



TRADITIONAL BRITISH FISH & CHIPS

Traditional British Fish and Chip Restaurant and Take-Away

Welcome to Frydays for the very best of Traditional Fish and Chips.

We pride ourselves on quality cooking for that fresh crisper taste.

**We aim to source all of our Seafood responsibly
and from sustainable sources**

**Our sausages are produced for us by a local, Award Winning Butcher
and our chicken is 100% meat, not reformed.**

All dishes are served with complimentary sauces.

**All our chips are cut fresh on site and are produced from
100% Native British Potatoes, locally grown, plus they are Gluten Free.**

**We hope you enjoy your visit to Frydays, if so, why not post a positive
review on Facebook or Google. If not, tell us while you are here!**

**PLEASE NOTE: All meals are freshly prepared to order.
We don't serve "fast food".**

However, we do serve quality food, freshly cooked, as fast as we can.

**Allergies? If you have an allergy,
please inform a member of staff when placing your order.**

Gratuities are gratefully received at your discretion and are shared between all staff. Please note all dishes are subject to availability.

All weights are approximate prior to cooking. All prices include VAT at the current rate. Although we fry our fish in sunflower oil there maybe small traces of animal fat in our oil. The lemon wedges and tartare sauce are not charged for and we cannot guarantee availability of all menu items at all times.

fryd@ys

TRADITIONAL BRITISH FISH & CHIPS

FISH

Generous cuts of succulent fish coated in our deliciously crispy batter and cooked at very high temperatures in sunflower oil* high in monounsaturated and low in saturated fat, an oil with health benefits. Served with homemade tartare sauce, lemon wedge and **Unlimited Fresh Cut Chips**.

Large Cod	15.50
Standard Cod	14.00
Mini Cod	13.00
Cod Goujons	13.00
Haddock	15.00
Plaice	14.00
Pollock	14.00
Wholetail Scampi	13.00
Cod Roe	11.50
Fishcakes	11.50
Cod Fish Fingers	10.50

If you would like a jacket potato instead of chips, please add 1.50 to the cost of your chosen meal.

Please see our Blackboard
for the

Catch of the Day and Daily Specials

PUKKA PIES AND CHUNK PASTIES

All served with **Unlimited Fresh Cut Chips** or Jacket Potato

Steak & Kidney Pie	11.75
Mince Beef & Onion Pie	11.75
Chicken & Mushroom Pie	11.75
Vegan Chicken & Mushroom Pie vg	11.75
Steak Pasty	11.75
Roast Vegetable Pasty vg	11.75

100% CHICKEN

NO REFORMED CHICKEN HERE!

All served with **Unlimited Fresh Cut Chips**

1/4 Roast Chicken	13.25
Chicken Nuggets (8)	12.00
Chicken Burger	12.00

Served in a bun with mayonnaise and lettuce

Southern Fried Chicken Goujons 12.50

Served with a BBQ Dip

SPECIALITY

SEAFOOD (when available)

Griddled to order with homemade tartare sauce, lemon wedge and **Unlimited Fresh Cut Chips**.

Swordfish Steak (6-8oz) gf	14.00
Salmon Fillet (6-8oz) gf	15.00
Tuna Steak 8-10oz) gf	13.25

Cooked to order and served with homemade tartare sauce, lemon wedge and **Unlimited Fresh Cut Chips**.

Seafood Medley	15.50
Battered Chunky Cod Bites, Salt & Pepper Squid, Breaded Prawns and Panko Calamari	
Whitebait	13.75
Tiger Prawns in Filo Pastry	13.75
Served with a sweet chilli dip	
Battered Squid Rings	13.50
*Large Skate Wing (approx. 12oz)	14.25
*Hake Fillet	14.00
*Rock (huss)	14.00

* when available

gf = gluten free **v** = vegetarian **vg** = vegan

Gratuities are gratefully received at your discretion and are shared between all staff. Please note all dishes are subject to availability.

