

FRED's

English Cafe & Things

Lunch menu served 12pm – 4pm. Dine-In or Take-Away

SARNIES, BUTTIES & TOASTED THINGS

Fred's Breakfast Bun

Oven-bottom bun, sausage patty, crispy bacon, hashbrown, fried egg, cheese, choice of sauces

£9.50

Proper Honey Roasted Ham

Our house roasted ham, with English mustard mayo; pickled cucumbers; gem lettuce & tomato. Served on white tin loaf

£7.50

"Plough-Person's" Cheese

Crumbly Lancashire cheese, crisp gem lettuce, tomato, pickled cucumbers, English mustard mayo. Served on a white tin loaf

£6.50

Classic Egg & Cress

Free-range egg, our house egg mayo, fresh watercress, white tin loaf

£6.50

Northern Rarebit

Slice of toasted white tin loaf, topped with Lancashire cheese & English mustard, finished with local beer, Henderson's Relish, fresh chives, and chive oil

£8.50

Wild Mushrooms on Toast

White tin loaf, topped with mushroom puree, roasted wild mushrooms, pickled mushrooms, black garlic ketchup, hazelnut brown butter, chives, chive oil

£9.50

Roasted Ham & Cheese Toastie

Grilled white tin loaf filled with Lancashire cheese, our honey-roasted ham, Henderson's Relish, pickled cucumber, tomato

£8

The BLT

Crispy bacon, gem lettuce, chunky tomato. Finished with homemade mayo on toasted white tin loaf

£8

THINGS TO NIBBLE ON

Gem Lettuce Side Salad with house dressing	£4
Crispy Hashbrowns with choice of sauce	£5.50
Baby Potato Salad	£4.50
House Spuds (ask for details)	£5
Fred's Frickles	£3

THINGS WE'VE BAKED

Fred's Scotch Egg with choice of sauce	£4
Fred's Sausage Roll with choice of sauce	£4
Slice of Tart A La Day (ask for details)	£4.50
Selection of Homemade Cakes & Cookies (ask for details)	

THINGS IN GLASSES

Please ask what's pouring

Soft Drinks	£2.50
Cans of Local Beer	£5
Excellent choice of Wines by the Glass <i>Red, White, Rose, Sparkling</i>	£6

THINGS IN CUPS, MUGS & POTS

Black Coffees <i>(Americano/Espresso)</i>	£3
Pots of tea <i>(English Breakfast/Earl Grey)</i>	£3.25
White Coffees <i>(Cappuccino/Flat White/Latte)</i>	£3.25
Iced Coffee <i>(Yes. Yes, you can have oat milk)</i>	£3.50