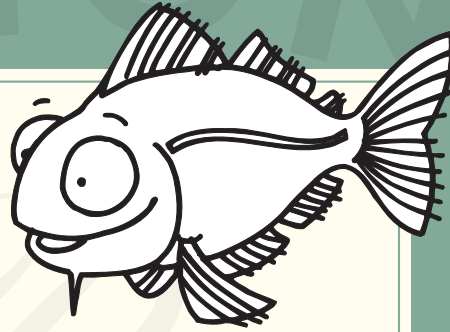


Welcome to Fred's

FISH & CHIPS

All of our fish is sustainably sourced and served with unlimited freshly fried chips, a wedge of lemon and a choice of sauces.



	Regular	Large
PRIME COD	8.50	10.95
LINE-CAUGHT HADDOCK	9.30	11.75

TODAY'S CATCH

A selection of the freshest fish, delivered to us daily, mainly from Brixham and Cornwall. All are sustainable and subject to seasonal availability. Stocked only in limited quantities to ensure freshness. Please check the blackboards or ask about today's catch.

SPECIALS

including free refills of tea or filter coffee.

THE LUNCHTIME SPECIAL Prime cod, unlimited freshly fried chips, home baked roll and butter, Fred's mushy peas, plus a pot of tea or cup of filter coffee, or a choice of soft drinks. <i>Save up to £3.70. Available 11.30am-2.00pm.</i>	9.25
FRED'S FINEST Prime cod, unlimited freshly fried chips, home baked roll and butter, Fred's mushy peas, glass of house wine or half a pint of Estrella, plus a pot of tea or cup of filter coffee. <i>Save up to £2.45.</i>	12.95
FRED'S FEAST Large cod or large haddock or Whitby scampi or spit-roast chicken, unlimited freshly fried chips, home baked roll and butter, Fred's mushy peas, glass of house wine or half a pint of Estrella, plus a pot of tea or cup of filter coffee. <i>Save up to £3.40.</i>	15.25

SIDES

SALAD

Mixed Salad	3.25
Salad instead of Chips <i>with any main course</i>	0.75

HOMEMADE

Fred's Mushy Peas	1.20
Pea Fritter	1.10
Fred's Curry Sauce	1.20
Fred's Coleslaw	1.50
Fishcake	2.25

CLASSIC SIDES

Heinz Baked Beans	1.20
Onion Rings	2.75
Home Baked Roll & Butter	1.00
Pickled Onion	0.50
Pickled Cucumber ("The Wally")	0.90

FAVOURITES

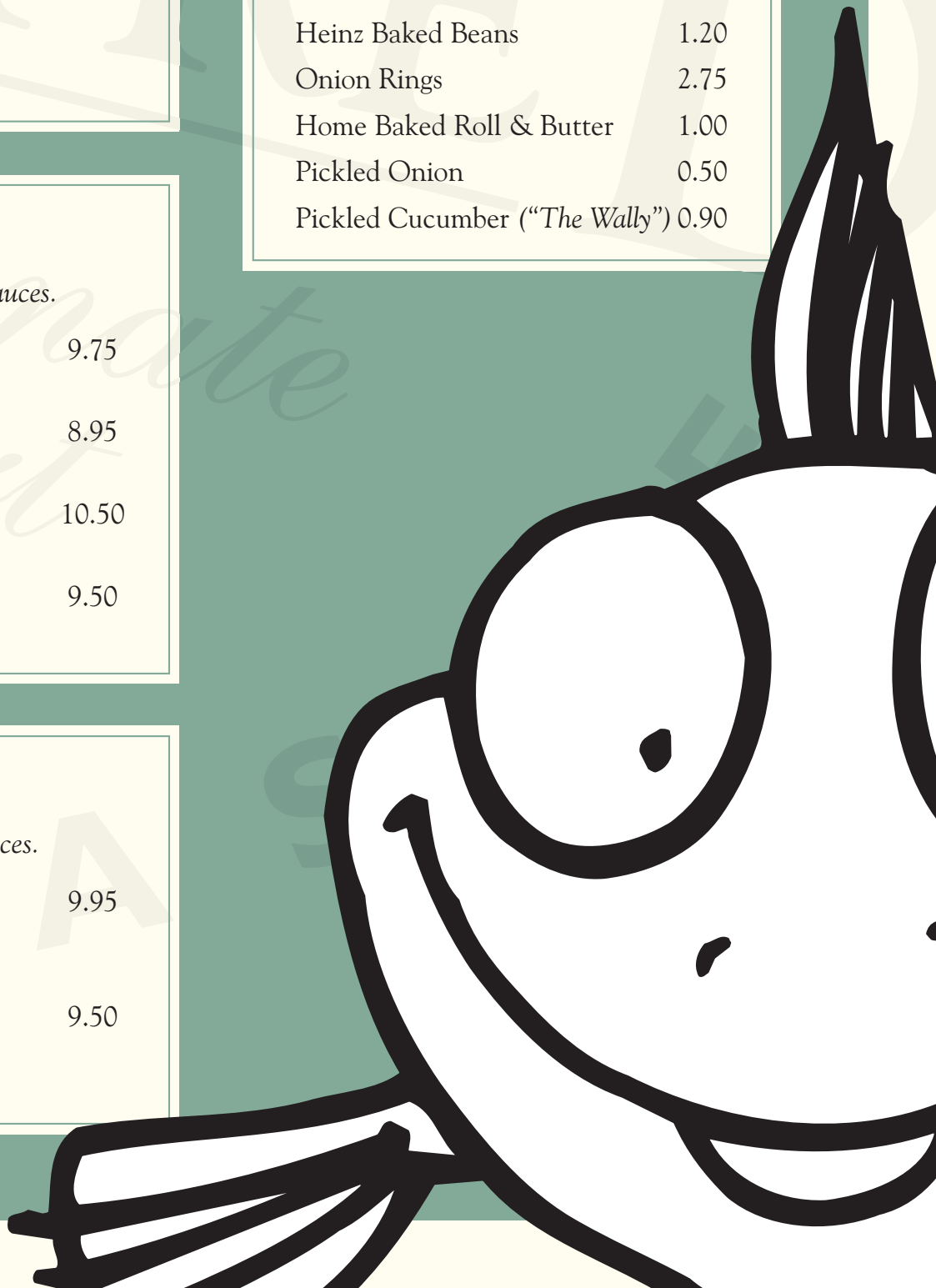
All served with unlimited freshly fried chips and a choice of sauces.

