FOOD MENU

APPETISERS

BUFFALO HOT WINGS - OUR BEST SELLER! — SML 8.25 / LRG 13.25 / XL 19.50
OUR BUTTERMILK MARINATED CHICKEN WINGS TOSSED IN FRANK'S HOT SAUCE & BLUE CHEESE DIP
CELERY STICKS OPTIONAL

CLASSIC CAESAR SALAD (G.F.A) — SML 8.75 / LRG 11.25
ROMAINE LETTUCE, GRANA PADANO, HOUSE CAESAR DRESSING & HOMEMADE GARLIC CROUTONS
GLUTEN FREE CROUTONS AVAILABLE
- **ADD CHICKEN BREAST FOR 3.25**
- **ADD BACON FOR 2.50**
- **ADD ANCHOVIES FOR 2.50**

CHEF'S SALAD (V)
PLEASE REFER TO THE SPECIALS BOARD FOR OUR SEASONAL SALAD SPECIAL

STICKY SAUSAGE LINKS — 8.25
PORK CHIPOLATAS TOSSED IN BBQ SAUCE & CARAMELISED ONIONS, SERVED WITH BBQ DIP & A DIJON MAYO DIP

BOSTON CLAM CHOWDER (G.F.A) — 10.75
A HOMEMADE BOWL OF RICH CREAMY CHOWDER WITH ONION, POTATO, CELERY, CLAM MEAT & SMOKED BACON WITH TOASTED SOURDOUGH OR GLUTEN FREE BREAD
IDEAL FOR SHARING OR GREAT AS A MAIN!

SWEETCORN CHOWDER (V) (G.F.A) — 9.25
IT'S THE PERFECT LUNCH DISH! A CREAMY HOMEMADE CHOWDER WITH SWEETCORN, POTATO, ONION & CELERY WITH TOASTED SOURDOUGH OR GLUTEN FREE BREAD
IDEAL FOR SHARING OR GREAT AS A MAIN!

OLD BAY SALMON CAKES — (3PC) SML 8.50 / (5PC) LRG 11.50
FISH CAKES FLAVOURED WITH MARYLAND'S OLD BAY SEASONING, TABASCO, ROASTED RED PEPPER & CELERY WITH GARLIC MAYONNAISE, MIXED LEAVES & LEMON
THE LARGE IS AN IDEAL SHARER OR MAIN!

(V) VEGETARIAN (VG) VEGAN (GF) GLUTEN FREE (G.F.A) GLUTEN FREE AVAILABLE

HANDHELDS SERVED WITH FRESH CUT ROSEMARY SALTED FRIES

OUR 5oz 100% BEEF PATTIES ARE SERVED ON BRIOCHE BUNS
ALL BEEF BURGERS ARE GLUTEN FREE • GLUTEN FREE BUNS ARE AVAILABLE

ADD AN EXTRA PATTY OR FRIED CHICKEN 4.25
ADD BACON FOR 2.50

DOUBLE DELUXE BURGER — 19.00
DOUBLE BEEF BURGER (10oz), AMERICAN CHEESE, LETTUCE, TOMATO, ONION & FSK SECRET SAUCE

DOUBLE FRENCH ONION BURGER — 19.00
DOUBLE BEEF BURGER (10oz), GARLIC BUTTER, SWISS CHEESE CARAMELISED ONIONS, DIJON MUSTARD MAYONNAISE

AMERICAN CHEESEBURGER — 14.50
5oz BEEF PATTY, AMERICAN CHEESE, ONION, KETCHUP & MUSTARD

CLASSIC BURGER — 14.50
5oz BEEF PATTY, LETTUCE, ONION, TOMATO & MAYONNAISE

BARBECUE CHEESEBURGER — 17.00
5oz BEEF PATTY, APPLEWOOD SMOKED CHEDDAR, BARBECUE SAUCE, CARAMELISED ONIONS & BACONNAISE

BUFFALO FRIED CHICKEN BURGER — 17.00
FRIED BUTTERMILK CHICKEN THIGH, FRANK'S HOT SAUCE MAYO, AMERICAN CHEESE, LETTUCE & TOMATO

