

MENU



STARTERS

GARLIC BREAD
£2.50

GARLIC BREAD WITH CHEESE
£2.95

GARLIC BREAD
With Chorizo, Cheese & Italian
Herbs
£3.95

HOMEMADE SOUP OF THE
DAY
Served with Half Baguette &
Butter
£5.50

FARMHOUSE PATE
Served with Onion Chutney, Half
Baguette & Butter
£5.95

CONTINENTAL MEATS, BREAD
& DIPS
Prosciutto, Coppa, Milano Salami,
Olive Oil, Balsamic Vinegar &
Salad
£6.95

HOT & SPICY CHICKEN WINGS
Served with Cajun Mayonnaise
£5.95

GARLIC & ROSEMARY BRIE
WEDGES
Served with Onion Chutney
£5.95

PRAWN COCKTAIL
Served with Marie Rose Sauce,
Half Baguette & Butter
£5.95

PANKO BATTERED KING
PRAWNS
Served with Sweet Chili Dip
£5.95

DEEP FRIED CALAMARI STRIPS
Served with Citrus Mayonnaise
£5.95

LIGHT BITES

SMALL HAND BATTERED COD
& CHIPS
Served with Peas & Salad
£6.95

SCAMPI & CHIPS
Served with Peas & Salad
£6.95

HOME ROASTED HAM, EGG &
CHIPS
Served with Salad
£6.95

2 CUMBERLAND SAUSAGES &
MASHED POTATO
Served with Peas & Onion Gravy
£6.95

2 GLAMORGAN SAUSAGES &
MASHED POTATO
Served with peas
£6.95

MAIN MENU

HOME ROASTED HAM, EGG &
CHIPS
Served with Salad
£10.95

HOME MADE BEEF, SMOKED
BACON, ALE & STILTON PIE
In a pastry case served with
Chips & Peas
£11.95

HOME MADE LAMB,
ROSEMARY, RED CURRANT &
MINT PIE
In a pastry case served with
Chips & Peas
£12.95

CUMBERLAND SAUSAGES
AND MASHED POTATO
Served with Peas & Onion Gravy
£11.95

HUNTERS CHICKEN WITH
BACON, BBQ SAUCE & CHEESE
Served Chips & Salad
£12.95

CREAMY TARRAGON CHICKEN
Served on a bed of Fried New
Potatoes with a Creamy
Tarragon, Mushroom & Onion
Sauce with Peas
£12.95

FISH

HAND BATTERED COD
Served with Chips, Peas, Tartar
Sauce & Salad
£10.95

BREADED WHOLETAIL SCAMPI
Served with Chips, Peas, Tartar
Sauce & Salad
£10.95

FISHERMAN PIE
With Smoked Haddock, Salmon,
Hoki in a Creamy Sauce Topped
with Mashed Potato & Cheddar
Cheese. Served with Salad, Half
Baguette & Butter
£12.95

POACHED SALMON FILLET
Served with New Potatoes &
Salad
Choose From:
Sweet Chilli Glaze
Minty Cajun Glaze
Capers, Lemon & Butter
£12.95

FREKE ARMS GRILLS

8OZ RUMP STEAK
Served with Chips, Onion Rings,
Mushrooms, Homemade
Coleslaw & Salad
£11.95

8OZ RIB-EYE STEAK
Served with Chips, Onion Rings,
Mushrooms, Homemade
Coleslaw & Salad
£13.95

8OZ SIRLOIN STEAK
Served with Chips, Onion Rings,
Mushrooms, Homemade
Coleslaw & Salad
£13.95

**12OZ GAMMON STEAK WITH
EGGS OR PINEAPPLE**
Served with Chips, Onion Rings,
Mushrooms, Homemade
Coleslaw & Salad
£11.95

**CHARGRILLED CHICKEN
BREAST**
Served with Chips, Onion Rings,
Mushrooms, Homemade
Coleslaw & Salad
£11.95

**CHARGRILLED CAJUN
CHICKEN BREAST WITH
SWEET CHILLI SAUCE**
Served with Chips, Onion Rings,
Mushrooms, Homemade
Coleslaw & Salad
£12.95

FREKE ARMS SURF & TURF
8oz Rump Steak & Wholetail
Scampi
Served with Chips, Onion Rings,
Mushrooms, Homemade
Coleslaw & Salad
£14.95

FREKE ARMS COMBO
8oz Rump Steak & Chargrilled
Chicken Breast
Served with Chips, Onion Rings,
Mushrooms, Homemade
Coleslaw & Salad
£16.95

FREKE ARMS GRILLS & SAUCES

FREKE ARMS MEGA MELT
12oz Gammon, Chargrilled
Chicken Breast, BBQ Sauce &
Cheese
Served with Chips, Onion Rings,
Mushrooms, Homemade
Coleslaw & Salad
£17.95

**FREKE ARMS ULTIMATE SURF
& TURF**
8oz Rib Eye Steak & Panko
King Prawns
Served with Chips, Onion Rings,
Mushrooms, Homemade
Coleslaw & Salad
£18.95

