



FREDERICKS  
RESTAURANT

DINNER MENU SERVED DAILY FROM 6:00PM-9:00PM  
MONDAY-THURSDAY & 5:00PM-9:00PM FRIDAY-  
SATURDAY

3 COURSE MENU WITH TEA/COFFEE €45.00  
2 COURSE MENU WITH TEA/COFFEE €38.00

## STARTERS

### **Seasonal Soup of the Day**

*Contains: Dairy, Celery*

### **Ham Hock Terrine**

Cider Jelly – Apple & Pickled Vegetables – Toasted Croute

*Contains: Gluten, Mustard, Sulphites*

### **Oak Smoked Crispy Bacon & Hen Egg Salad**

Baby Gem Lettuce – Parmesan - Herb & Garlic Croutons - House Dressing

*Contains: Gluten, Dairy, Eggs, Mustard, Sulphites*

### **Ardsallagh Irish Goats Cheese Mousse**

Escabeche Of Mediterranean Vegetables – Garlic & Olive Tapenade - Crostini

*Contains: Gluten, Milk, Sulphites*

### **Cured Trout**

Fennel – Citrus & Herb Dressing

*Contains: Fish, Sulphites*

### **Super Food Salad**

Sweet Potato – Broccoli – Sprouts – Quinoa – Mixed Seeds – Pomegranate – Green Leaves – Raspberry Vinaigrette

*Contains: Sulphites*

### **Smoked Chicken Fillet**

Avocado Puree – Mango Coulis with Lime & Coriander – Rocket – Tortilla Chips

*Contains: Gluten, Sulphites*

### **Feta & Chorizo Salad**

Rocket – Spinach – Cherry Tomatoes – Toasted Sesame Seeds – Pickled Red Onion – Red Pepper Dressing

*Contains: Dairy, Sesame Seeds, Sulphites*



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## MAIN COURSES

### **Slow Cooked Blade Of Irish Beef**

Whole Honey & Orange Roasted Carrot – Curly Kale – Creamed  
Potato – Anise Jus

*Allergens: Dairy, Celery, Soya, Sulphites*

### **Pan Roasted Breast Of Chicken**

Sauteed Chestnut Mushroom – Seasonal Greens – Creamed  
Potato – Balsamic & BBQ Reduction

*Contains: Dairy, Celery, Sulphites*

### **Steamed Salmon Fillet**

Olive Oil – Fennel Seed – Roasted Baby Potato – Tarragon  
Sauce – Fennel Slaw

*Contains: Dairy, Fish, Celery, Sulphites*

### **Cider & Plum Roast Duck**

Half Roast Duck – Five Spice Plum – New Season Potato –  
Broccoli – Cider Gravy

*Contains: Dairy, Celery, Soya*

### **Pea & Shallot Ravioli**

Parmesan & Herb Cream Sauce

*Contains: Gluten, Dairy, Eggs*

### **Grilled Fillet Cod**

Potato – Green Beans – Chorizo – Mussels – White Wine Broth

*Contains: Dairy, Crustaceans, Fish, Sulphites*

### **Vegan Massaman Curry**

Sweet Potato – Chickpea – Coconut Cream – Roasted Peanuts  
– Pickled Pearl Onions – Crispy Chilli – Coriander – Basmati Rice – Pitta Bread

*Contains: Gluten, Peanuts, Tree Nuts, Sulphites*



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## DESSERTS

### **Chocolate Marquise**

Raspberry Sorbet - Texture Of White Chocolate - Spiced Chocolate Crumb

*Contains: Gluten, Peanuts, Tree Nuts, Dairy, Eggs, Soya*

### **Warm Lemon Sponge Pudding Custard**

Autumn Berry Compote

*Contains: Gluten, Dairy, Eggs, Sulphites*

### **Almond Based Toblerone Tart *GF***

Vanilla Ice Cream – Toffee Sauce

*Contains: Peanuts, Tree Nuts, Dairy, Eggs*

### **Artisan Ice Creams**

Chocolate Rocks – Fruit Coulis

*Contains: Gluten, Dairy, Eggs, Sulphites*

### **Salted Caramel Roulade**

Pistachio Ice Cream – Raspberry Coulis

*Contains: Tree Nuts, Dairy, Eggs*

### **Cheese Board**

Crackers – Chutney – Walnuts - Grapes

*Contains: Gluten, Peanuts, Dairy, Sulphites*

*€5.00 Supplement*



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## TEA SELECTION €2.90

Bewley's Master Blender Paul, carefully sources the finest teas based on leaf appearance and infusion qualities such as flavour, colour, strength and briskness.

Each batch is tasted ensuring it has been blended to perfection, guaranteeing supreme quality and superb flavour every time.

**Irish Breakfast Tea | Rooibos & Blood  
Orange Lemon & Elderflower  
| Strawberry & Mango  
Summer Fruit | Green Sencha  
Earl Grey | Peppermint  
Camomile | Decaffeinated Tea**

## COFFEE SELECTION

Bewley's Caffè La Scala is a specially selected coffee beans for a traditional Italian espresso experience. Medium to dark roast, rich and nutty, very smooth. 100% Arabica bean.

Each batch is tasted ensuring it has been blended to perfection, guaranteeing supreme quality and superb flavour every time.