GARDEN BURGER (V) — 14.50
HOMEMADE ALL VEGETABLE PATTY, SWISS CHEESE, LETTUCE, TOMATO, ONION & SPICY CHIPOTLE CHILLI YOGHURT

VEGAN MARKET BURGER (VG) — 14.50
HOMEMADE ALL VEGETABLE PATTY, VEGAN CHEESE, VEGAN CHIPOTLE MAYO, LETTUCE, ONION & TOMATO ON FOCACCIA
- **ADD GUACAMOLE FOR 2.50**

THE FREE STATE DOG (G.F.A) — 13.50
¼ LB BEEF DOG, GRIDDLED WITH MUSTARD, KETCHUP, AMERICAN CHEESE & CARAMELISED ONIONS
- **MAKE IT A CHILLI DOG FOR AN EXTRA 4.75**

ADD ONS

AMERICAN CHEESE / GRATED CHEDDAR / SAUERKRAUT PEANUT BUTTER / CARAMELISED ONION	2.00
SMOKED CHEDDAR / STILTON / SWISS CHEESE / VEGAN CHEESE/ GUACAMOLE / FRIED EGG / BACON	2.25
HOMEMADE BREAD & BUTTER PICKLES	4.00
SALT BEEF / CHILLI BEEF / BEAN CHILLI	4.75
CHILLI CHEESE (BEEF OR BEAN)	5.00

SAUCES 1.75

BUFFALO HOT SAUCE
FSK SECRET SAUCE
VEGAN CHIPOTLE MAYO
BLUE CHEESE SAUCE
BACONNAISE
HOT SAUCE MAYO
GARLIC MAYO
BBQ SAUCE 50p

OTHER MAINS

REUBEN SANDWICH & ROSEMARY SALTED FRIES (G.F.A) — 18.00
HOME-MADE SALT BEEF ON TOASTED SOURDOUGH, SWISS CHEESE, SAUERKRAUT, HOUSE THOUSAND ISLAND DRESSING & A GHERKIN

BEEF CHILLI CHEESE FRIES (GF) — 14.00
FRIES TOPPED WITH HOMEMADE BEEF CHILLI & CHEDDAR CHEESE

VEGGIE CHILLI CHEESE FRIES (V) (VG) (GF) — 13.50
FRIES TOPPED WITH HOMEMADE BEAN CHILLI & CHEDDAR CHEESE
VEGAN CHEESE AVAILABLE

CREAMY MAC 'N' CHEESE (V) — 12.75
MACARONI PASTA IN A RICH AND CREAMY CHEESE SAUCE TOPPED WITH CARAMELISED ONIONS & CHEDDAR CHEESE
- **ADD FRIED CHICKEN & BUFFALO HOT SAUCE FOR 4.75**
- **ADD BACON FOR 2.50**

HOMEMADE CHILLI NACHOS (V) (VG) (GF) — BEEF 13.50 / VEGGIE 13.00
CORN NACHOS WITH HOMEMADE CHILLI, GUACAMOLE, VEGAN CHIPOTLE MAYO, JALAPEÑOS, CHEESE & CORIANDER
CHOOSE BEAN CHILLI (V) OR BEEF CHILLI
VEGAN CHEESE AVAILABLE

SIDES & EXTRAS

WEDGE SALAD (V) (G.F.A) — 7.00
CRISPY ICEBERG WEDGE, DRESSED WITH BLUE CHEESE, WALNUTS, PARSLEY & GARLIC CROUTONS (CONTAINS NUTS)

CHOPPED SALAD (V) (G.F.A) — 5.50
ROMAINE LETTUCE, CUCUMBER, TOMATO, RED PEPPER & GARLIC CROUTONS WITH BALSAMIC GLAZE

MAC 'N' CHEESE (V) — 6.25
MACARONI IN A RICH CHEESE SAUCE

ONION RINGS (V) — 5.50
HOMEMADE BUTTERMILK MARINATED ONION RINGS IN A LIGHT & CRISPY COATING

FSK SLAW (GF) (V) — 5.25
HOMEMADE WITH APPLE, PEPPERS, CELERY, ONION, CARROT, RED AND WHITE CABBAGE & YOGHURT DRESSING
VEGAN SLAW ALSO AVAILABLE