CREAMY PEPPERCORN SAUCE
£1.95

DIANNE SAUCE (MUSHROOM)
£1.95

**RED WINE & MUSHROOM
SAUCE**
£2.95

RED WINE & STILTON SAUCE
£2.95

CREAMY MUSTARD
£1.95

**MUSHROOM & TARRAGON
SAUCE**
£2.95

**CREAMY CHEDDAR & RED
LEICESTER SAUCE**
£2.95

**RED WINE, ONION & GARLIC
SAUCE**
£2.95

PORT & SPRING ONION SAUCE
£3.95

BURGER SHACK

All Burgers Are Served In A
Toasted Bap with Lettuce,
Tomato, Chunky Chips, Onion
Rings & Homemade Coleslaw
Choice From:

HOMEMADE BEEF & RED ONION
BURGER or SEASONED
CHICKEN BREAST

WITH A CHEDDAR CHEESE
TOPPING

£12.45

WITH CHEESE & BACON
TOPPING

£12.95

WITH CHORIZO, CHEESE &
ITALIAN HERB TOPPING

£12.95

WITH STILTON & MUSHROOM
TOPPING

£12.95

WITH BRIE & CRANBERRY
TOPPING

£12.95

WITH CHEESE & PINEAPPLE
TOPPING

£12.95

THE ITALIAN JOB

HOMEMADE BEEF LASAGNE
Meaty Bolognese Sauce layered
with Pasta, Topped with
Bechamel & Cheese served with
Garlic Bread and Salad
£10.95

HOMEMADE GARLIC CHICKEN
& CHORIZO LASAGNE
Chicken, Chorizo, Garlic in a tasty
Tomato Sauce with Peppers,
Onions and Courgettes, Layered
with Pasta. Topped with
Bechamel & Cheese served with
Garlic Bread and Salad
£12.95

HOMEMADE SPICY PORK
MEAT BALLS
Made with Onions, Garlic and a
hint of Chilli, swimming in a rich
Tomato Sauce packed with
Peppers, Courgettes & Onions.
Served on a bed of Tagliatelle
with Garlic Bread
£12.95

BUTTER NUT SQUASH,
STILTON & SPINACH RISOTTO
Served with Garlic Bread

VEGETARIAN & VEGAN MENU

GLAMORGAN SAUSAGES (V)
Cheddar, Caerphilly Cheese, Leek & Potato Sausages
Served with Mashed Potato, Peas, Creamy Cheddar & Red Leicester Sauce
£10.95

BROCCOLI & CREAM CHEESE BAKE (V)
Broccoli Florets cooked in a rich Cheese Sauce topped with Saute Potatoes & Cheese.
Served with half a baguette & butter
£11.95

HOMEMADE MUSHROOM STROGANOFF (V)
Pan-Fried Mushrooms and Onions in a creamy Paprika Sauce.
Served with Rice & Garlic Bread
£11.95

MOVING MOUNTAINS BURGER (VG)
Served in a toasted bap with Lettuce & Tomato with Chips & Salad
£10.95

SPICY JACKFRUIT BALTI & RICE (VG)
Served with Mango Chutney, Naan Bread & Salad
£10.95

ON THE SIDE

CHIPS
£2.95

CHEESY CHIPS
£3.95

CAJUN CHIPS
£3.45

CHEESY CAJUN CHIPS
£3.95

SWEET POTATO FRIES
£3.95

BATTERED ONION RINGS
£2.95

BEANS
£1.95

BBQ BEANS
£1.95

CREAMY MASHED POTATO
£2.95

BAGUETTE & BUTTER
£1.95

DRINKS

Coca-Cola CLASSIC

The real thing since 1886, nothing refreshes like Coca-Cola Classic

£2.50 / 330ml Icon

Coca-Cola zero SUGAR

All the taste of 'Coca-Cola Classic' with zero sugar

£2.30 / 330ml Icon

Diet Coke

A lighter Coke taste and a no calorie lift for a lighter option

£2.30 / 330ml Icon



Instantly refreshing and great tasting with fruity natural flavours.

£2.50 / 330ml Icon



Tonic Water

£2.30 / 200ml



Slimline Tonic Water

£2.30 / 200ml



Bitter Lemon

£2.30 / 200ml



Ginger Ale

£2.30 / 200ml

SCHWEPPE'S ORANGE JUICE

£2.50 / 200ml

SCHWEPPE'S TOMATO JUICE

£2.50 / 200ml

SCHWEPPE'S PINEAPPLE JUICE

£2.50 / 200ml



100% apple juice and 1 of your 5 a day

£2.50 / 275ml

DRINKS

COCA-COLA CLASSIC

The real thing since 1886, nothing refreshes like Coca-Cola Classic

£2.50 / 16oz Postmix Serve

DIET COKE

A lighter Coke taste and a no calorie lift a lighter option

£2.30 / 16oz Postmix Serve

SCHWEPPE'S LEMONADE

£2.50 / 16oz Postmix Serve

J20

Apple & Raspberry / Range & Passion Fruit / Apple & Mango

£2.50

FENTIMANS

Elderflower / Ginger Beer / Rose Lemonade / Victorian Lemonade

£2.75

SIMPLY FRUITY

Orange / Blackcurrant

£2.00

LAVAZZA COFFEE

LATTE

£2.50

CAPPUCINO

£2.50

ESPRESSO

£2.50 / Double £4.00

DECAF

Decaf

£2.50

TEA

£2.00

