

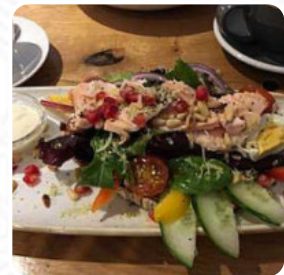


## Fred And Doug's Menu

<https://menuweb.menu>

148 High Street, Epping Forest, United Kingdom

+447547521825,+441992574242 - <http://www.facebook.com/Fred-Dougs-1500329740291741/>



A comprehensive [menu](#) of Fred And Doug's from Epping Forest covering all 35 courses and drinks can be found here on the food list. Fred Dougs in Epping, England offers a variety of vegan-friendly options, with a particular focus on providing quality dairy alternatives for coffee. Customers have praised the attention to detail in ensuring that their coffee is made just the way they like it, without compromising on taste.

# Fred And Doug's Menu



## Extras

BOILED EGG

## Breakfast

GRANOLA

## Sauces

MAYO

## Fish

SMOKED SALMON

## Juices Small (0,3L)

FRESH ORANGE JUICE

## Beverages

JUICES

## Bread

BAGUETTE

## Hot Drink

HOT CHOCOLATE

## Non Alcoholic Drinks

SAN PELLEGRINO

WATER

## Soft Drinks

ORANGE JUICE

JUICE

## Hot Drinks

TEA

COFFEE

## Coffee

DECAF

MOCHA

## Restaurant Category

VEGETARIAN

VEGAN

## These Types Of Dishes Are Being Served

CHICKEN

SALAD

BREAD

MEAT

TOSTADAS

PANINI

## Ingredients Used



AVOCADO

TOMATO

EGG

SALMON

CARAMEL

BANANA

PESTO

MOZZARELLA

BACON

CHOCOLATE

# Fred And Doug's Menu



MILK

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## Fred And Doug's

148 High Street, Epping Forest,  
United Kingdom

### Opening Hours:

Sunday 08:00-15:30  
Monday 08:00-16:00  
Tuesday 08:00-16:00  
Wednesday 08:00-16:00  
Thursday 08:00-16:00  
Friday 08:00-16:00  
Saturday 08:00-16:00

Made with [menuweb.menu](https://menuweb.menu)