ROSEMARY SALTED FRIES (GF) (VG) — 5.00
FRESH CUT FRIES SEASONED WITH ROSEMARY SALT

FREE STATE KITCHEN

Nº¹ MARYLAND ST

TAKE AWAY VIA COLLECTION
OR FIND US ON Uber Eats

CHILDREN'S MENU & ALLERGENS QUICK REFERENCE MENU AVAILABLE
MAIN MENU SERVED FROM 12PM UNTIL HALF AN HOUR BEFORE CLOSING

RING TO PLACE LUNCH ORDERS IN THE WEEK
CALL US ON 0151 708 5005

FREE STATE KITCHEN
1 MARYLAND STREET
LIVERPOOL L1 9DE

CONTACT: HELLO@FREESTATEKITCHEN.CO.UK
WEBSITE: WWW.FREESTATEKITCHEN.CO.UK

FOLLOW US ON SOCIAL MEDIA FOR UPDATES AND EVENTS!
INSTAGRAM: @FSKLIVERPOOL · FACEBOOK: @FREESTATEKITCHEN

HOMEMADE DESSERTS - MADE IN HOUSE WITH LOVE

SALTED CHOCOLATE FUDGE BROWNIE - OUR MOST POPULAR DESSERT!
RICH CHOCOLATE BROWNIE SPRINKLED WITH MALDON SALT, SERVED WARM
WITH CREAM · 7.00
WITH CHESHIRE FARM ICE CREAM · 9.00
GLUTEN FREE OPTION AVAILABLE

BAKED CHEESECAKE OF THE DAY – (SEE CHALK BOARD)
CLASSIC AMERICAN STYLE BAKED CHEESECAKE WITH A BISCUIT BASE
WITH CREAM · 7.00
WITH CHESHIRE FARM ICE CREAM · 9.00

CHOC PEANUT BUTTER SUNDAE (GF) (CONTAINS NUTS) 10.00
3 SCOOPS OF CHESHIRE FARM VANILLA & CHOCOLATE ICE CREAM,
WITH A CHOCOLATE PEANUT BUTTER SAUCE & WHIPPED CREAM

LOTUS BISCOFF & RASPBERRY SUNDAE 10.00
3 SCOOPS OF VANILLA & RASPBERRY RIPPLE ICE CREAM, BISCOFF PIECES,
BISCOFF SAUCE & RASPBERRY SAUCE TOPPED WITH WHIPPED CREAM
VEGAN ALTERNATIVE AVAILABLE ON REQUEST

CLASSIC AFFOGATO 6.00
ESPRESSO OVER A SCOOP OF VANILLA ICE CREAM (DAIRY OR VEGAN)
ADD BAILEYS 50ml · 5.00
ADD AMARETTO 50ml · 5.00
ADD BISCOFF SAUCE & BISCUITS · 1.50

CHESHIRE FARM ICE CREAM PER SCOOP 3.00
VANILLA/CHOCOLATE/STRAWBERRY/HONEYCOMB/RASPBERRY RIPPLE
VEGAN VANILLA/VEGAN RASPBERRY RIPPLE/VEGAN CHOCOLATE

HOT DRINKS

ESPRESSO	**3.00 SGL / 3.30 DBL**
AMERICANO	**3.20 REG / 3.40 LRG**
LATTE / CAPPUCCINO	**3.60 REG / 3.90 LRG**
FLAT WHITE	**3.90**
TEA	**3.00**

