



Lunch Menu

*David & Anita Welcome you to The Freke Arms
We hope you enjoy your meal*

How to Order

Please find a table and order from the bar. All our meals are freshly cooked to order. Please understand that during busy times there may be a short delay in your food reaching your table. We appreciate your patience.

Note: Some products may contain traces of nuts and nut derivatives.

Lunchtime Food Order Times

Monday to Saturday 12 midday to 2pm

Sundays 12 midday to 2pm (Sunday Roast only)

Sandwiches

<i>Cheese</i>	£2.50
<i>Cheese & Tomato</i>	£2.95
<i>Cheese & Onion</i>	£2.95
<i>Cheese Salad</i>	£3.25
<i>Ham</i>	£3.50
<i>Ham & Tomato</i>	£3.60
<i>Ham & Cheese</i>	£3.75
<i>Ham Salad</i>	£3.75
<i>Tuna Mayonnaise</i>	£3.75
<i>Tuna & Cucumber</i>	£3.75
<i>Sausage & Onion</i>	£3.95
<i>Prawn Marie Rose</i>	£4.25
<i>BLT (Bacon, Lettuce, Tomato)</i>	£4.25

*For toasted
sandwiches*

add £1

Baguettes

Freshly baked 10" baguette with a choice of the following fillings, served with fresh salad garnish.

<i>Cheese</i>	£3.95
<i>Cheese & Tomato</i>	£4.25
<i>Cheese & Onion</i>	£4.25
<i>Cheese Salad</i>	£4.25
<i>Ham</i>	£4.45
<i>Ham & Tomato</i>	£4.65
<i>Ham Salad</i>	£4.65
<i>Tuna Mayonnaise</i>	£4.45
<i>Sausage & Onion</i>	£5.50
<i>Tuna & Cheese Melt</i>	£4.95
<i>Ham & Cheese Melt</i>	£4.95
<i>5oz. Steak & Onion</i>	£5.95
<i>5oz. Steak & Stilton</i>	£5.95
<i>Prawns in Marie Rose Sauce</i>	£5.95
<i>Bacon & Brie</i>	£5.95

*Add chips to any
baguette for £1*

Ploughman's Lunches

Served with English fruit chutney with ale, pickled onions, salad garnish and a fresh crusty baguette with butter.

Your choice of: Cheddar, Stilton or Ham **£5.95**

Jacket Potatoes

A large oven baked jacket potato with any of the following fillings and served with fresh salad.

<i>Cheese</i>	£4.50
<i>Baked Beans</i>	£4.50
<i>Cheese & Onion</i>	£4.95
<i>Cheese & Beans</i>	£4.95
<i>Tuna & Mayonnaise</i>	£4.95
<i>Prawns in Marie Rose Sauce</i>	£5.95
<i>Chilli Con Carne topped with Melted Cheese</i>	£6.50

Basket Meals

Served with chips and fresh salad garnish

<i>Chicken Breast chunks</i>	£5.95
<i>Wholetail Scampi</i>	£5.95
<i>Jumbo Sausages</i>	£5.95

Burgers

Succulent burgers served in a soft sesame seed bun, served with chips and crispy salad garnish.

<i>8oz Aberdeen Angus Prime Beef Burger</i>	£7.50
<i>8oz Aberdeen Angus Prime Cajun Beef Burger</i>	£7.50
<i>8oz Fresh Chicken Breast Burger</i>	£7.50
<i>8oz Fresh Cajun Chicken Breast Burger</i>	£7.50

Add an extra topping:

<i>Cheddar Cheese topping</i>	£0.75
<i>Bacon topping</i>	£0.95
<i>Stilton topping</i>	£0.95

Omelettes

All omelettes are served with chips and crispy salad garnish

<i>Plain</i>	£4.50
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Tomato £0.60 Bacon £0.60 Ham £0.80 Cheese £0.80

