

LA FRÉGATE

HOTEL & RESTAURANT

★★★★

Herm Island Oysters (GF) (Mo,SD) served naturally, lemon, red wine shallot vinegar	6 Oysters 11.50 / 12 Oysters 19.50
Guernsey crab, prawns & avocado (C,E,F,Mu,SD) handpicked crab meat, Royal Greenland prawns and avocado crisp salad leaves, Marie-Rose sauce	14.50
Smoked Salmon (GF) (F,SD) Severn & Wye smoked salmon served simply with Lilliput capers and lemon	13.00
Scallops (Ce,D,E,G,Mo,Mu) seared hand dived local water scallops wrapped in pancetta, green pea puree, pulled pork bon bon, bacon crumb	14.00
Duck confit spring rolls (E,G,S,Se) Asian slaw salad, crispy duck skin, kumquat gel, hoisin and honey mayonnaise	10.50
Steak tartare (GFO) (E,F,G,Mu,SD) Irish reared prime beef fillet, prepared to your taste, crisp salad, toasted sourdough	130g 17.00 / 210g 26.50
Foie gras two ways; (GFO) (D,G,N,SD) pan seared and terrine of confit duck, foie gras and pistachio, Sauternes jelly, truffle and cep dressing, toasted brioche	14.00
Goat's cheese (V) (GFO) (D,N,SD) hazelnut granola crusted baked crottin goat's cheese, beetroot puree, hazelnut and caramelised orange, salad, rocket pesto	10.50 / 19.50
Gazpacho (GFO) (Ce,D,G) chilled gazpacho of spring vegetables with handpicked Guernsey chancre crabmeat	11.00
Asparagus (V) (GF) (D,E,SD) new season asparagus spears, soft poached egg, Guernsey butter hollandaise	12.00 / 19.50
Mozzarella (V) (GF) (D,SD) Italian buffalo mozzarella, tomatoes, basil, olive oil and balsamic dressing	10.50 / 19.50
Spring rolls (V) (E,G,Mu,S,Se,SD) mixed vegetable, Asian slaw salad, soy and honey dressing, sweet chilli sauce	10.50 / 19.50
Camembert (V) (D,E,G,Mu,N) fried in breadcrumbs, caramelised walnuts, crisp salad, sun dried tomato chutney	10.50 / 19.50
Guernsey lobster	half 20.00 / whole 36.00
Choose from;	
cold, with crisp salad, herb mayonnaise, buttered Jersey Royals (C,D,Mu)	
hot, with classic Thermidor sauce, steamed vegetable rice (C,D,E,G,SD)	
hot, with garlic and prawn butter, triple cooked chips (C,D)	
hot, with pea and lemon risotto, rocket salad (C,D,SD)	
hot, with linguine, seafood sauce, roasted vine tomatoes and parmesan (C,D,E,G,SD)	

Beef fillet (Ce,D,G,SD) grilled 210g prime Irish reared beef fillet, butter fondant, Guernsey flat cap mushroom & tomato, crisp onion ring, choice of garlic butter, Stilton cheese, peppercorn or Béarnaise sauce	27.50
Scallops (D,Mo) hand dived local water scallops, crisp pancetta, parsley mash, lemon and tomato butter	23.50
Pork (Ce,D,E,G,SD) slow cooked pork belly, pulled pork bon bon, black pudding mash, braised red cabbage, apple puree, pork and Rocquette cider sauce	21.50
La Fregate burger (D,E,G,SD) ground rump steak burger served in a homemade bun, little gem, red onion marmalade, pickled cucumber, vine tomato and choice of Guernsey cheddar or Torteval blue cheese	15.00
Classic Caesar Salad (D,E,F,G,SD) cos lettuce, crisp pancetta, sourdough croutons, anchovies, warm new season potatoes, shaved parmesan and classic Caesar dressing; with your choice of smoked chicken breast or king prawns	17.50
Shepherds pie (Ce,D,SD) traditional shepherds pie topped with cheesy mash, braised carrots	17.50
Beef Stroganoff (D,G,SD) sautéed strips of beef fillet in a soured cream, brandy and mushroom sauce, steamed vegetable rice	17.50
Local water sea bass fillet (C,D,F,G,SD) crushed new potatoes with Guernsey crabmeat, steamed samphire, lobster beurre blanc	24.00
Guernsey turbot fillet (C,D,F,G,SD) Jersey Royals, new season asparagus and Sark butter	25.00
Saltwater plate (C,D,F,G,Mo,SD) local water fish, pan fried in Guernsey butter, sea bass, monkfish and turbot, seared scallops, wilted spinach, shellfish sauce	25.00
Beignets (V) (D,E,G,SD) Guernsey smoked cheddar beignets, Provençale vegetables, parmesan beurre blanc, crisp parmesan and rocket salad	19.50