YORKSHIRE TEA / EARL GREY / CHAMOMILE / GREEN / MINT

HOT CHOCOLATE 5.00
WITH MARSHMALLOWS & CREAM - **EXTRA 50p**

BAILEYS HOT CHOCOLATE 9.00
WITH ALL THE TRIMMINGS

FLAVOURED SYRUP SHOT	**50p**
OAT MILK ALTERNATIVE	**50p**

SUSTAINABILITY AT FREE STATE KITCHEN

MEAT - ALL OF OUR MEAT IS FROM BEXLEY'S, OUR LOCAL BUTCHER
EGGS - WE ONLY USE FREE RANGE EGGS
BREAD - PROUD TO USE PRODUCE FROM CARMINE'S
OUR VEGETABLE GARDEN - WE GROW MANY OF OUR OWN HERBS, FRUIT & VEG FOR OUR MENU. WE EVEN USE OUR COFFEE GRINDS TO FERTILISE THE SOIL!
LOCAL SUPPLIERS - WE GET ALL POTATOES AND CHIPS FRESH FROM JESS TURNER'S POTATO MERCHANTS IN CHORLEY AND OUR ICE CREAM IS SUPPLIED BY CHESHIRE FARM
COFFEE - OUR COFFEE IS SUPPLIED BY LOCAL ROASTERY, BEAN COFFEE
RECYCLING - WE RECYCLE ALL OF OUR FOOD WASTE AND USED OIL TO MAKE BIODIESEL
WE USE COMPOSTABLE & RECYCLABLE TAKE AWAY PRODUCTS AND RECYCLE ALL OF OUR WASTE WHERE IT'S POSSIBLE

HELPFUL INFO

10% DISCRETIONARY SERVICE CHARGE FOR GROUPS OF 4 OR MORE.
ALL TIPS ARE SPLIT EQUALLY BETWEEN STAFF MEMBERS.
OUR SERVERS ARE HAPPY TO HELP WITH DIETARY REQUIREMENTS
& ANY ALLERGEN INFORMATION. PLEASE LET STAFF KNOW WHEN ORDERING.
WE ARE HAPPY TO SHOW YOU THE ALLERGENS LIST.
LEFT OVERS? NO PROBLEM, TAKE IT HOME WITH YOU! WASTE NOT, WANT NOT.

DRINKS MENU

DRAFT BEERS

VICTORIA MÁLAGA SPANISH LAGER 4.4% (VG)	PINT 6.40
FREEDOM LAGER 4% (VG)	PINT 6.10
NORTHERN MONK FAITH HAZY PALE ALE 5%	PINT 6.45
BEVVIE ACROSS THE MERSEY SESSION IPA 4.2% GLEN AFFRIC BREWERY, BIRKENHEAD	PINT 6.40
DAMM LEMON – SPANISH LEMON BEER 3.2% (VG) ESTRELLA DAMM, BARCELONA	PINT 6.00
GUINNESS EXTRA COLD 4.2% (VG)	PINT 6.00

*HALF PINTS ARE ALSO AVAILABLE!

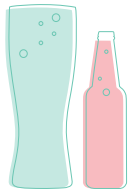
CHECK OUT THE BOARD FOR LOCAL CRAFT BEERS!

BEER CANS & BOTTLES

ESTRELLA GALICIA GLUTEN FREE 5.5% (GF)	330ml 5.50
HEINEKEN LAGER 5%	330ml 4.80

ALCOHOL FREE

GUINNESS 0.0%	440ml 5.00
DAMM SPANISH BEER 0% (GF) ESTRELLA DAMM, BARCELONA	330ml 4.50



CIDER

BULMERS RED BERRY & LIME CIDER 4%	500ml 6.00
BULMERS APPLE CIDER 4.5%	500ml 6.00

GIN BALLOONS 8.75 EACH OR TWO FOR 16.50

CHOOSE A GIN - 50ml

BEEFEATER LONDON DRY
BEEFEATER BLOOD ORANGE
BEEFEATER PINK STRAWBERRY
MALFY LIMON
MALFY ROSA PINK GRAPEFRUIT

CHOOSE A TONIC/MIXER

SCHWEPPES TONIC
SCHWEPPES SLIMLINE
LEMONADE
SODA WATER



WINE LIST

SPARKLING

	BOTTLE	GLASS
LUCE D'ORO RIBOLLA GIALLA VINO SPUMANTE (VG) ITALY · LIGHTLY FLORAL FIZZ WITH PEACH, CITRUS & SOFT CREAMY BUBBLES	26.00	
IL TRALICCIO PROSECCO (VG) ITALY · FRESH, GENTLE FIZZ, GREEN APPLES, RIPE ORCHARD FRUITS, REFRESHING FINISH	32.00	7.25



