



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.

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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**.

Market Fish/Catch of the Day 15.00

Large Cod	18.00
Standard Cod	16.50
Mini Cod	15.50
Cod Goujons	14.50
Haddock	16.50
Plaice	15.50
Wholetail Scampi	15.50
Cod Roe	12.50
Fishcakes	12.50
Cod Fish Fingers	11.50

If you would like a jacket potato instead of chips, please add 2.00 to the cost of your chosen meal.

Please see our Blackboard
for Daily Specials

PUKKA PIES AND CHUNK PASTIES

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

Steak & Kidney Pie	13.00
Mince Beef & Onion Pie	13.00
Chicken & Mushroom Pie	13.00
Vegan Chicken & Mushroom Pie vg	13.00
Steak Pasty	13.25
Roast Vegetable Pasty vg	13.00

100% CHICKEN

NO REFORMED CHICKEN HERE!

All served with **Unlimited Fresh Cut Chips**

1/4 Roast Chicken	14.50
Chicken Nuggets (8)	13.50
Chicken Burger	13.00
Served in a bun with mayonnaise and lettuce	
Chicken Burger + Bacon + Cheese	15.50
Katsu Chicken Curry sliced chicken over chips smothered in katsu sauce and topped with spring onions	15.00
Southern Fried Chicken Goujons	13.75
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	15.50
Salmon Fillet (6-8oz) gf	16.50
Tuna Steak 8-10oz) gf	15.50

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

Seafood Medley	17.00
Battered Chunky Cod Bites, Salt & Pepper Squid, Breaded Prawns and Panko Calamari	
Whitebait	15.00
Tiger Prawns in Filo Pastry	15.00
Served with a sweet chilli dip	
Battered Squid Rings	15.50
*Large Skate Wing (approx. 12oz)	15.50
*Rock (huss)	15.50
*Red Snapper	15.00

* when available

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

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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	7.50
Plain (with butter) gf v	7.50

Or served with:

Baked Beans gf	8.25
Cheese gf	8.25
Tuna & Mayonnaise gf	8.75
Baked Beans and Cheese gf	8.75

FRESHLY GRIDDLED BURGERS

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

4oz Beef Burger	12.00
4oz Cheese Burger	13.00
8oz Beef Burger	14.00
8oz Cheese Burger	15.00
4oz Bacon Cheese Burger	14.00
8oz Bacon Cheese Burger	16.00
12oz Triple Burger	18.00
With cheese and onion rings	
4oz Veggie Burger	12.00

SENIOR CITIZEN SPECIAL

MONDAY TO FRIDAY ONLY

(excluding Bank Holidays)

Fish and Chips 10.75

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	12.00
Fishcake	8.50
Cod Fish Fingers	8.00
100% Chicken Nuggets (4)	8.00
Sausage Plain or Battered	8.00
4oz Beef Burger	10.00
4oz Cheese Burger	11.00

** 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	5.25
Cheesy Chips (standard) gf	7.25
Plate of Chips (large) gf	6.50
Cheesy Chips (large) gf	8.50

SIDE ORDERS

Mushy Peas or Baked Beans gf	1.75
Curry Sauce or Gravy	1.75
Katsu Curry Sauce	2.00
Homemade Tartare Sauce	1.75
Sweet Chilli Sauce	1.75
BBQ Sauce	1.75
Garlic Mayo	1.75
Onion Rings (5)	3.50
Onion Rings (10)	6.00
Breaded Garlic Mushrooms	6.00
Breaded Brie Wedges	7.50
Homemade Mushy Pea Fritter	3.50
Pickled Egg or Pickled Gherkin	1.50
Pickled Onion	1.00
Bread Roll/Bap and Butter	1.50

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DESSERTS

2 x Pineapple Fritters with or without Syrup	6.00
Add a scoop of vanilla ice-cream to pineapple fritters	1.50
Selection of Ice Cream Tubs	from 4.00
Various flavours	

HOT DRINKS

LAVAZZA

TORINO, ITALIA, 1895

Café AU Lait	3.25
Black Coffee	3.00
Cappuccino	3.50
Latte Macchiato	3.25
Espresso	3.00
Maccacino	3.25
Decaff Coffee	3.25
Hot Chocolate	3.75

Pot of Tea (for one)	3.00
Pot of Tea (for two)	4.00

COLD DRINKS

Milkshakes (individual bottles)	3.85
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
Frobishers (250ml) 100% Squeezed Orange Juice	3.75 vg v
Frobishers (250ml) Classic Pressed Apple Juice	3.75 vg v