 18.95
Chargrilled spiced chicken skewers marinated in our lightly spiced house mix, with a warm homemade flatbread, topped with fresh salad, pomegranate, crunchy Asian slaw, house pickles & drizzled with garlic aioli & chilli-honey sauce, served with seasoned fries

Fish Kebab 19.45
Lightly spiced crispy fish bites with warm homemade flatbread, fresh salad & pomegranate, crunchy Asian slaw, curried tartare sauce, zesty lemon mayo & house pickles.
Served with seasoned fries

Middle Eastern Vegan Kebab V
17.95

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

Chargrilled Flat Iron Steak 25.50
10oz juicy chargrilled flat iron steak, with chilli-garlic tender stem, sweet & smoky harissa onions, served with seasoned fries

Pink Lane Bakery Pie 16.95
Today's artisan pie, homemade chunky chips, mushy peas & proper homemade gravy

Satay Beef Rice Noodles 16.95
Crispy beef strips & rice noodles tossed with red peppers, onions & fresh chilli in a rich creamy peanut satay sauce. Finished with fresh coriander, spring onions, toasted sesame seeds & crushed peanuts

Katsu Curry Loaded Fries 13.00
Crispy fries loaded with golden panko chicken, rich katsu curry sauce, crunchy Asian slaw & spring onions, finished with sesame seeds & a drizzle of Sriracha mayo

(Make this dish vegan with Panko aubergine, please advise your server)

Lobster & Crayfish Loaded Fries 16.95
Crispy seasoned fries piled high with succulent lobster & crayfish, drizzled with fresh lemon mayo & finished with spring onions, fresh chilli, chives & a squeeze of lemon

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 14.95
Crispy Battered Fish 15.50
Crispy Battered Cauliflower V 13.50



BUNS & BURGERS

ALL SERVED WITH SEASONED FRIES

Fred's Burger 15.95
Two 4oz Fred's signature beef patties, stacked with melted American cheese, shredded iceberg, pickled red onions & house pickles, finished with Fred's signature burger sauce in a toasted brioche bun
(Gluten-free bun available)

Korean Fried Chicken Burger 16.50
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

Dirty Hog Burger 16.95
Two juicy smashed beef patties stacked with melted American cheese, smoky chipotle pulled pork, jalapeños & crispy onions, finished with Fred's hot honey burger sauce in a toasted brioche bun
(Gluten-free bun available)

The Vegan Stack 15.95
Juicy plant-based burger stacked with melted vegan cheese, beef tomato, shredded iceberg, pickled red onions & house pickles, finished with Fred's creamy vegan burger sauce in a toasted gluten-free bun

HAND-STRETCHED PIZZAS

Margherita 11.95
Rich tomato base, mozzarella & Parmesan, finished with fresh basil & a drizzle of extra virgin olive oil

Hot Honey Halloumi 13.95
Tomato base, mozzarella, grilled halloumi, roasted peppers & red onion, finished with hot honey, fresh chilli & sesame seeds

Salt & Chilli Chicken 13.95
Tomato base, mozzarella, crispy salt & chilli chicken, roasted peppers & red onion, topped with fresh red chilli & spring onions, finished with a drizzle of salt & chilli oil & Sriracha mayo

Chipotle Pulled Pork & Pineapple 14.50
Tomato base, mozzarella, smoky chipotle pulled pork, spicy 'nduja, caramelised pineapple & pickled red onions, finished with sour cream & pomegranate seeds

Hot Honey Pepperoni 14.50
Tomato base, mozzarella, pepperoni, spicy 'nduja, red onion & jalapeños, finished with Parmesan & a generous drizzle of hot honey

Cajun Desperado 14.50
Tomato base, mozzarella, Cajun-spiced chicken, roasted peppers, red onion & jalapeños, finished with fresh chilli, spring onions & a drizzle of chipotle mayo

SALAD BOWLS

Classic Caesar Salad 10.95
Crisp romaine lettuce tossed in our house Caesar dressing, with Parmesan shavings & golden sourdough croutons
(Can be made gluten-free)
Add Chicken Breast 5 / Add Halloumi 5

Asian Crispy Beef Salad 16.95
Crispy beef strips tossed with rice noodles, crunchy Asian slaw, mixed leaves & fresh chilli, drizzled with hoisin & sweet chilli sauce, finished with spring onions & toasted sesame seeds

Something Extra!

Marinated Olives, Hummus & Warm Bread 8.95
Herb-marinated olives with creamy hummus, warm bread & dipping oil

Seasoned Fries 4.95

Twice-Cooked Chips 4.95

Truffle & Parmesan Fries 5.95
Seasoned fries tossed with truffle oil & Parmesan

Asian Slaw 3.95
Crunchy Asian slaw with a light sesame dressing

House Curry Sauce 3.50

Sourdough Garlic Bread 4.95
Toasted sourdough with garlic & herb butter

Cheesy Sourdough Garlic Bread 5.95
Garlic & herb sourdough topped with melted mozzarella

Halloumi & Hot Honey 7.50
Crispy halloumi finished with hot honey & sesame seeds

Fred's

WELCOME TO Fred's





Step away from the everyday & drift into our little slice of paradise. At Fred's, we've created a laid-back escape inspired by sun, sea & good vibes—where great company & fresh, homemade food come together.

Thank you for joining us.

Sit back, relax & let us serve up delicious dishes & drinks to match the mood.



Vegetarian Vegan Gluten Free Sesame Nuts

Although we try our best to minimise cross contamination, we cannot guarantee that there has been no accidental cross over. 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.