

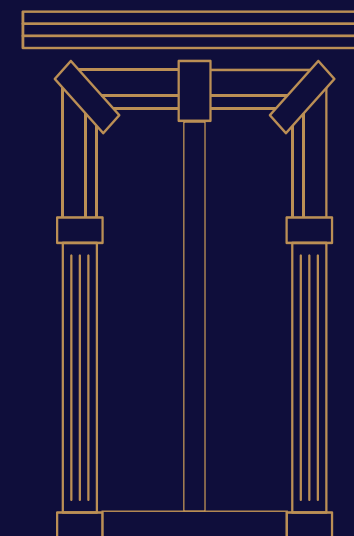
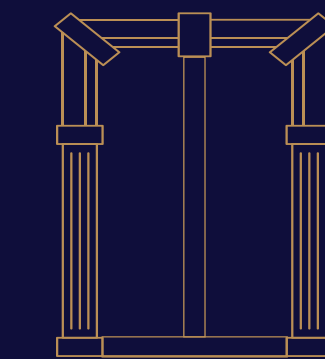
Fenwick



a Fenwick Restaurant  
visit [Fenwick.co.uk](http://Fenwick.co.uk)

FRED'S

ON LOWER GROUND





# FRED'S

FRED's is inspired by founding family member Fred Fenwick's passion for French culture and the belle epoque era. FRED's is a modern take on the Terrace Tea Room, which was opened by Fred at Fenwick Newcastle in 1911.

## BREAKFAST

Available until noon

### PASTRIES

'SUPREME' BUTTER CROISSANT, WITH JAM & BUTTER	£4.75
'SUPREME' PAIN AU RAISIN	£4.75
'SUPREME' ALMOND CROISSANT	£5.25

### BREAKFAST POTS/BOWLS

ACAI BERRY BOWL WITH BANANA, BLUEBERRIES & COCONUT GRANOLA (PB,WF)	£6.5
YOGHURT WITH GRANOLA & STRAWBERRIES (V,WF)	£6.5
MANGO & GOJI BERRY BIRCHER MUESLI (V)	£6.5
'SUPREME' CROISSANT BACON SANDWICH WITH SRIRACHA	£7.5
'SUPREME' CROISSANT SMOKED SALMON SANDWICH WITH CREAM CHEESE	£8.75
SMASHED AVOCADO ON TOASTED SOURDOUGH WITH POMEGRANATES (PB)	£9.25
Add poached egg (V,WF)	£1.5
Add barrel-aged feta (V,WF)	£3.5
Add smoked salmon (WF)	£4.25

## FROM THE COUNTER

Available all day

### FINE PATISSERIE FROM MASON + RYE

Please check the counter or with one of our colleagues, for today's selection

### FILLED 'SUPREME' CROISSANTS

Please check the counter or with one of our colleagues, for today's selection.

(V) Suitable for vegetarians (PB) Suitable for a plant-based diet (WF) Wheat free

Some of the ingredients we use in our kitchen are classified as food allergens. Full allergen information for items on our menu is available upon request. Our recipes are subject to change, please check with our restaurant colleagues on every visit to our restaurant. All prices include VAT. A discretionary 10% service charge will be added to your bill, 100% of which will be distributed equitably amongst our colleagues.

## LUNCH

Available from noon

### SANDWICHES

All served with a side mixed salad	
ABERDEENSHIRE SMOKED SALMON TOASTED BAGEL	£12.5
Cream cheese & dill	
GRILLED CHEESE (V)	£11.5
Fenwick sourdough, Red Leicester & Cheddar, red onion marmalade	
FRED'S CLUB	£12
Chicken, bacon, egg, tomato & lettuce in white or malt loaf	
THE 'BLT'	£16.5
Beef, lobster & truffle in a 'Supreme' croissant	

### SALADS

CAESAR SALAD	£14
Baby gem, Parmesan, anchovies, croutons & Caesar dressing	
NICOTISE SALAD (V,WF)	£12.5
Tomatoes, beans, cucumber, piquillo peppers, spring onion & soft-boiled egg	
BUDDHA BOWL (PB)	£13.25
Vegetables, fruits, grains & pulses	
SALAD ADD-ONS	
Add poached egg (V,WF)	£1.5
Add barrel-aged feta (V,WF)	£3.5
Add smoked salmon (WF)	£4.25
Add grilled chicken (WF)	£4

