

# SET LUNCH & DINNER MENU

## Chicken Caesar (D,E,F,G,SD) (DFO) (GFO)

classic Caesar salad with smoked chicken breast

## Smoked salmon and haddock (D,E,F,G,SD)

smoked haddock and spinach risotto, smoked salmon, crisp leeks, parsley oil

## Goat's cheese (V) (D,G,N,Se,SD)

crottin goat's cheese panna cotta, granola crumble, beetroot, peppers and orange salad, vegetable potpourri

## Mackerel (D,F,G,SD) (GFO)

Guernsey mackerel three ways; pâté, pan seared and tartare, crisp salad, toasted Senner's bread

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## Beef fillet (D,E,G,SD)

medallion of prime beef fillet, panko crusted beef cheek croquette, spring onion champ, greens, beef jus

## Monkfish (D,E,F,SD) (GF)

local water monkfish tail, rosti potato, crisp pancetta, broccoli, pink peppercorn sauce

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

pan fried skate wing served off the bone, triple cooked chips, green pea puree, warm tartare sauce

## Asparagus (V) (D,E,G,SD) (GFO)

asparagus spears, wilted spinach, griddled brioche, soft poached egg gratin

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## Panna cotta (D,E,G,SD)

citrus fruit panna cotta, peppered strawberries, basil ice cream, balsamic syrup

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

poached pear, hot chocolate sauce, vanilla ice cream

## Chocolate (D,E,G)

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

## Crème brûlée (V) (D,E,G,N)

pistachio crème brûlée, pistachio tuilles, raspberries

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

English Stilton, French brie and Guernsey Dairy mature cheddar,  
local honey and butter oatcakes, grapes, celery and La Fregate apple chutney

**LUNCH 2 COURSE 22.50 ~ 3 COURSE 29.50**

**DINNER 3 COURSE 35.00**

**Selection of Coffee and Teas available**

with

**La Fregate chocolate truffle from an additional 3.50 per person (D,S)**

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,

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