

LA FREGATE HOTEL

VALENTINE'S DINNER MENU 2020

SEAFOOD PLATTER (FOR TWO PERSONS) (C,E,F,Mu,SD)

Guernsey crabmeat, Royal Greenland prawns, Severn & Wye smoked salmon and Herm oysters, citrus dressed salad, Marie-Rose sauce and fresh herb mayonnaise

SCALLOPS & SMOKED HADDOCK (D,E,F,Mo,Mu,SD)

flaked smoked haddock and spinach risotto, seared scallops, grain mustard hollandaise sauce

DUCK (E,G,S,Se)

smoked duck breast, confit duck spring roll, Asian slaw salad, kumquat gel, hoisin and honey dressing

CAMEMBERT (FOR TWO PERSONS) (Ce,D,G,N)

French classic, whole baked Camembert, studded with rosemary, garlic and port, apple, celery and candied walnut salad, freshly baked baguette

GOAT'S CHEESE (D,N,SD)

hazelnut granola crusted baked crottin goat's cheese, beetroot and orange salad, rocket pesto

STEAK TARTARE (E,G,Mu,SD)

prime beef fillet prepared traditionally, served with toasted Senner's bread and crisp salad

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LAMB (FOR TWO PERSONS) (Ce,D,SD)

whole roast rack of English lamb carved at your table
dauphinoise potatoes, braised shallots, ratatouille, port wine and lamb jus

SEAFOOD THERMIDOR (FOR TWO PERSONS) (C,D,E,F,G,Mu,SD)

local water brill and salmon fillet, king prawns and monkfish tail,
glazed Thermidor sauce, steamed rice and green vegetables

BEEF (D,G,Mu,SD)

slow roasted fillet of Irish reared beef,
fondant potato, fine green beans and pancetta, Diane sauce

SEA BASS (C,D,F,G,SD)

local water sea bass fillet, saffron cocotte potato, asparagus, Guernsey crabmeat and lobster sauce

BEIGNETS (D,E,G,SD)

Guernsey Dairy mature cheddar cheese beignets, Provençale vegetables, fine herb beurre blanc

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BAKED ALASKA (FOR TWO PERSONS) (D,E,G)

classic Norwegian omelette surprise

CHEF'S SELECTION (FOR TWO PERSONS) (D,E,G,N,S,SD)

selection of mini desserts;

dark chocolate tart, passion fruit posset, meringue, crème brûlée, pannacotta, choux profiteroles,
ice cream, lemon tart, almond tuille and ginger snaps

CRÊPES SUZETTE (FOR TWO PERSONS) (D,E,G)

flambéed at your table with Grand Marnier and Cognac, served with vanilla ice cream and toasted almonds

SELECTION OF GUERNSEY, BRITISH AND CONTINENTAL CHEESE (Ce,D,G,Mu,SD)

Guernsey honey & butter oatcake, grapes, celery, fresh pear chutney