HALF SPIT-ROAST CHICKEN Supplied fresh from our local butchers.	9.75
FRED'S HOMEMADE FISHCAKES Prepared with cod and fresh salmon.	8.95
WHOLETAIL SCAMPI The finest from Whitby.	10.50
CHICKEN TENDERS Served with a sweet chilli dip.	9.50

VEGETARIAN

Served with unlimited freshly fried chips and a choice of sauces.

HALLOUMI 'FISH', CHIPS & MUSHY PEAS Fred's vegetarian version of the classic. A slab of halloumi in fresh breadcrumbs, served with our mushy peas.	9.95
VEGETABLE BURGER ...with a touch of chilli heat. Served on a toasted brioche bun with salad and a choice of sauces.	9.50



PUDDINGS

KNICKERBOCKER GLORY	5.75
With fresh strawberries and toasted flaked almonds.	
FRED'S SNICKERBOCKER GLORY	5.75
...if you like Snickers, you'll love this!	
STICKY TOFFEE PUDDING	4.95
Served with custard or ice cream.	
HOMEMADE BREAD AND BUTTER PUDDING	5.25
A classic Chez Fred favourite!	
OREO AND HOMEMADE BROWNIE SUNDAE	5.25
All homemade desserts may contain nuts.	

PURBECK ICE CREAM

Chez Fred are proud to offer Purbeck Ice Cream - Dorset's finest. All products are passionately produced on the company's farm in the Isle of Purbeck, using fresh local milk, thick double cream and simple, delicious natural flavours. 100% gluten-free, suitable for vegetarians, with no artificial additives, no egg, no nuts, no GMO's or added natural colours - and all these tempting flavours:

Honeycombe Hash • Dorset Marmalade
 Serious Chocolate • Mint Choc Chip
 Salted Caramel • Vanilla Bean
 Strawberry Seduction

One scoop	2.25
Two scoops	3.75
Three scoops	5.25



DRINKS

We offer complimentary still / sparkling water. Ask your waiter / waitress or see our blackboard for Fred's selection of great wines by the bottle - or choose from our drinks list below:

WINES BY THE GLASS	125ml	250ml
House White Terre Siciliane	2.95	4.95
House Rosé Marques de Calado	2.95	4.95
House Red Cabernet Italiano	2.95	4.95
Sauvignon Blanc The Cloud Factory Marlborough, New Zealand	3.75	6.50
Prosecco San Leo DOC	3.95	-

SOFT DRINKS

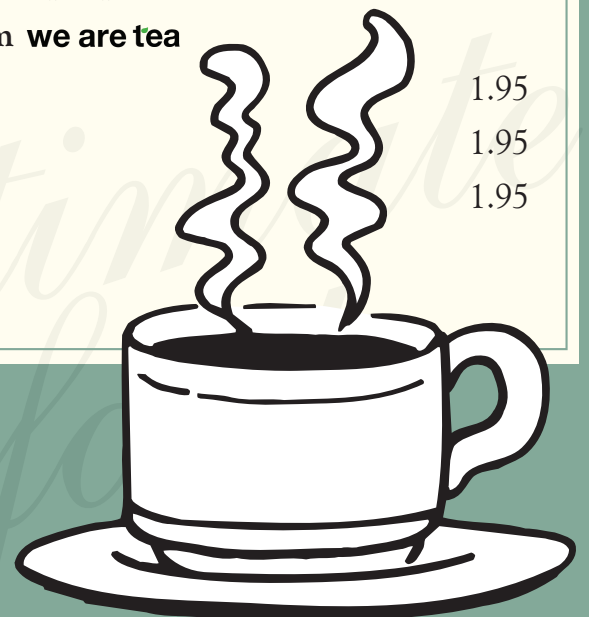
Apple Juice Heron Valley Naturally Cloudy	250ml	2.25
Orange Juice	250ml	2.25
Coke, Diet Coke	330ml	2.10
Sparkling Elderflower	250ml	2.40
Palmers Traditional Ginger Beer	330ml	2.25
Palmers Traditional Lemonade	330ml	2.25

BEERS, LAGERS & CIDER

Estrella Damm Draft 4.6% ABV	Half pint	2.90
	Pint	4.50
Peroni	330ml	3.50
Palmers Dorset Gold	500ml	4.25
Purbeck Cider Dorset Draft Premium	500ml	4.75

TEA & COFFEE

Filter Coffee	Free refills	1.75
Barry's Tea (per person per pot)	Free refills	1.75
Speciality Teas from we are tea		
Earl Grey		1.95
Peppermint		1.95
Super Berry Tea		1.95
(Decaffeinated tea & coffee also available)		



10 Seamoor Road, Westbourne,
 Bournemouth BH4 9AN
 01202 761023 chezfred.co.uk

Gratuities are at customers' discretion and are distributed amongst all the staff.
 Minimum charge of £8.50 per adult, lunchtimes and evenings.



Free wi-fi login: chezfred



@ChezFredUK



/Chez-Fred