All weights are approximate prior to cooking. All prices include VAT at the current rate. Although we fry our fish in sunflower oil there may be small traces of animal fat in our oil. The lemon wedges and tartare sauce are not charged for and we cannot guarantee availability of all menu items at all times.

fryd&ys

TRADITIONAL BRITISH FISH & CHIPS

SAUSAGES

Locally produced Award Winning Butchers sausages. Served with **Unlimited Fresh Cut Chips**.

2 Sausages	9.75
Plain or Battered	
Saveloy	9.75
Jumbo Sausage	9.75
Plain or Battered	

JACKET POTATOES

Plain (without butter) gf vg v	6.75
Plain (with butter) gf v	6.75
Or served with:	
Baked Beans gf	7.50
Cheese gf	7.50
Tuna & Mayonnaise gf	8.00
Baked Beans and Cheese gf	8.00

FRESHLY GRIDDLED BURGERS

Served in a bun with lettuce, relish and served with **Unlimited Fresh Cut Chips**

4oz Beef Burger	11.00
4oz Cheese Burger	12.00
8oz Beef Burger	13.00
8oz Cheese Burger	13.50
4oz Bacon Cheese Burger	13.00
8oz Bacon Cheese Burger	15.00
12oz "Monster" Burger	16.00
With cheese and onion rings	
4oz Veggie Burger	11.00

SENIOR CITIZEN SPECIAL

MONDAY TO FRIDAY ONLY

(excluding Bank Holidays)

Cod and Chips **9.25**

Served with homemade tartare sauce & lemon wedge. PLUS a pot of tea for one or coffee)

CHILDREN'S MENU**

LIGHTER APPETITE

All served with a small scoop of chips.

Cod Goujons	11.00
Fishcake	7.75
Cod Fish Fingers	7.25
100% Chicken Nuggets (4)	7.25
Sausage Plain or Battered	7.25
4oz Beef Burger	9.00

** includes a Free Drink for children with all family meals in our restaurant. Choose from flavoured cup drinks or squash.

Unlimited Fresh Cut Chips available with main meals only. Not available with children's/lighter appetite menu, senior citizen special or plates/portions of chips.

OUR POTATOES ARE PEELED AND CUT FRESH ON SITE AND ARE ALL GLUTEN FREE

Plate of Chips (standard) gf	4.75
Cheesy Chips (standard) gf	5.75
Plate of Chips (large) gf	5.95
Cheesy Chips (large) gf	6.95

SIDE ORDERS

Mushy Peas	1.50
Baked Beans	1.50
Curry Sauce	1.50
Gravy	1.50
Homemade Tartare Sauce	1.25
Sweet Chilli Sauce	1.75
BBQ Sauce	1.75
Onion Rings (5)	3.00
Onion Rings (10)	5.50
Breaded Mushrooms plain or garlic	5.50
Homemade Mushy Pea Fritter	3.00
Pickled Egg	1.25
Pickled Onion	1.00
Pickled Gherkin	1.50
Bread Roll/Bap and Butter	1.50

Gratuities are gratefully received at your discretion and are shared between all staff. Please note all dishes are subject to availability. All weights are approximate prior to cooking. All prices include VAT at the current rate. Although we fry our fish in sunflower oil there maybe small traces of animal fat in our oil. The lemon wedges and tartare sauce are not charged for and we cannot guarantee availability of all menu items at all times.

DESSERTS

2 x Pineapple Fritters with or without Syrup	5.50
Selection of Ice Cream Tubs	from 3.50
Various flavours	

HOT DRINKS



Café AU Lait	2.85
Black Coffee	2.60
Cappuccino	2.85
Latte Macchiato	2.85
Espresso	2.60
Maccacino	2.80
Decaff Coffee	2.85
Hot Chocolate	3.25

Pot of Tea (for one)	2.75
Pot of Tea (for two)	3.75

COLD DRINKS

Milkshakes (individual bottles)	3.50
Strawberry, Banana or Chocolate	
Glass of Milk	1.50
Glass of Squash	1.00
Orange or Blackcurrant	

VARIETY OF SOFT DRINKS AVAILABLE FROM THE CHILLER

Mineral Water	2.50
330ml Can	2.75
500ml Bottle (excl. milkshake)	3.00