



LA FREGATE HOTEL DECEMBER LUNCH PARTY MENU 2023



Starters

SEAFOOD

Guernsey Chancre crabmeat,
Royal Greenland prawns,
Severn and Wye smoked salmon,
citrus dressed crisp salad,
Marie - Rose sauce
(C,E,F,Mu,SD) (DF) (GF)

CHEFS' CHARCUTERIE

a selection of homemade terrines;
confit chicken, prune & apricot,
foie gras, duck & pistachio,
locally reared ham & parsley,
La Fregate garden pear chutney & salad
(N,Mu,SD) (DF) (GF)

GOAT'S CHEESE

soft crottin goat's cheese panna cotta,
mulled wine poached pear, leaf salad,
sundried tomato and pepper chutney,
(V) (Mu,SD) (DF) (GF)

VEGETABLE SPRING ROLLS

hoisin and kumquat reduction,
toasted sesame seeds, salad,
chilli and teriyaki dressing
(Ve) (G,S,SE) (DF)

MELON

chilled melon platter, Parma ham,
red berries, mango sorbet
(DF) (GF) (VeO)

All accompanied
with

La Fregate breads
and

Guernsey Dairy butter
(V) (D,E,G,Se) (GFO) (DFO)

Mains

TURKEY

traditional roast turkey breast,
apricot and chestnut stuffing,
smoked bacon and chipolata,
cranberry and turkey jus
(D,E,G,SD) (DFO)

BEEF

slow roasted fillet of beef,
crushed winter root vegetables
green peppercorn sauce
(D,G,SD) (DFO) (GFO)

SEA BASS

pan fried sea bass fillet,
shellfish beurre blanc
(C,D,F,G,SD)

RISOTTO

wild mushroom and spinach risotto,
vine tomatoes and cheese crisp
(VO) (V) (D) (DFO) (GF)

PROVENCALE GRILL

stuffed aubergine,
chick pea ratatouille,
griddled pepper and zucchini,
cumin spiced aubergine caviar
(Ve) (GF)

All main courses accompanied
with glazed Vichy carrots,
brassicas, honey roasted parsnips (V) (D)
and goose fat roasted potatoes
or Boulangère potatoes (Ve) (GF)



ALLERGEN & DIETARY KEY -

Desserts

CHOCOLATE ORANGE

dark chocolate torte,
chocolate orange ice cream,
cocoa nib tuille, chocolate sauce
(V) (D,E,G,S)

CHEESECAKE

Baileys liqueur cheesecake,
espresso ice cream, ginger brittle,
hazelnut and cranberry biscotti
(D,E,G,N)

CHRISTMAS PUDDING

La Fregate Christmas pudding,
Calvados and Rocquette cider sauce
(V) (D,E,N,SD) (DFO) (GF)

FESTIVE BAKEWELL TART

baked cherry & almond frangipane tart,
sauce Anglaise, caramel
(V) (D,E,G,N)

FRESH FRUIT SALAD

seasonal fruits, clementine sorbet,
Grand Marnier syrup
(Ve) (GF)

CHEESE PLATE

Guernsey Dairy mature cheddar,
English Stilton and French brie,
grapes, celery,
Guernsey butter & honey oatcakes,
La Fregate garden apple chutney
(Ce,D,G,Mu,SD) (GFO)

£36.50

C Crustaceans, 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, VO - Vegetarian Option, Ve - Vegan, VeO - Vegan Option
A discretionary 10% service charge will be added to the total bill