



FREDERICKS
RESTAURANT

DINNER MENU SERVED DAILY FROM 6:00PM-9:00PM
MONDAY-SUNDAY

3 COURSE MENU WITH TEA/COFFEE €56.50
2 COURSE MENU WITH TEA/COFFEE €48.00

STARTERS

Soup De Jour

Contains: Gluten (Wheat), Dairy, Celery

Cold Pressed Leek Terrine

Avocado Puree, Beetroot Segments & Pickled Ginger

Contains: Soya, Sulphites, Sesame Seeds

Messed Avocado

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

Contains: Gluten (Wheat), peanuts

Duck Leg Salad

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

*Contains: Gluten (Wheat), Milk, Sulphites, Sesame Seeds, Soya,
Mustard*

Asian Smoked Chicken Salad

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

Contains: Celery, Sulphites, Mustard, Sesame Seeds

Cucumber Roll

Smoked Salmon & Red Pepper Served with Dill & Ginger Aioli &
Oriental Soy Dressing Sauce

Contains: Milk, Eggs, Mustard, Sesame Seeds, Soya

Seafood Chowder

Served With Brown Bread

*Contains: Gluten(Wheat), Milk, Sulphites, Molluscs, Fish, Celery,
Crustacean's*



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MAIN COURSES

24HR Slow Cooked Irish Beef Short Ribs

Lyonnais Sauce, Celeriac Puree, Buttered Kale, Mashed Potato

Contains: Milk, Celery

Half Roasted Cajun Chicken

Roasted Veg, Baby Potatoes & Thyme Jus

Contains: Milk, Celery, Sulphites

Grilled Sea Bass

Tender Stem Broccoli, Venus Clams, White Wine & Dill Sauce

Contains: Milk, Fish, Sulphites, Molluscs

Sage & Rosemary Stuffed Pork Belly

Apple Puree, Cherry Radish & Cider Jus

Contains: Milk, Celery, Sulphites, Mustard

Hearty Mixed Bean & Tomato Stew (V)

Grilled Asparagus & Focaccia Bread

Contains: Gluten (Wheat), Celery

Pan Seared Mackerel

Smoked Paprika Potato, Green Beans, Pak Choi,

Sundried Tomato & Chorizo Confit

Contains: Fish, Milk, Sulphites, Molluscs

Braised Red Wine Irish Lamb Shank

Tomato & Roasted Red Pepper Ragu, Seasonal Root Veg, Lamb Jus & Black Truffle Potato

Contains: Celery, Sulphites, Milk



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DESSERTS

Trio of Caramel Cheesecake, Marshmallow, Honeycomb

Contains: Gluten (Wheat), Milk, Eggs, May Contain Traces of Nuts

Chocolate Choux Bun, Rich Chocolate Mousse, Crème Brulee Stick, Vanilla Ice Cream

Contains: Gluten (Wheat), Milk, Eggs, Soya

Blackcurrant & Apple, Light Sponge, Compote, Whiskey, Bavaois

Contains: Gluten(Wheat), Milk, Eggs, Sulphite

Tipperary Boulaban Artisan Ice Creams

Wild Blackberry, Gingerbread, Vanilla, Mocha Coffee, Rum &
Raisin

Contains: Gluten (Wheat), Traces of Nuts

Peach & White Chocolate Daquoise, Chocolate Crumble, Amaretti Biscuit

Contains: Tree Nuts (Almond), Milk, Eggs, Soya

Cheese Board

Crackers – Chutney – Walnuts - Grapes

Contains: Gluten (Wheat), Peanuts, Milk, Sulphites

€5.00 Supplement