

# 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

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

## BRUNCH

Available all day

### EGGS 'SUPREME'

Toasted 'Supreme' Croissant with poached eggs & hollandaise sauce

BENEDICT - With ham	£12
ROYALE - With smoked salmon	£12.5
FLORENTINE (V) - With spinach	£11.5

### SMASHED AVOCADO ON TOASTED SOURDOUGH WITH POMEGRANATES (PB)

Add poached egg (V,WF)	£1.5
Add barrel-aged feta (V,WF)	£3.5
Add smoked salmon (WF)	£4.25

## AFTERNOON TEA

Available from noon

Subject to availability, pre-booking required

£25 PER PERSON

### SAVOURIES

Truffled egg mayonnaise "supreme" croissant  
Smoked salmon, dill & crème fraîche finger sandwich  
Turkey & sage mayonnaise finger sandwich  
Brie & cranberry gougere

### SCONES

Devonshire scones with clotted cream & strawberry jam

### PÂTISSERIE

A selection of 4 seasonal hand-made patisserie

## 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	
TURKEY 'SUPREME'	£12
Butter turkey, pigs in blankets, cranberry sauce & sage mayonnaise in a 'Supreme' croissant	
BRIE 'SUPREME' (V)	£11.5
Brie de Meaux, fig chutney & rocket	

### SALADS

CAESAR SALAD	£14
Baby gem, Parmesan, anchovies, croutons & Caesar dressing	
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

### SIDES

ROSEMARY ROASTED NEW POTATOES WITH TRUFFLE MAYO (V)	£4
CHARRED BROCCOLI WITH CHIMICHURRI (V,WF)	£4
HERITAGE TOMATO SALAD WITH MIXED HERBS (V,WF)	£4

## FROM THE COUNTER

Available all day

### FINE PÂTISSERIE FROM MASON + RYE

£7  
Please check the counter or with one of our colleagues, for today's selection

### FILLED 'SUPREME' CROISSANTS

£6.5  
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.

# FRED'S

## DRINKS

### FRESH PRESSED JUICE & SMOOTHIES

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

### HOT DRINKS

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

### SPECIALITY DRINKS

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

### FESTIVE DRINKS

GINGERBREAD LATTE Topped with cream & a gingerbread crumb	£4.9
EGGNOG LATTE Topped with cream & nutmeg	£4.7
PEPPERMINT MOCHA Topped with cream, mini Christmas stars & a dusting of chocolate	£4.7
ORANGE HOT CHOCOLATE Topped with cream & chocolate curls	£4.6

### SOFT DRINKS

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

## COCKTAILS

\*can be made alcohol-free

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

## SPARKLING & CHAMPAGNE

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

## WHITE

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

## ROSÉ

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

## RED

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

## BEER & CIDER

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