WHITE WINE

	BOTTLE	250ml	175ml	125ml
EL NINOT DE PAPER BLANCO (VG) SPAIN · GENTLY FRUITY, FLORAL, CITRUS & APPLE	25.00	8.50	6.50	4.50
IL MERIDIONE · GRILLO (VG) SICILY · HONEYED RIPE CITRUS, FLORAL & SPICE	29.00	9.70	7.50	5.40
THE MYTH OF MOTU NUI · SAUVIGNON BLANC (VG) CHILE · DELIGHTFULLY AROMATIC & PURE WITH GRAPEFRUIT, PEACH & HERBACEOUS NETTLE	33.00	10.75	8.15	6.00

RED WINE

	BOTTLE	250ml	175ml	125ml
EL NINOT DE PAPER TINTO (VG) SPAIN · BRIGHT BLACKBERRY & PLUM IS BALANCED BY SOFT TANNINS & JUICY ACIDITY	25.00	8.50	6.50	4.50
ESTAMPADO · MALBEC (VG) MENDOZA, ARGENTINA · DELICIOUSLY VIBRANT WINE WITH A BRIGHT, BRAMBLY PALATE, A REALLY APPEALING EXPRESSION OF A CLASSIC MALBEC	29.00	9.70	7.50	5.40
VEGA DEL RAYO RIOJA · TEMPRANILLO (VG) SPAIN · MODERN, UNOAKED, JUICY RED FRUITS, SOFT SPICE AND A PLEASANTLY FRESH FINISH	33.00	10.75	8.15	6.00

ROSÉ WINE

	BOTTLE	250ml	175ml	125ml
CÉLIANE CÔTES DE THAU ROSÉ (VG) LANGUEDOC, FRANCE · FULL OF RED SUMMER FRUITS – PALE, DRY & REFRESHING	32.00	10.50	8.10	5.80

COCKTAILS 9.75 EACH OR TWO FOR 18.50 ON THE SAME COCKTAIL

APEROL SPRITZ
APEROL, FIZZ & SODA

LIMONCELLO SPRITZ
LIMONCELLO, FIZZ & SODA

CAMPARI SPRITZ
CAMPARI, FIZZ & SODA

SARTI SPRITZ
SARTI ROSA LIQUEUR (PASSIONFRUIT, MANGO & BLOOD ORANGE) FIZZ & SODA

EL SUEÑO MARGARITAS
ORIGINAL – EL SUEÑO TEQUILA, LIME & AGAVE
SPICY – EL SUEÑO TEQUILA, LIME, AGAVE, TABASCO & A TAJIN CHILLI LIME

FSK GARDEN
BEEFEATER GIN, ELDERFLOWER LIQUEUR & TONIC

JAMAICAN MULE
MOUNT GAY GOLDEN RUM, GINGER BEER, LIME & BITTERS

CLASSIC NEGRONI
CAMPARI, BEEFEATER LONDON DRY GIN & MARTINI ROSSO

OLD FASHIONED
BUFFALO TRACE BOURBON, SUGAR & BITTERS



PREMIUM HOUSE SPIRIT & MIXER 8.75 DOUBLE / 7.25 SINGLE

ASK YOUR SERVER FOR MORE DETAILS!

SOFT DRINKS

SODAS 3.60
COCA-COLA / DIET COKE / COKE ZERO / SPRITE ZERO / FANTA / PEPSI MAX CHERRY SAN PELLEGRINO ORANGE & POMEGRANATE APPLETISER / GINGER BEER

GUEST SODAS
SPECIALS ARE ON THE BOARD, JUST ASK!

FSK HOUSE LEMONADE 5.00
LEMON / STRAWBERRY & LEMON / RASPBERRY & LEMON / WATERMELON & LEMON

ICED CHOCOLATE MILK 5.00
WITH WHIPPED CREAM

3.00 TO UPGRADE ANY SODA TO AN ICE CREAM FLOAT!

SPARKLING / STILL WATER 2.80

TONIC / GINGER ALE 2.50

SODA WATER 1.75

FRUIT JUICE 3.00
ORANGE / CRANBERRY / APPLE

COLD MILK 2.50

CHILDREN'S MENU

£10

INCLUDES A MAIN, JUICE OR SQUASH & CHESHIRE FARM ICE CREAM

MAINS

- CHEESE BURGER WITH KETCHUP AND FRIES
- PORKY SAUSAGES AND FRIES
- MINI HOT DOG WITH KETCHUP AND FRIES
- VEGGIE BURGER WITH MAYO, LETTUCE AND FRIES (V)
  ALSO AVAILABLE VEGAN (VG)
- CREAMY MAC 'N' CHEESE BOWL WITH VEGGIE STICKS (V)



