



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)

Baguettes

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

Cheese	£3.95
Cheese & Tomato	£4.75
Cheese & Onion	£4.75
Cheese Salad	£4.75
Ham	£4.95
Ham & Tomato	£4.95
Ham Salad	£4.95
Tuna Mayonnaise	£4.95
Sausage & Onion	£5.75
Tuna & Cheese Melt	£5.75
Ham & Cheese Melt	£5.75
4oz. Steak & Onion	£6.25
4oz. Steak & Stilton	£6.25
4oz. Steak & Mushroom	£6.25
Prawns in Marie Rose Sauce	£6.25
Bacon & Brie	£6.25
Bacon & Cheddar	£6.25
Bacon & Mushroom	£6.25
BLT	£6.25

Add chips to any
baguette for £1

Ploughman's Lunches

Served with Branstron pickle, pickled onions, salad garnish and a fresh crusty baguette with butter.

Your choice of: Cheddar, Stilton or Ham

£6.25

Omelettes

All omelettes are served with chips and crispy salad garnish

Plain			£4.50
Tomato £0.80	Bacon £0.95	Ham £0.95	Cheese £0.95
Onion £0.80	Prawn £1.00	Mushrooms £0.80	

Add filling(s) of
your choice

Jacket Potatoes

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

Cheese	£4.75
Baked Beans	£4.75
Cheese & Onion	£4.95
Cheese & Beans	£5.25
Tuna & Mayonnaise	£5.25
Prawns in Marie Rose Sauce	£6.25
Chilli Con Carne topped with Melted Cheese	£6.75
Bacon & Brie	£6.75
Chicken Rogan Josh	£6.75

Basket Meals

Served with chips and fresh salad garnish

Battered Chicken Breast chunks	£5.95
Wholetail Scampi	£5.95
Jumbo Sausages	£5.95

Burgers

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

8oz Aberdeen Angus Prime Beef Burger	£7.95
8oz Aberdeen Angus Prime Cajun Beef Burger	£7.95
8oz Fresh Chicken Breast Burger	£7.95
8oz Fresh Cajun Chicken Breast Burger	£7.95
<i>Add an extra topping:</i>	
Cheddar Cheese topping	£0.75
Bacon topping	£0.95
Stilton topping	£0.95

Main Meals

Hand Carved Butchers Ham

£ 8.50

Served with a brace of eggs, a choice of potatoes and salad garnish

Lamb Shank with Red Wine & Rosemary Sauce

£11.95

Braised Lamb Shank slowly cooked on the bone in a delicious sauce of red wine and rosemary served with sauté potatoes and vegetables of the day

Lambs Liver & Bacon

£10.95

Sliced panfried lambs liver, back bacon set on a bed of creamy mash potato with a rich red wine and onion gravy served with garden peas

Homemade Battered Cod

£ 8.95

Cod fillet coated in a homemade crispy batter, cooked until golden brown. Served with a choice of potatoes and salad garnish

Scampi

£ 9.25

Golden deep fried wholetail scampi served with chips and salad garnish

Spinach and Ricotta Cannelloni (v)

£ 8.95

Cannelloni pasta filled with fresh spinach and creamy ricotta cheese topped with white mature cheddar Béchamel sauce, oven baked and served with salad and garlic bread

Homemade Vegetable Rogan Josh Curry

£ 9.95

Broccoli, carrots, cauliflower, green beans and button mushrooms cooked in a medium spiced hot curry sauce with tomatoes, Red onions, coriander, served with long grain rice and naan bread

Homemade Beef Lasagne

£ 8.95

Layers of pasta, interleaved with meaty Bolognese sauce, topped with creamy béchamel sauce and grated cheese served with salad and garlic bread

Homemade Chicken Rogan Josh Curry

£ 8.95

Tender pieces of chicken breast in a medium spiced hot curry sauce with tomatoes, Red onions, coriander, served with long grain rice and naan bread

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) Steak **£10.95**

8oz boneless chargrilled minted lamb leg steak

12oz Honey Glazed Gammon Steak **£10.95**

Prime cut of gammon served with a brace of eggs or pineapple rings

Chargrilled chicken Breast **£ 9.95**

A boneless chargrilled chicken breast

Cajun Chicken Breast **£ 9.95**

A boneless chicken breast marinated in Cajun spices and a sweet chilli sauce

The Freke Surf & Turf **£13.95**

8oz rump steak with succulent wholetail Scampi

Rump Steak & Chicken Combo **£13.95**

8oz rump steak and 8oz chicken breast fillet

Extra toppings **£1.95**

Choose from:

Creamy cracked Black pepper sauce,

Mushroom garlic and wholegrain mustard sauce,

Creamy Stilton and spring onion sauce.

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

Side Orders

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

Desserts

Please ask the waiting staff for details of our desserts selection

All desserts	£4.50
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Hot Beverages

Kenco Coffee	£1.60
Kenco Decaffeinated	£1.60
PG Tea	£1.50
Cappuccino	£1.90
Latté	£1.90
Hot Chocolate	£1.90

