



FREDERICKS
RESTAURANT

3 COURSE MENU WITH TEA/COFFEE €56.50

2 COURSE MENU WITH TEA/COFFEE €48.00

MAIN COURSE ONLY WITH TEA/COFFEE €38.50



FREDERICKS
RESTAURANT

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STARTERS

SEASONAL SOUP OF THE DAY

Contains: Dairy, Celery

COLD PRESSED LEEK TERRINE

Avocado Puree, Beetroot Segments & Pickled Ginger – VEGAN

Contains: Sesame Seeds, Soya, Sulphites

MESSED AVOCADO

Baby Rocket, Black Olive Pesto, Balsamic
Reduction & Beetroot Waffle

Contains: Gluten (Wheat), Peanuts, Lupin

DUCK LEG SALAD

Rocket, Pomegranate, Pickled Fennel & Red onion
& Grapefruit Segments, Toasted Walnuts & Prune Vinaigrette, Crostini

*Contains: Gluten, Nuts, Dairy, Mustard,
Sesame Seeds, Soya*

ASIAN SMOKED CHICKEN SALAD

Cos Lettuce, Scallions, Carrot Julienne, Beans Sprouts
& House Asian Sauce with Mango, Toasted Seeds & Harissa Yoghurt

*Contains: Celery & Celeriac, Lupin, Mustard,
Sesame Seeds, Sulphites*

MAIN COURSE

24HR SLOW COOKED BEEF LADDER

Parsley Mash, Mushroom Cornel, Pancetta & Pearl Onion Jus with Steamed Greens

Contains: Dairy, Lupin, Soya

STUFFED CHICKEN SURPREME

Shallot & Bacon Jam, Moon Roast Baby Potato,
Squash Puree, Cauliflower Rosette & Jus

Contains: Dairy, Lupin, Sulphite

CRISPY SKIN HAKE

Mix Beans, Chorizo, Ragu & Parma Ham Greens.

Contains: Dairy, Lupin, Sesame Seeds

GARLIC ROAST LEMON SOLE

Spinach Bay Hash, Leek & Aubergine Puree Heirloom Tomato Salsa,
Samphire with Raisin & Caper Butter

Contains: Dairy, Fish

SQUASH SHAKSHUKA & GRILLED TOFU

Black Rice Served with Naan Bread

Contains: Gluten (Wheat), Celery & Celeriac, Soya

VEGETABLE STACK

Piperade (pepper stew)

Contains: Celery & Celeriac, Lupin

WILD MUSHROOM RISOTTO

Pea and Parmesan Chips

Contains: Dairy

DESSERTS

RASPBERRY & PASSION FRUIT EATON MESS

Contains: Dairy, Eggs

ZESTY LEMON MERINGUE

Served with Strawberry Ice-Cream.

Contains: Gluten (Wheat), Dairy, Eggs

HOUSE BAKED CHEESECAKE

With Raspberry Sorbet

Contains: Gluten (Wheat), Dairy, Eggs

BANANA BREAD & BUTTER PUDDING

With Crème Anglaise & Madagascar Vanilla Ice-cream

Contains: Gluten (Wheat), Dairy, Sulphite

TIPPERARY BOULABAN ARTISAN ICE CREAM SELECTION

Wild blackberry, Gingerbread, Vanilla, Mocha Coffee, or Rum & Raisin.

Please choose 3 variety from the above list.

Contains: Dairy

CHEESE BOARD (€5 SUPPLEMENT)

Crackers, Chutney, Grapes

Contains: Gluten (Wheat), Dairy, Sulphites

COFFEE SELECTION

Bewley's La Scala is a specifically selected coffee beans for a traditional Italian espresso experience.

Medium to dark roast, rich and nutty, very smooth. 100% Arabica bean.

ESPRESSO €2.80 | DOUBLE ESPRESSO €3.50 | AMERICANO €3.20

FLAT WHITE €3.60 | CAPPUCINO €3.60 | LATTE €3.60

MOCHA €3.60 | HOT CHOCOLATE €3.20

COFFEE LIQUEUR

IRISH COFFEE | FRENCH COFFEE | ITALIAN COFFEE

BAILEYS COFFEE | CALYPSO COFFEE €8.50