ICE CREAM

- VANILLA
- CHOCOLATE
- STRAWBERRIES AND CREAM
- RASPBERRY RIPPLE
- HONEYCOMB

ASK YOUR SERVER FOR VEGAN OPTIONS

* FOR CHILDREN UP TO 10 YEARS OLD
* ASK A MEMBER OF STAFF FOR ALLERGEN INFORMATION

FREE STATE KITCHEN

Nº1 MARYLAND ST

GLUTEN FREE & DAIRY FREE GUIDE



QUICK GUIDE TO DISHES THAT CAN BE MADE GLUTEN AND/OR DAIRY FREE
PLEASE REFER TO MAIN MENU FOR DESCRIPTIONS OF ALL DISHES
OTHER ALLERGENS ARE LISTED ON THE ALLERGENS CHART

MEAT • ALL BEEF BURGERS, HOT DOGS, BEEF CHILLI & SALT BEEF ARE 100% GLUTEN & DAIRY FREE

BREAD • WE CARRY A GLUTEN FREE BUN (CONTAINS EGGS) AND ALSO VEGAN SUITABLE BREADS

FRIES • FRIES ARE GLUTEN FREE AND ARE FRIED IN AN INDEPENDENT FRYER

CHEESE • DAIRY CHEESE CAN BE SWAPPED FOR:
· VIOLIFE VEGAN, WHICH IS ALSO GLUTEN FREE
· JARLSBERG CHEESE IS NATURALLY LACTOSE & GLUTEN FREE



HOUSE SAUCES • ALL HOUSE SAUCES ARE GLUTEN FREE (CONTAIN SOYA & EGG)

DAIRY FREE SAUCES BBQ, MUSTARD, KETCHUP, VEGAN MAYO, VEGAN CHIPOTLE MAYO

MAIN MENU GUIDE:

CLASSIC CAESAR SALAD REQUEST GLUTEN FREE CROUTONS - PLEASE ALLOW A FEW MINUTES TO PREPARE
BOSTON CLAM CHOWDER CAN BE SERVED WITH GLUTEN FREE BREAD
SWEETCORN CHOWDER CAN BE SERVED WITH GLUTEN FREE BREAD

ALL BEEF BURGERS
SWAP TO A GLUTEN FREE BUN & VIOLIFE OR JARLSBERG CHEESE + SWAP TO A DAIRY FREE SAUCE

REUBEN SANDWICH
SWAP TO A GLUTEN FREE BURGER BUN & VIOLIFE OR JARLSBERG CHEESE + SWAP TO A DAIRY FREE SAUCE

THE FREE STATE DOG
SWAP TO A GLUTEN FREE BURGER BUN & VIOLIFE OR JARLSBERG CHEESE

BEEF/BEAN CHILLI NACHO
GLUTEN FREE AS STANDARD, SWAP TO VIOLIFE OR JARLSBERG CHEESE

BEEF/BEAN CHILLI CHEESE FRIES
GLUTEN FREE AS STANDARD, SWAP TO VIOLIFE OR JARLSBERG CHEESE

FSK SLAW
GLUTEN FREE AS STANDARD, CAN BE MADE WITH VEGAN MAYO TO BE DAIRY FREE

CHOPPED SALAD
REQUEST GLUTEN FREE CROUTONS - PLEASE ALLOW A FEW MINUTES TO PREPARE

DESSERTS GUIDE:

SALTED CHOC FUDGE BROWNIE GLUTEN FREE BROWNIE IS AVAILABLE - ADD VEGAN ICE CREAM
CHOCOLATE PEANUT BUTTER SUNDAE GLUTEN FREE ONLY
LOTUS BISCOFF & RASPBERRY SUNDAE CAN BE MADE DAIRY FREE WITH VEGAN ICE CREAM
CLASSIC, AMARETTO OR LOTUS AFFOGATO CAN BE MADE DAIRY FREE WITH VEGAN ICE CREAM