**Espresso €2.80 / Double Espresso €3.50 / Americano €3.20  
Flat White €3.60 / Cappuccino €3.60 / Café Latte €3.60  
Mocha €3.60 / Hot Chocolate €3.20**

## COFFEE LIQUOR €7.80

**Irish Coffee | French Coffee | Italian Coffee  
| Baileys Coffee | Calypso Coffee**



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## WHITE WINES

**Chile | El Caminador Sauvignon Blanc €7.50 / €33.00**

*Classic, Zesty Citrus Aromas With Light, Juicy Fruits And A Satisfying, Long Dry Finish.*

**Spain | Campo Del Moro Macabeo €7.80 / €35.00**

*Dry And Crisp With Strong Fruity Overtones. Apple And Pineapple Flavours, Which Last Until The Very End.*

**Australia | Pi Wildcard Chardonnay €8.30 / €37.00**

*Fresh And Fruity Wine With Lots Of Richness. Clear, With A Lovely Golden Colour, Pears And Green Apples, A Hint Of White Flowers And A Slightly Buttery Taste*

**South Africa | Copperfield Chenin Blanc**

**€8.60/€39.00**

*Ripe And Fruity With Tropical Flavours. Lively And Zesty With Melon And Pineapple Which Leaves A Refreshing Finish On The Palate*

**Italy | L'auratae Organic Pino Grigio €8.60 / €39.00**

*Organic And Vegan Friendly, With Strong Citrus Characteristics.*

**Australia | Butterfly Ridge Riesling/Colombard**

**€9.00 / €42.00**

*Riesling Grapes Make This Wine Quiet Aromatic With Floral Tones, Lots Of Freshness From The Colombard Vineyard.*

## SPARKLING WINES

**France | Champagne Pannier Reserve Brut €98.00**

*Fresh, Supple And Aromatic Wine. Full Of Floral Overtones And Ripened Fruit Hints.*

**Italy | Maschio Spago Prosecco €8.00 / €36.00**

*Light, Crisp, Fruit And Full Of Bubbles*

## ROSE WINE

**France | Croix Des Vents €8.20 / €37.00**

*Fresh, Supple And Aromatic Wine. Full Of Floral Overtones And Ripened Fruit Hints.*



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## RED WINES

### **France | Chateau ROC De Bernon, St-Émilion €49.00**

*This wine is a beautiful deep garnet-red colour that is wonderfully clear and brilliant. The nose is both intense and delicate, quite fruity and floral. There are also enticing vanilla and spice aromas when the wine is swirled around the glass.*

### **France | Cotes De Beaune Village, Lupe-Cholet €58.00**

*80% merlot, 10% cabernet franc, 10% cabernet sauvignon this red has a beautiful deep garnet red colour that is wonderfully clear and brilliant. The nose is both intense and delicate and quite fruity and floral. The aftertaste is fairly long with good soft tannin.*

### **France | Jean Loron 'Rift 69' Gamay Noir €41.00**

*Rift 69 boats a deep dark crimson robe with purple-blue tints. This wine gives off cherry, blackberry and bilberry aromas, embellished with spicy and mineral notes. The mouthfeel is dense, powerful, round and balanced with noteworthy spice and liquorice length.*

### **New Zealand | Old Coach Road Pinot Noir €9.30 / €48.00**

*Dominant soft berry fruit on the nose, with earthy and savoury elements. Balanced fruit with a fine oak back bone to compliment the bright fruit clarity.*

### **Australia | Hooded Plover Shiraz €36.00**

*Deep purple with crimson red hue. This shiraz is vibrant with a lifted dark nose complemented with hints of spicy pepper and liquorice.*

### **Chile | Neblina Cabernet Sauvignon €7.50 / €33.00**

*Pure and fast flowing fruit fills the palate with rich cassis and simple spice. The tannins leave a rounded finish.*

### **Argentina | Falling Star Merlot €7.80 / €35.00**

*Rich and long lasting on the palate. With mature tannins on the finish. Well balanced and easy to drink.*

### **Argentina | Los Arboles Malbec €8.60 / €39.00**

*Ruby red in colour with a lively nose of fresh strawberries, cassis and cherries. The palate is fruity bursting with ripe raspberry and black cherry flavours.*

### **Spain | Pata Negra Gran Rioja €9.00 / €42.00**

*Ruby red in colour with cherry hints. Fruity aroma, cherry and dark red berries with vanilla notes coming from the oak casks. Smooth finish with ripe red fruit bite.*



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# KIDS MENU

## STARTERS

**Yoghurt €3.95**

*Contains: Dairy*

**Freshly Made Soup of the Day €3.95**

*Contains: Celery*

**Chilled Fresh Fruit Coupe €3.95**

*Contains:*

## MAIN COURSES

**Spaghetti Bolognese €6.95**

*Contains: Gluten, Dairy, Eggs, Mustard, Soya*

**Pork Sausages With Mash €6.95**

*Contains: Gluten, Dairy*

**Breaded Chicken Goujons With Chips €6.95**

*Contains: Gluten*

**Chicken Breast With Mash, Veg & Gravy €6.95**

*Contains: Gluten, Dairy, Mustard*

**Crumbed Cod Fingers With Chips €6.95**

*Contains: Gluten, Fish*

## DESSERTS

**Ice Cream Sundae €3.95**

*Contains: Gluten, Peanuts, Tree Nuts, Dairy, Eggs*

**Banana Split €3.95**

*Contains: Gluten, Peanuts, Tree Nuts, Dairy, Eggs*

**Jelly & Ice Cream €3.95**

*Contains: Gluten, Dairy, Eggs*



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