

# A LA CARTE MENU

## Scallops (D,E,G,Mo,SD)

seared local water scallops, cauliflower cheese puree, pancetta, pulled pork bon bon, bacon and parmesan crumb

14.00

## Lobster ravioli (C,D,E,G,SD)

Guernsey lobster ravioli, Champagne and lobster beurre blanc, asparagus tips, parmesan

13.00

## Herm oysters (Mo,SD) (DF) (GF)

Herm Island oysters served naturally with lemon and red wine shallot vinegar

6 Oysters 10.50 / 12 Oysters 19.50

## Foie gras two ways (D,G,SD) (GFO)

pan seared and foie gras torchon, toasted brioche

La Fregate sloe gin and blackberry jelly, crisp salad, truffle and cep dressing

14.00

## Steak tartare (E,F,G,Mu,SD) (GFO)

Irish reared prime beef fillet, prepared to your taste, crisp salad, toasted sourdough

120g 17.00 / 210g 26.50

## Camembert (V) (D,E,G,Mu,N)

fried in breadcrumb, caramelised walnuts, sun dried tomatoes, salad, tomato and pepper chutney

10.50 / 19.50

oOo

## Beef fillet (Ce,D,G,SD) (GFO) (DFO)

grilled 210g prime beef fillet, Gaufrette potatoes, Guernsey mushroom, vine tomatoes and onion ring

27.50

choice of: Stilton cheese, garlic butter, peppercorn or Béarnaise sauce 3.50, add a slice of seared foie gras 7.50

## Saltwater plate (Ce,D,F,G,Mo,SD)

Guernsey sea bass fillet, monkfish tail and brill, pan fried in Guernsey butter with seared scallops, creamed spinach and shellfish sauce

25.00

## Seafood thermidor (C,D,E,F,G,Mu,SD)

local water brill fillet, hand dived scallops, king prawns and salmon, glazed thermidor sauce, steamed vegetable rice and greens

28.50

## Monkfish (C,D,F,G,SD)

collops of monkfish tail, smoked bacon rosti, crisp pancetta, buttered samphire, pink peppercorn sauce

23.50

## Duck (Ce,D,G,SD)

pan roasted Creedy Carver duck breast, confit duck spring roll,

fondant potato, roast parsnip and vanilla puree, broccoli florets, Armagnac and griottine jus

24.00

Sauté potatoes (D)	3.50	Truffle and parmesan chips (D)	4.50
Triple cooked chips / French fries	3.50	Tempura onion rings (G)	3.50
Courgette frit (D,E,G)	3.50	Creamed spinach (D)	3.50
Mixed green vegetables (D)	3.50	New potatoes, mint butter (D)	3.50
Tomato / Green / Mixed salad / Rocket and parmesan salad (D,E,Mu,SD)			4.50