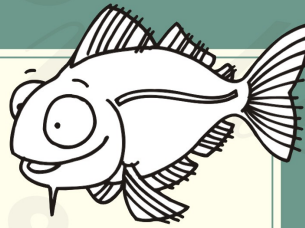


Welcome to Fred's

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	8.20	10.40
LINE-CAUGHT HADDOCK	9.00	11.25

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	8.90
Prime cod, unlimited freshly fried chips, fresh bread and butter, Fred's mushy peas, plus a pot of tea or cup of filter coffee, or a choice of soft drinks. Save up to £3.15. Available 11.30am-2.00pm.	
FRED'S FINEST	12.50
Prime cod, unlimited freshly fried chips, fresh bread 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. Save up to £1.85.	
FRED'S FEAST	14.75
Large cod, haddock, Whitby scampi or spit-roast chicken, unlimited freshly fried chips, fresh bread 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. Save up to £2.90.	

SIDES

SALAD

Mixed Salad	2.95
Salad instead of Chips with any main course	0.75

HOMEMADE

Fred's Mushy Peas	1.20
Pea Fritter	1.10
Fred's Curry Sauce	1.20
Fred's Coleslaw	1.50
Cheese Croquettes (2) NEW	1.75
Fishcake	2.25

CLASSIC SIDES

Heinz Baked Beans	1.20
Onion Rings	2.75
Fresh Bread & Butter	0.75
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	9.75
Supplied fresh from our local butchers.	
FRED'S HOMEMADE FISHCAKES	8.95
Prepared with cod and fresh salmon.	
WHOLETAIL SCAMPI	10.50
The finest from Whitby.	
CHICKEN TENDERS	9.50
Served with a sweet chilli dip.	
VEGETABLE BURGER	9.50
...with a touch of chilli heat. Served on a toasted brioche bun with salad and a choice of sauces.	

Wi-Fi Free wi-fi login: [chezfred](#)

@ChezFredUK

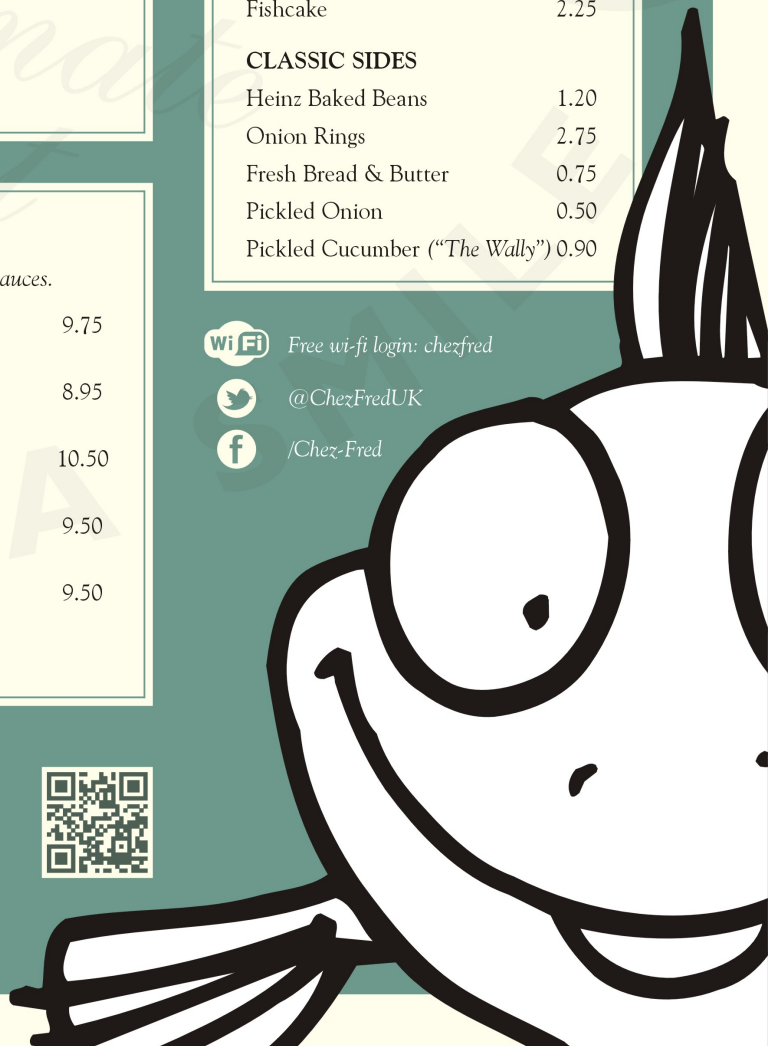
/Chez-Fred



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 £8.20 per adult, lunchtimes and evenings.



PUDDINGS

KNICKERBOCKER GLORY	5.25
With fresh strawberries and toasted flaked almonds.	
FRED'S SNICKERBOCKER GLORY	5.25
...if you like Snickers, you'll love this!	
STICKY TOFFEE PUDDING	4.75
Served with custard or ice cream.	
HOMEMADE BREAD AND BUTTER PUDDING	5.00
A classic Chez Fred favourite!	
OREO AND HOMEMADE BROWNIE SUNDAE	4.95
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:

	Per scoop
Vanilla Bean	1.75
Strawberry Seduction	1.75
Serious Chocolate	1.75
Salted Caramel	1.75
Dorset Marmalade	1.75
Mint Choc Chip	1.75
Honeycombe Hash	1.75



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 <i>Finca Nova Airén</i>	2.60	4.95
House Rosé <i>Marques de Calado</i>	2.60	4.95
House Red <i>Finca Nova Tempranillo</i>	2.60	4.95
Sauvignon Blanc <i>Giesen Marlborough</i>	3.50	6.50
Prosecco <i>Corte Alta</i>	3.95	-

SOFT DRINKS

Apple Juice	250ml	2.25
Heron Valley Naturally Cloudy		
Orange Juice	250ml	1.95
Coke, Diet Coke	330ml	1.90
Sparkling Elderflower	250ml	2.25
Palmer's Traditional Ginger Beer	330ml	2.25
Palmer's Traditional Lemonade	330ml	2.25

BEERS, LAGERS & CIDER

Estrella Damm Draught	Half pint	2.50
	Pint	4.25
Peroni	330ml	2.95
Carlsberg	275ml	2.75
Palmer's Dorset Gold	500ml	3.95
Purbeck Cider Dorset Draught Premium	500ml	4.50

TEA & COFFEE

Filter Coffee	Free refills	1.60
Barry's Tea (per person per pot)	Free refills	1.60
Speciality Teas from we are tea		
Earl Grey		1.85
Peppermint		1.85
Super Berry Tea		1.85
<i>(Decaffeinated tea & coffee also available)</i>		



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