

FREMANTLE BAR & KITCHEN HAS BEEN INSPIRED BY THE HISTORY OF THE DOCKS THAT SURROUND IT. DRAWING ON THE INFLUENCES FROM ITS LONGSTANDING TRADING PARTNER, AUSTRALIA.

A hugely diverse population and trade links with Australia create some amazing culinary combinations. From the Mediterranean, Middle East, Asia and South America, Fremantle Bar & Kitchen brings a sense of adventure and innovation through our food and drink menus, big punchy flavours, a wealth of colour, textures and contrasts.

A menu to accompany a drink, a friend or a group. Unwind, meet up or celebrate. Open from breakfast to dinner.

KITCHEN BREAK 16.00 TO 17.00 SNACK MENU ONLY

FREMANTLE BAR & KITCHEN

WWW.FREMANTLEBARANDKITCHEN.COM
@FREMANTLE_BAR_KITCHEN ON INSTAGRAM
@FREMANTLEBARKITCHEN ON FACEBOOK

BREAKFAST

(SERVED TILL 2PM)

GREEN BREAKFAST BOWL (V) 12.50
Poached egg, quinoa, avocado, kale, almonds, grilled halloumi, hummus

BACON AVO 11.50
Sliced avocado, poached eggs, bacon jam, goats' cheese, crispy bacon, almond dukkha, herb salad on sourdough

E16 SHAKSHUKA (V) 12.50
Two eggs, tomato and chilli sauce, mozzarella, almond dukkha, coriander, feta, grilled focaccia with labneh

BLUEBERRY AND MUESLI POWER BOWL (VG) 9.00
Blueberries, blackberries, Greek yoghurt, chia, cinnamon, peanut butter, cacao protein

EGGS ON TOAST COOKED TO PREFERENCE (V) 6.50
On toasted buttered sourdough

BIG DOCKING BREAKFAST 12.50
Two eggs, sourdough, mushrooms, tomato, sausage, bacon, hash brown, our own ketchup or brown sauce

SMALL PLATES

(FROM MIDDAY)

GARAM MASALA LABNEH (V) 8.00
Fenugreek chilli butter, spiced chickpeas, flatbread

JALAPEÑO CORNBREAD (V) 7.00
Chipotle butter, coriander, lime

SQUASH TEMPURA LABNEH (V) 7.50
Fermented chilli honey

POTATO ROSTI 8.50
Chive crème fraîche, smoked salmon

CRISPY MISO SESAME CHICKEN 8.50
Chilli and lime dip

COURGETTE AND HALLOUMI FRITTER (V) 8.50
Jalapeño and cucumber relish

MINI LAMB KOFTAS 7.50
Flatbread and spiced yoghurt

WILD MUSHROOM BENEDICT (V) 12.50
Sautéed wild mushrooms, asparagus and yuzu Hollandaise, served on a toasted croissant or muffin

SMOKED SALMON BENEDICT 12.50
Smoked salmon, poached eggs, yuzu Hollandaise, served on a toasted croissant or muffin

ZUCCHINI FRITTERS WITH POACHED EGGS (V) 9.50
Zucchini, halloumi and jalapeño fritters, poached eggs, jalapeño relish, herb salad

BUTTERMILK PANCAKES (V) 7.50
Cheesecake cream, berry compote, blueberries

TREACLE CURED BACON BUTTY 8.50
Folded egg and grilled bacon

ADD ONS 3.50
Roasted tomatoes, roast mushrooms, two poached or fried eggs, bacon, half avocado, free range London banger, honey and chilli seared halloumi, cold smoked salmon

CHARRED FIELD AND OYSTER MUSHROOMS (VG) 6.50
Sweet miso, crispy buckwheat

STEAMED MUSSELS 9.50
Tomato, chorizo, sherry

JAMÓN AND SMOKED SAN SIMON CROQUETTES 8.00
Saffron aioli

CRISPY PORK BELLY 8.50
Jalapeño relish

HALLOUMI, PEAR AND PEPPER (V) 8.50
Honey and thyme

PADRÓN PEPPERS AND TOFU (V) 6.50
Spicy gochujang and lime

THE MAIN PART

(FROM MIDDAY)

CACIO E PEPE (V) 14.50
Classic Roman pasta, spaghetti, pecorino Romano, pepper

SEA BREAM WITH SAUCE VIERGE 19.50
Mango and freekeh salad, lime, crispy shallots

SALMON WITH GREEN BEANS, FENNEL AND WILD RICE 18.50
Almond cream, spring onions, edamame, lemon

RARE SESAME TUNA 21.50
Thai noodle salad, ginger, dulce, pepper, mango-miso mustard dressing

PULLED ROAST CHICKEN 18.50
Butter lettuce, grilled corn, avocado cherry tomato, feta cheese, sunflower seeds, shaved snow peas, cucumber, shallots, white balsamic dressing

SOY, GINGER AND HONEY BRINED CHICKEN 18.50
Soba noodle, marinated tofu, buckwheat, spinach, seeded avocado, kimchi mayo, edamame, ginger, shoyu dressing

GRILLED LAMB RUMP 26.00
Garlic and citrus marinade, petits pois à la Française

PANCETTA ROLLED MONKFISH 20.50
Vietnamese shredded slaw salad, green mango nam phrik, peanuts, Thai herbs

GRILLED PANEER (VG) 17.00
Minted freekeh, charred courgette, peas, broad beans, basil yoghurt, moscatel vinaigrette

EAST ANGLIAN SEASONAL PRODUCE BOWL (VG) 16.00
Yuzu marinated buckwheat, roasted pumpkin, broccolini, dulce, beetroot, cucumber kimchi, pickled ginger, pickled shimeji mushroom

V- Vegetarian | VG - Vegan

Please advise your server of any allergies or dietary requirements. While most of our dishes can be altered to be gluten, lactose and nut free please be aware that our kitchen handles ingredients that contain these allergens.

GRILLS

(SERVED WITH FRIES)

RIB EYE 10oz / 18oz 35.00 / 62.50

BAVETTE 8oz 16.00

STRIP LOIN 8oz 25.00

PORK BELLY 10oz 17.50

LAMB LOIN CHOPS 32.00
All served with fries, watercress and sauce of choice: green and Thai pepper, bearnaise, chilli/sesame crunch

SANDWICHES

(SERVED WITH FRIES)

MISO-SESAME CHICKEN 12.75
Black sesame crispy chicken, pickled daikon, pickled shallots, fresh peppers, Thai basil, chilli jam

HAM, EGG AND CHIPS SUB 12.75
Ham hock, chopped egg, Piccalilli, fries and mayo

CAESAR CLUB SANDWICH 12.75
Poached chicken, tarragon, caesar dressing, baby gem, bacon and parmesan

ROYAL BBQ BURGER 15.00
Butter lettuce, sliced tomato, pickles, onion, aioli, BBQ sauce, brioche bun

ADD ONS 2.50
Cheddar, blue cheese, bacon

ON THE SIDE

SKIN ON FRIES 3.50

MARIS PIPER MASH 3.50

BROCCOLI WITH ALMONDS 3.50

SWEET POTATO WEDGES 3.50

GREEN BEANS 3.50

