



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 €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, Pomegranite, 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 Beef Ladder

Mashed Potato, Chimichurri, Seasonal Veg, Celeric Puree

Contains: Milk, Celery, Soya,

Half Roasted Cajun Chicken

Roasted Veg, Baby Potatoes & Thyme Jus

Contains: Milk, Celery, Sulphites

Pan Fried Sea Bass

Crushed New Potatoes, Tomato, Orange & Olive Salsa

Contains: Dairy, Fish, Celery, Sulphites

Sage & Rosemary Stuffed Pork Belly

Apple Puree, Cherry Radish & Cider Jus

Contains: Milk, Celery, Sulphites, Mustard

Stuffed Bell Pepper (V)

Vegan Mozzarella Cheese & Rainbow Cous Cous

Contains: Gluten (Wheat), Nuts(Almond)

Honey Roasted Duck

Sweet Chili Vegetable Stir – Fry & Egg Noodles

Contains: Gluten(wheat), Shellfish, Egg, Sesame Seeds, Soya, Sulphites

Grilled Plaice

Mussels, cold Water Prawns, Samphire, Tenderstem Broccoli, Tarragon Veloute

Contains: Milk, Shellfish, Mollusc, Fish, Celery, Sulphites



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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