



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 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 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.

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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**.

Large Market Fish	18.00
Standard Market Fish	16.00

Standard Cod	18.00
Mini Cod	16.50
Fish Goujons	15.00
Haddock	17.00
Plaice	16.50
Wholetail Scampi	16.50
Cod Roe	13.00
Fishcakes	13.00
Fishfingers	12.50
Fish Fillet Burger	13.50

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

Sharing Option : Additional plate £3.00

PUKKA PIES AND CHUNK PASTIES

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

Steak & Kidney Pie	13.25
Mince Beef & Onion Pie	13.25
Chicken & Mushroom Pie	13.25
Vegan Chicken & Mushroom Pie vg	13.25
Steak Pasty	13.75
Roast Vegetable Pasty vg	13.50

100% CHICKEN

NO REFORMED CHICKEN HERE!

All served with **Unlimited Fresh Cut Chips**

1/4 Roast Chicken	15.50
Chicken Nuggets (8)	14.25
Chicken Burger	14.25
Served in a bun with mayonnaise and lettuce	
Southern Fried Chicken Burger	15.50
Served in a bun with lettuce and a choice of sauce	
Katsu Chicken Curry sliced chicken over chips smothered in katsu sauce and topped with spring onions	16.75
Southern Fried Chicken Goujons	14.50
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	16.50
Salmon Fillet (6-8oz) gf	17.50
Tuna Steak 8-10oz) gf	16.50
*Sea Bass	16.50

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

Seafood Medley	18.25
Battered Chunky Cod Bites, Salt & Pepper Squid, Breaded Prawns and Panko Calamari	
Whitebait	16.00
Battered Squid Rings	16.50
*Large Skate Wing (approx. 12oz)	16.50
*Rock (huss)	16.25
*Tilapia	15.50

* 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

Baked Beans gf	9.25
Cheese gf	9.25
Tuna & Mayonnaise gf	9.75
Baked Beans and Cheese gf	9.75

FRESHLY GRIDDLED BURGERS

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

4oz Beef Burger	13.00
4oz Cheese Burger	14.00
8oz Beef Burger	15.00
8oz Cheese Burger	16.00
4oz Bacon Cheese Burger	15.00
8oz Bacon Cheese Burger	17.00
12oz Triple Burger	19.00
With cheese and onion rings	
4oz Veggie Burger	12.50

SENIOR CITIZEN SPECIAL

MONDAY TO FRIDAY ONLY
(excluding bank holiday)

Market Fish and Chips	11.50
Cod and Chips	16.50

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.

Fish Goujons	12.00
Fishcake	9.00
Fishfingers	9.00
100% Chicken Nuggets (4)	9.75
Battered Sausage Bites (6)	8.25
Sausage Plain or Battered	8.00
4oz Beef 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	6.00
Cheesy Chips (standard) gf	8.00
Plate of Chips (large) gf	7.25
Cheesy Chips (large) gf	9.25

SIDE ORDERS

Mushy Peas or Baked Beans gf	2.25
Curry Sauce or Gravy	2.25
Katsu Curry Sauce	2.50
Homemade Tartare Sauce	1.75
Sweet Chilli Sauce	1.75
BBQ Sauce	1.75
Garlic Mayo	1.75
Onion Rings (5)	4.00
Onion Rings (10)	6.00
Breaded Garlic Mushrooms	6.50
Breaded Brie Wedges	7.50
Homemade Mushy Pea Fritter	3.75
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	6.50
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	3.50
	Black Coffee	3.25
	Cappuccino	3.75
	Latte Macchiato	3.50
	Espresso	3.25
	Maccacino	3.50
	Decaff Coffee	3.50
	Hot Chocolate	4.00

Pot of Tea (for one)	3.50
Pot of Tea (for two)	4.50

Speciality Tea (for one)	3.75
Speciality Tea (for two)	4.75
(please ask for the selection available)	

COLD DRINKS

Milkshakes (individual bottles)	4.50
Strawberry 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	3.95 vg v
Frobishers (250ml) Classic Pressed Apple Juice	3.95 vg v

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