Onion £0.60 Prawn £1.00 Mushrooms £0.80

*Add filling(s) of
your choice*

Main Meals

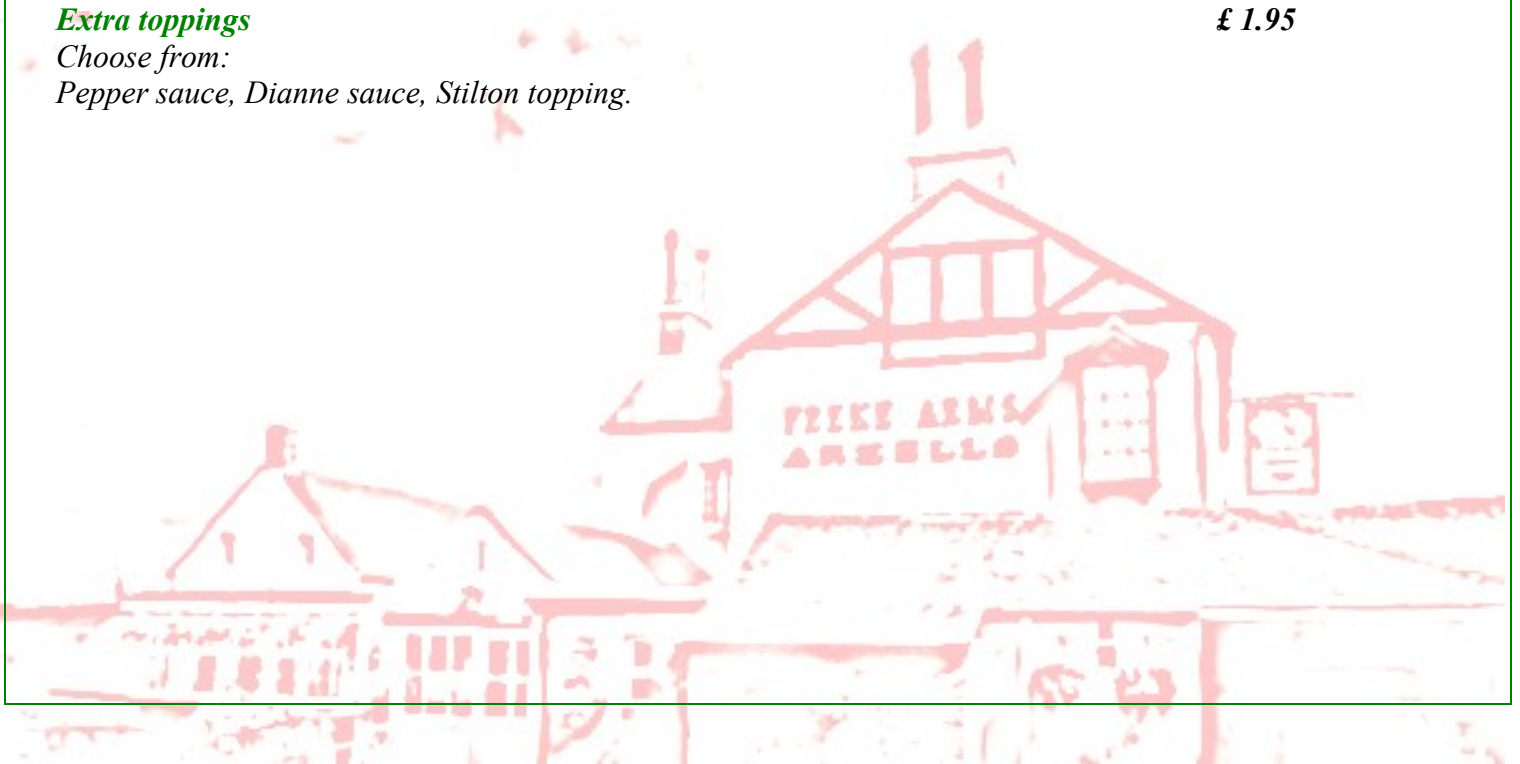
<i>Hand Carved Butchers Ham</i>	£ 7.95
<i>Served with a brace of eggs, a choice of potatoes and salad garnish</i>	
<i>Lamb Shank with Mint & Rosemary Sauce</i>	£10.95
<i>Braised Lamb Shank slowly cooked on the bone in a delicious sauce of mint and rosemary served with garlic sauté potatoes and vegetables of the day</i>	
<i>Homemade Steak, Ale, Mushroom and Stilton Pie</i>	£ 9.95
<i>Diced chunks of prime Steak cooked in a rich mushroom, garlic, onion, stilton and real ale sauce. Served in a puff pastry case with peas and a choice of potatoes</i>	
<i>Chef's Choice Sausages of the Day</i>	£ 7.95
<i>Please see Blackboard on the bar for sausage choice of the day. Served with Chive mashed potato and rich onion gravy</i>	
<i>Homemade Battered Cod</i>	£ 8.95
<i>Cod fillet coated in a homemade crispy batter, cooked until golden brown. Served with a choice of potatoes and salad garnish</i>	
<i>Scampi</i>	£ 9.25
<i>Golden deep fried whole tail scampi served with chips and salad garnish</i>	
<i>Macaroni and Spring Onion Cheese bake (v)</i>	£ 8.95
<i>Macaroni pasta in a rich cheddar cheese spring onion cream sauce topped with Cheddar cheese, served with garlic bread, and a side salad.</i>	
<i>Four Mushroom stroganoff (v)</i>	£ 8.95
<i>Button, brown cap, shiitake and oyster mushrooms cooked In a creamy brandy and smoked paprika sauce with gherkins, served with long grain rice crispy salad and a crusty baguette</i>	
<i>Homemade Beef Lasagne</i>	£ 8.95
<i>Layers of pasta, interleaved with meaty Bolognese sauce, topped with creamy béchamel sauce and grated cheese served with salad and garlic bread</i>	
<i>Homemade Chicken jalfrezi curry</i>	£ 9.95
<i>Tender pieces of chicken breast in a medium hot curry sauce with tomatoes, Onions, red and green peppers, served with long grain rice and naan bread</i>	