## AFTERNOON TEA

Available from noon

Subject to availability, pre-booking required

£25 PER PERSON

### SAVOURIES

Smoked salmon & brown butter madeleines  
Truffled egg mayonnaise "Supreme" croissant  
Blue cheese & chive gougères  
Roast beef & horseradish mini-Yorkshire pudding

### SCONES

Devonshire scones with clotted cream & strawberry jam

### PATISSERIE

A selection of 4 seasonal hand-made patisserie

## DRINKS

### FRESH PRESSED JUICE & SMOOTHIES

APPLE JUICE	£4.5
The perfect apple juice. Sweet, crisp & tart	
ORANGE JUICE	£4.5
The best orange juice freshly-squeezed at it's finest	
BERRY BOOST	£5
The perfect blend of cold-pressed strawberry, crisp apple juice, lemon & mint	
GREEN JUICE	£5
Balancing sweet apple & greens, ideal for newbie cold-pressed green juice fans	
TROPICAL JUICE	£5
A burst of tropical flavours with pineapple, mango, passion-fruit & turmeric	
CITRUS GLOW SMOOTHIE	£5.5
Boost immunity with a sweet & glow-enhancing smoothie	
WONDER GREENS SMOOTHIE	£5.5
Bursting with vibrant, fresh green vegetables, this silky-smooth drink is your perfect daily boost of nourishment	

### HOT DRINKS

DOUBLE ESPRESSO / MACCHIATO	£3
AMERICANO	£3.3
FLAT WHITE / LATTE / CAPPUCCINO	£3.6
MOCHA	£3.85
HOT CHOCOLATE	£4
LIQUEUR COFFEE	£7
Baileys / Disaronno, 25ml	

### SPECIALITY DRINKS

MATCHA LATTE	£4
Iced or hot	
STRAWBERRY MATCHA LATTE	£4.5
Iced or hot	
TURMERIC LATTE	£5
FLOWERING TEA	£5.5
Jasmine lotus / Rising flower	

### SOFT DRINKS

STILL WATER	SML/LRG £3.3/£4.9
SPARKLING WATER	£3.3/£4.9
LUSCOMBE ORGANICS	£4.5
Sicilian Lemonade / Wild Elderflower Bubbly / Rhubarb Crush / Sicilian Citrus Crush	
COCA COLA / DIET COKE / COKE ZERO, 330ML	£3.5
SPRITE, 330ML	£3.5

### COCKTAILS

\*can be made alcohol-free

MARMALADE MARGARITA	£12
Tequila, Cointreau, lime & marmalade	
CHERRY AMARETTO SOUR*	£11
Disaronno, lemon juice & cherry jam	
APEROL SPRITZ	£11
Prosecco, Aperol & soda	
THE GOLDEN HOUR	£15
Moët & Chandon Brut Impérial, Crème de Peche Liqueur & Maraschino Liqueur	
KIR ROYALE*	£11
Prosecco with either Crème de Cassis / Crème de Peche / Framboise with Moët & Chandon Champagne	£15

### SPARKLING & CHAMPAGNE

PROSECCO	BOTTLE £35	125ML £10
Ca di Alte - Italy		
MOËT & CHANDON BRUT IMPÉRIAL	£75	£15
France		
MOËT & CHANDON ROSÉ IMPÉRIAL	£82	£17
France		
WILD IDOL ALCOHOL-FREE SPARKLING WHITE	£40	£10

### WHITE

MACABEO	BOTTLE £29	175ML £8	125ML £7
Molinico Loco - Spain			
SAUVIGNON BLANC	£36	£9	£8
Ponte del Diavolo - Italy			
'ESTIRPE' CHARDONNAY	£39	£9.5	£8.5
Pacheco Pereda - Argentina			

### ROSÉ

MONASTRELL ROSADO	BOTTLE £29	175ML £8	125ML £7
Molinico Loco - Spain			
WHISPERING ANGEL	£49	£10.5	£9.5
Côtes de Provence - France			

### RED

MONASTRELL	BOTTLE £29	175ML £8	125ML £7
Molinico Loco - Spain			
MENDOZA BONARDA CLASICA	£37	£9	£8
Altos Las Hormigas - Argentina			
CABERNET/SHIRAZ	£42	£10	£9
Willunga 100 - Australia			

### BEER & CIDER

NOAM LAGER	£5.5
5.2%, 330ml	
CURIQUS APPLE CIDER	£5.5
5.2%, 330ml	