

Starters

Starters served 12 – 1.30pm and 6.00pm – 8.30pm

- Homemade Soup Of The Day** (v)(gf*)
with half baguette and butter ~~£~~ 7=45
- Southern Fried Chicken Goujons**
with BBQ dip and salad ~~£~~ 7=95
- Salt and Pepper Yellowfin Sole Goujons**
with tartare dip and salad ~~£~~ 7.95

Bloody Mary Prawn Cocktail (gf*)
Prawns bound in marie-rose sauce with a kick!
Mixed with vodka and cayenne pepper.
Served with half a baguette and butter ~~£~~ 8=45

- Lemon and Oregano Battered Halloumi** (v)
with autumn fruit chutney and salad ~~£~~ 8=45

Panfried Creamy Garlic Mushrooms (v)(gf*)
with half a baguette and butter
topped with cheddar or stilton ~~£~~ 8=45

- Southern Fried Vegan Strips** (vg)
with autumn fruit chutney and salad ~~£~~ 6=95
- Vegetarian Nachos** (v)(gf)
topped with jalapenos and melted cheese with salsa,
guacamole and sour cream dips ~~£~~ 7=45
add homemade chilli con carne (gf) ~~£~~ 2=50
add shredded southern fried chicken ~~£~~ 2=50
- Garlic Bread** (v) ~~£~~ 3=45
- Garlic Bread with Cheese** (v) ~~£~~ 4=45
- Chorizo, Italian Herbs and
Cheese Garlic Bread** ~~£~~ 5=45

Classics

- Home Roasted Ham, Egg
and Chunky Chips** (gf*)
with salad ~~£~~ 15=45

- Home Roasted Ham, Grilled Pineapple
and Chunky Chips** (gf*)
with salad ~~£~~ 15=45

- Homemade Beef, Smoked Bacon,
Ale and Stilton Pie**
with chips and veg of the day ~~£~~ 18=95

- Homemade Beef Lasagne**
in a rich tomato sauce, topped with bechamel and cheese
with garlic bread and salad ~~£~~ 17=95

- Homemade Chilli Con Carne** (gf)
with rice, nachos and salsa dip ~~£~~ 17=95

- Hunters Chicken**
pan fried chicken breast, topped with BBQ sauce, bacon and lots of
cheese with chips, salad and coleslaw ~~£~~ 17=95

- Homemade Chicken Curry Of The Day** (gf*)
with rice, naan bread, mango chutney and salad ~~£~~ 18=95

- Homemade Mushroom Curry Of The Day** (v)(gf*)
with rice, naan bread, mango chutney and salad ~~£~~ 16=95

Ultimate Sausage and Mash (gf*)
A bed of potato, sweet potato, swede, carrot,
celeriac and leek mash, topped with sausages,
cider and wholegrain mustard gravy and veg of the day
Pork Sausage Of The Week ~~£~~ 17=95
Vegetarian Sausages (v) ~~£~~ 15=95

- Hand Battered Cod**
with chips, garden peas, salad and tartare sauce ~~£~~ 18=95

- Wholetail Scampi**
with chips, garden peas, salad and tartare sauce ~~£~~ 17=95

- Classic Fish Pie** (gf*)
a creamy leek sauce packed with smoked haddock, salmon,
hake and king prawns, topped with mash and cheese
served with salad and half a baguette and butter ~~£~~ 18=95

- Somerset Brie and Beetroot Tart** (v)
with French fries and salad ~~£~~ 15=95

Lunch Menu

Baguettes

Cheddar and Red Leicester (v) with pickle or onion.....	£7 = 95
Cheese and Onion Mayonnaise (v) cheddar, red Leicester, red onion and spring onion in mayonnaise.....	£8 = 45
Brie (v) with mango chutney or cranberry sauce.....	£8 = 95
Stilton (v) with autumn fruit chutney.....	£8 = 95
Ham and Cheese	£9 = 95
Ham with coleslaw or autumn fruit chutney.....	£8 = 95
Bacon, Lettuce and Tomato	£9 = 95
Bacon and Brie with mango chutney or cranberry sauce.....	£9 = 95
Tuna Mayonnaise	£8 = 95
Prawn Marie Rose	£9 = 95

Jackets

Cheddar and Red Leicester (v)(gf)	£8 = 45
Cheese and Onion (v)(gf)	£8 = 95
Cheese and Pineapple (v)(gf)	£8 = 95
Ham and Cheese (gf)	£9 = 95
Ham, Cheese and Pineapple (gf)	£9 = 95
Ham Topped with Rarebit	£9 = 95
Bacon and Cheese (gf)	£9 = 95
Bacon, Cheese and BBQ Sauce	£9 = 95
Bacon and Stilton (gf)	£9 = 95
Sausage of the Week (gf) with autumn fruit chutney and cheese.....	£9 = 95
Chorizo, Pepper, Onion, Italian Herbs and Cheese (gf)	£9 = 95
Chilli Con Carne and Cheese (gf)	£9 = 95
Cheese and Beans (v)(gf)	£8 = 95
Tuna Mayonnaise (gf)	£8 = 95
Prawn Marie Rose (gf)	£9 = 95

Platters

Ploughmans (gf*) large salad, pickle, pickled onion, baguette and butter, coleslaw, with a choice of:	
cheddar.....	£15 = 95
stilton.....	£16 = 95
brie.....	£16 = 45
home cooked ham.....	£16 = 95

Freke Arms Platter

homemade soup of the day with either:	
cheese baguette.....	£15 = 95
ham baguette.....	£15 = 95