Sides

Triple cooked chips / French fries / Dauphinoise / New potatoes, mint butter
Sauté Lyonnaise / Mixed green vegetables / Fried courgettes / Tempura onion rings
3.50
Truffle and parmesan chips / Tomato salad / Green salad / Mixed salad
Jersey Royals
4.50

Allergen and dietary key:

C - Crustaceans, Ce - Celery, D - Dairy, E - Egg, F - Fish, G - Gluten, L - Lupin, Mo - Molluscs
Mu - Mustard, N - Nuts, P - Peanuts, S - Soya, SD - Sulphur Dioxide, Se - Sesame Seeds
DF - Dairy Free, GF - Gluten Free, GFO - Gluten Free Option, V - Vegetarian



Apple tart (D,E,G,N,SD) **9.00**

warm apple and almond frangipane tart, blackberry ice cream, vanilla sauce anglaise (15 minutes)

Strawberries and cream (D,E,G) **9.00**

clotted cream ice cream, butter tuille

Crème brûlée (V) (GFO) (D,E,G,N) **8.75**

vanilla crème brûlée, red berries, ginger brittle

Sticky toffee pudding (D,E,G) **9.00**

dark treacle sauce, salted caramel ice cream

Poached pear (V) (GF) (N,S,SD) **8.50**

saffron and white wine syrup, dark chocolate sauce, roasted hazelnuts

La Fregate chef's selection (D,E,G,N,SD,Se) **12.00**

five mini desserts of chef's choice

Traditional crêpe Suzette (V) (D,E,G,N) **19.00**

(for two people)

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

Selection of homemade ice creams and sorbets (V) (D,E,G,N,S) **7.00**

please ask for our selection

Café gourmand (D,E,G,N,Se) **8.00**

espresso, served with 3 mini desserts

Cheese plate (Ce,D,G,Mu)

please ask your server for recommendations from our cheese selection;

served with celery, vine fruits, chutney and homemade oatcakes
 3 pieces **7.50**
 5 pieces **10.00**
 8 pieces **13.50**

Allergen key –

Ce Celery, D Dairy, E Eggs, G Gluten, Mu Mustard, N Nuts, P Peanuts, S Soya, SD Sulphur Dioxide, Se Sesame Seeds

GF Gluten free, GFO Gluten free option, V Vegetarian

Our cheese selection:

A selection from our KITCHEN

served with celery, grapes, homemade chutney and our homemade oatcake biscuits

Cornish Yarg

crumbly, hard cheese with a subtle milky flavour, wrapped in nettle leaves

Cashel blue

Irish semi-hard blue cheese, fully pasteurised and mild giving a creamy gentle flavour

Pont Leveque

dating back to the 13th century, a French soft cheese with a rich and rustic flavour with strong aromas

Reblochon

classic French Haut-Savoie cheese, semi soft, strong and fragrant, made from full cream unpasteurised milk

Chèvre

French cheese made from pasteurised goat's milk, rich and intense from the Loire region

Guernsey smoked cheddar

locally smoked cheese, mild, smooth and creamy

Roquefort

“The king of cheese” this French sheep's milk delicacy, aged for a minimum of 90 days in limestone caves is rich, intense and ivory in colour

Tomme de Savoie

from the French Alps, semi soft pressed cow's milk low in fat content

3 pieces **7.50** 5 pieces **10.00** 8 pieces **13.50**

Coffee		Tea		Port	Dessert wine
Cappuccino	3.75	English breakfast	3.75	<i>by the glass</i>	<i>by the glass</i>
Single espresso	3.75	Fresh mint	3.75	Windsor Ruby port	Tokaji 5 puttonyos 11.50
Double espresso	4.25	Peppermint	3.75	Krohn Tawny Port	Chateau Lauvignac, Sauternes 8.00
Latte	3.75	Camomile	3.75	Grahams LBV port	
Mocha	3.75	Green tea	3.75		
Cafetiere coffee	3.75	Earl grey	3.75		
Hot chocolate	4.50	Darjeeling	3.75		
Liquer coffee	From 7.50	Decaffeinated	3.75		
Decaffeinated	3.75				