

FRED'S

English Cafe & Things

Lunch menu served 12pm – 5pm. Dine-in or take-away

SARNIES, BUTTIES & TOASTED THINGS

Fred's Breakfast Bun

Homemade bun; sausage patty; crispy bacon; hashbrown; fried egg; cheese; choice of sauces

£9

Proper Honey Roasted Ham

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

£6.50

“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

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

£8

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

£6.50

THINGS TO NIBBLE ON

Gem Lettuce Side Salad with house dressing £3

Crispy Hashbrowns with choice of sauce £4

Crispy Roast Potatoes with choice of sauce £4

Homemade Crisps £3

Fred's Frickles £5

THINGS WE'VE BAKED

Fred's Scotch Egg with choice of sauce	£4
Fred's Sausage Roll with choice of sauce	£3.50
Slice of Quiche a La Day (ask for details)	£4
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

English Breakfast Tea	£3.25
Earl Grey Tea	£3.25
Espresso	£3
White or Black Coffee	£3
Cappuccino	£3.25
Latte	£3.25

(Yes. Yes, you can have oat milk)

FRED'S ENGLISH CAFÉ STORY & THINGS

Fred's is an English-style café with a northern accent and appetite. Inspired by classic British staples and high-quality ingredients, we take simple, locally sourced, seasonal things and turn them into lunch things, snack things, baked things, sweet things, comfort things and surprisingly chef-y things, along with all the cups, mugs, pints & bottles of things you'd expect from a café that isn't mucking about.

Made fresh every day, you might find that some things can and do change. But that's not a bad thing. You can always try something else.

Open for coffee and breakfast snacks from 10am, and serving lunch from 12pm, you'll find us here Tue-Sat doing what we do best.

Simple things, done very, very well.

INSTA-THING
@freds_mcr