All prices include VAT at current rate. Items shown are subject to availability.

Grills

All grills are served with onion rings, mushrooms, salad garnish and a choice of potatoes.

8oz Rump Steak	£10.95
8oz Sirloin Steak	£13.95
8oz Lamb Leg (boneless) Minted Steak 8oz boneless chargrilled minted lamb leg steak	£ 9.95
12oz Honey Glazed Gammon Steak Prime cut of gammon served with a brace of eggs or pineapple rings	£10.95
Chargrilled chicken Breast A boneless chargrilled chicken breast	£ 9.95
Cajun Chicken Breast A boneless chicken breast marinated in Cajun spices and a sweet chilli sauce	£ 9.95
The Freke Surf & Turf 8oz rump steak with succulent whole tail Scampi	£13.95
Rump Steak & Chicken Combo 8oz rump steak and 8oz chicken breast fillet	£13.95
Extra toppings Choose from: Pepper sauce, Dianne sauce, Stilton topping.	£ 1.95



All prices include VAT at current rate. Items shown are subject to availability. Weights shown are approximate and before cooking.

Side Orders

<i>Onion Rings</i>	£2.50
<i>Deep Fried Garlic Breaded Mushrooms</i>	£2.95
<i>Chips</i>	£2.25
<i>Cheesy Chips</i>	£2.95
<i>Side Salad</i>	£2.50
<i>Baguette & Butter</i>	£1.95
<i>Garlic Bread</i>	£2.25
<i>Garlic Bread topped with Cheese</i>	£2.75
<i>Vegetables of the Day</i>	£2.50
<i>New Potatoes</i>	£2.50
<i>Jacket Potato</i>	£2.95
<i>Peas</i>	£1.50
<i>Baked Beans</i>	£1.50
<i>Mashed Potato</i>	£2.95

Desserts

Please ask the waiting staff for details of our desserts selection

<i>All desserts</i>	£4.25
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Hot Beverages

<i>Kenco Coffee</i>	£1.40
<i>Kenco Decaffeinated</i>	£1.50
<i>PG Tea</i>	£1.30
<i>Cappuccino</i>	£1.70
<i>Hot Chocolate</i>	£1.70