Light Bites

Small Cod and Chunky Chips with garden peas and salad with tartare sauce.....	£13 = 95
Home Cooked Ham, Egg and Chunky Chips (gf*) with salad.....	£13 = 95
Sausage of the Week (gf*) with mash, garden peas and onion gravy.....	£13 = 95
Scampi and Chunky Chips with garden peas, salad and tartare sauce.....	£13 = 95
Chilli Con Carne (gf) with rice, nachos and salsa.....	£13 = 95
Vegetarian Sausages (v) with mash, garden peas and vegetarian gravy.....	£13 = 95

Grills (all gf*)

All our grills are served with chunky chips, onion rings, grilled tomato, pan fried button mushrooms and homemade coleslaw

8oz Rump Steak.....	£19=95	12oz Gammon Steak	£19=95
16oz Rump Steak.....	£23=95	with egg or pineapple.....	
8oz Sirloin Steak.....	£23=95	Pan Fried Chicken Breast.....	£19=95
8oz Fillet Steak.....	£28=95		
2x 5oz Pork Steaks.....	£18=95		
6oz Gammon Steak			
with egg or pineapple.....	£14=95		

Mixed Grill 8oz rump, 6oz gammon, 5oz pork steak, a sausage of the week and a fried egg.....	£29=95
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Grill Creations

Any Steak Topped with Creamy Garlic Mushrooms (excluding mixed grill).... add	£2=50
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Ultimate Pork Steaks (gf*)
 on a bed of potato, sweet potato, swede, carrot, celeriac and leek mash with cider and wholegrain mustard gravy and veg of the day.....

~~£19=95~~

12oz Gammon Topped with Spicy Welsh Rarebit ▽
 with chips, onion rings, grilled tomato, pan fried button mushrooms and coleslaw.....

~~£21=95~~

Spicy Thai Chicken ▽ (gf*)
 pan fried chicken breast with cajun spices and sweet chilli sauce, chips, onion rings, grilled tomato, pan fried button mushrooms and coleslaw.....

~~£20=95~~

Sides

Garlic Bread (v).....	£3=45
Garlic Bread with Cheese (v).....	£4=45
Chorizo, Italian Herbs and Cheese Garlic Bread.....	£5=45
Battered Onion Rings (v).....	£5=95
Chips (v)(vg)(gf*).....	£4=95
Cheesy Chips (v)(gf*).....	£5=45
Stilton Chips (v)(gf*).....	£5=95
Crispy French Fries (v)(vg)(gf*).....	£4=95
Sweet Potato Fries (v)(vg)(gf*).....	£5=95
Chilli Cheesy Chips (gf*).....	£6=95
Baguette and Butter (v).....	£3=45
Side Salad (vg)(gf*).....	£3=45
Homemade Coleslaw (v)(gf).....	£2=95
8 Pieces of Scampi with tartare sauce and lemon.....	£5=95
Pan Fried Button Mushrooms (v)(gf*).....	£3=95
Vegetables of the Day (v)(vg)(gf).....	£4=45

Sauces

All of our sauces are made to order
 Gluten free available on request (excluding mustard sauce)

Peppercorn (v)(gf*).....	£3=95
Creamy Tarragon and Mushroom (v)(gf*).....	£3=95
Red Wine and Stilton (v)(gf*).....	£4=95
Creamy Stilton (v)(gf*).....	£4=45
Creamy Mustard (Dijon and Wholegrain)(v)(gf*).....	£4=45
Port and Spring Onion (v)(gf*).....	£4=95
Brandy and Stilton (v)(gf*).....	£4=95
Creamy Smoked Bacon and Stilton (gf*).....	£4=95

(v) vegetarian | (vg) vegan | (gf) gluten free
 (gf*) gluten free alternative available

Burgers, Dogs and Dirty Fries

All burgers are served in a toasted bap with lettuce, tomato, chips, onion rings and coleslaw

Homemade
Beef and Red Onion
Burger (gf*)

or

Battered
Chicken Breast
Burger

or

Lemon and Oregano
Battered Halloumi
Burger (v)

Topped with a choice of:

Cheddar Cheese
Cheese and Bacon
Cheese and Pineapple

Chorizo, Herb and Cheese
Welsh Rarebit ♡
Chilli Cheese
Bacon and Brie

Bacon and Stilton
Stilton and Mushroom (v)
Brie and Cranberry (v)

All \$19.95

Tower Burgers

BBQ Melt

beef and red onion burger,
stacked with 2 battered chicken burgers,
bacon, cheese and BBQ sauce.....

\$21.95

Chorizo Fiesta

beef and red onion burger,
stacked with 2 battered chicken burgers,
chorizo, cheese and chipotle mayonnaise.....

\$21.95

Freke Dogs

All served with chips, onion rings and coleslaw

BBQ Freke Dog

10" baguette stuffed with 3 sausages of the week,
smoked bacon strips, fried onions,
cheese and BBQ sauce.....

\$19.95

Chilli Dog

10" baguette stuffed with 3 sausages of the week,
homemade beef chilli con carne,
jalapenos and cheese.....

\$19.95

Spanish Dog

10" baguette stuffed with 3 sausages of the week,
fried chorizo, peppers, onions, Italian herbs,
cheese and chipotle mayonnaise.....

\$19.95

Spicy Welsh Dog ♡

10" baguette stuffed with 3 sausages of the week
with spicy Welsh rarebit.....

\$19.95

Dirty Fries

Freke Fries

French fries, smoked bacon, fried onions,
cheese and BBQ sauce.....

\$9.95

Patatas Fritas (gf*)

French fries with fried chorizo, peppers, onions,
Italian herbs, cheese and chipotle mayonnaise.....

\$9.95

Afterburn ♡ (v)(gf*)

French fries with spicy cajun seasoning, fried onions,
jalapenos, cheese and sriracha hot sauce.....

\$9.95