

A La Carte Desserts

Toffee (V) (D,E,G)

La Fregate sticky toffee pudding,
treacle sauce, raspberry ice cream, ginger brittle

9.00

Cheesecake (D,E,G,N)

green apple and Rocquette cider cheesecake, blackberry ice cream

9.00

Chocolate (D,E,G,S)

dark chocolate and local rum delice, rum and raisin ice cream,
salted caramel sauce Anglaise

8.50

Crème brûlée (V) (D,E,G,N)

vanilla crème brûlée, almond shortbread, caramel

8.75

Pear (V) (D,E,S) (GF)

warm poached saffron and white wine pear,
hot dark chocolate sauce, milk chocolate ice cream

8.00

Café Affogato (D,G,N)

espresso coffee with a scoop of homemade vanilla ice cream,
Baileys liqueur and La Fregate biscotti

7.00

Café gourmand (D,E,G,N,S,Se)

espresso, served with 3 mini desserts

8.00



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Cheese (Ce,D,G,Mu,SD) (GFO)

please ask your server for your selection of cheese from the kitchen,
served with honey and rum butter oatcakes,
grapes, celery and La Fregate apple chutney)

Cornish Yarg

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

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

Brie

mild and creamy Somerset Brie, made from cow's milk and suitable for vegetarians

3 pieces 7.50 5 pieces 10.00 7 pieces 13.50

Allergen and dietary key:

D Dairy, E Egg, G Gluten, Mu Mustard, N Nuts, S Soya, SD Sulphur Dioxide, Se Sesame

DF Dairy Free, DFO Dairy Free Option, GF Gluten Free, GFO Gluten Free Option V Vegetarian