

## *Sunday Luncheon*

### **Smoked salmon** (F,SD) (DF) (GF)

Severn & Wye smoked salmon with Lilliput capers and horseradish vodka dressing

### **Crab** (C,D) (GF)

hand-picked Guernsey Chancre crabmeat, watermelon and strawberry salad, crème fraiche, basil and lime dressing

### **Goat's cheese** (V) (D,SD) (GF)

baked crottin goat's cheese, griddled peppers, aubergine and zucchini, red bell pepper ketchup

### **Duck** (G,SD) (DF)

smoked duck breast salad with duck spring roll, cep dressing

### **Velouté** (V) (DF) (GF)

carrot, orange and coriander velouté

all served with La Fregate breads and Guernsey butter (D,E,G,Se)  
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### **Beef** (Ce,D,E,G,SD)

slow roasted prime beef fillet, Yorkshire pudding, crushed root vegetables, red wine jus

### **Chicken** (Ce,D,G,SD)

classic roast chicken breast, crisp pancetta, bread sauce, chicken gravy

### **Saltwater** (C,D,G,F,SD)

pan fried local water sea bass, brill and monkfish, seared scallops, buttered samphire, shellfish beurre blanc

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

asparagus spears, soft poached egg, griddled brioche, hollandaise sauce

all served with a selection of seasonal vegetables and roast potatoes (D)  
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### **Crème brûlée** (V) (D,E,G,N)

pistachio crème brûlée, pistachio tuilles

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

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

### **Carrot cake** (V) (D,E,G,N)

warm carrot cake, clotted cream, candied walnut, caramelised oranges

### **Chocolate** (V) (D,E,G,S)

dark chocolate delice, raspberry ice cream, raspberry puree

### **Selection of British, Guernsey and continental cheese** (Ce,D,G,Mu)

Guernsey honey & butter oatcake, celery, La Fregate pear chutney, vine fruits

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### **Fresh cafetiere coffee and chocolate truffle** (D,S)

**£29.50**

#### **ALLERGEN & DIETARY KEY:**

C – Crustacean, Ce – Celery, D – Dairy, E – Eggs, 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, DFO – Dairy Free Option, GF – Gluten Free, GFO – Gluten Free Option, V – Vegetarian