

SET LUNCH & DINNER MENU

Salmon

beetroot and dill cured salmon, crème fraiche & horseradish vodka dressing, pickled beetroot (D,F,SD) (GF)

Duck

confit duck & foie gras terrine, La Fregate sloe gin jelly, crisp salad, butter brioche, cep dressing (D,E,G,N)

Girard's goat's cheese

Golden Guernsey goat's cheese panna cotta, hazelnut, red onion confit & caramelised orange salad

(V) (G,S,Se) (DF)

Shellfish bisque

local water shellfish bisque with Armagnac and Guernsey cream (C,D,G,SD)

King prawn Caesar salad

classical Caesar salad with sautéed king prawns (C,D,E,F,G,SD) (GFO)

all served with La Fregate daily baked bread rolls and Guernsey Dairy butter (D,E,G,Se) (DFO)

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Beef stroganoff

sautéed strips of prime beef fillet, Armagnac, mushroom, soured cream & cornichon sauce, rice (D,G,SD)

Monkfish

pan fried monkfish tail, Pont Neuf potatoes, mange tout, warm tartare sauce with green peas (D,F,G,SD)

Pork

grilled Sirloin of pork, smoked pancetta rosti, broccoli florets, Roquefort blue cheese sauce (D,G,SD)

Beignets

Guernsey Dairy mature Cheddar beignets, Provençale vegetables, Champagne beurre blanc (V) (D,E,G,SD)

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Tiramisu

Italian espresso, chocolate and Guernsey cream dessert with Marsala wine, Amaretto biscuit (D,E,G,N,S)

Strawberries

Guernsey strawberries and cream in a brandy snap basket, strawberry puree (V) (D,E,G)

Crème brûlée

raspberry crème brûlée, raspberry ripple ice cream, caramel (V) (D,E) (GF)

Chocolate

gluten and dairy free chocolate brownie, chocolate and chilli sorbet, mango coulis (V) (E,N,S) (DF) (GF)

Cheese

Guernsey Dairy mature Cheddar, English blue Stilton and French brie,

Guernsey honey & butter oatcakes, La Fregate garden apple chutney, celery & vine fruits (Ce,D,G,Mu,SD)

LUNCH 2 COURSE 27.50 ~ 3 COURSE 32.50 DINNER 2 COURSE 35.00 ~ 3 COURSE 40.00

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,

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

A discretionary 10% service charge to be added to all food and beverage bills.

A LA CARTE MENU

Scallops

seared local water scallops, cauliflower cheese puree, pork bon bon, pancetta crumb (D,E,G,Mo)

14.50 / 29.00

Seafood

Guernsey Chancre crabmeat, Royal Greenland prawns and Severn & Wye smoked salmon, crisp salad, fresh herb mayonnaise and spiced Marie-Rose sauce (C,D,E,G,SD)

14.50 / 29.00

Herm oysters

Herm Island oysters served naturally with lemon and red wine shallot vinegar (Mo,SD) (DF) (GF)

6 Oysters 12.50 / 12 Oysters 21.50

Foie gras three ways

seared foie gras, foie gras torchon and foie gras, confit duck & pistachio terrine, toasted brioche, Sauternes jelly, crisp salad, truffle and cep dressing (D,E,G,N,SD)

16.00 / 32.00

Steak tartare

Irish reared prime beef fillet, prepared to your taste, crisp salad, toasted Senner's bread (E,F,G,Mu,SD) (GFO)

120g 18.50 / 210g 29.50

Asparagus

asparagus spears, soft poached free range egg, Hollandaise gratin (V) (D,E,SD)

12.50 / 21.50

Guernsey lobster

cold; with crisp salad, herb mayonnaise lemon and new potatoes (C,D,E,Mu,SD)

hot; garlic butter and French Fries (C,D) or Thermidor sauce and steamed rice (C,D,E,G,Mu,SD)

half lobster 28.50 whole lobster 42.50

Beef fillet

grilled 210g prime Irish reared beef fillet,

Gaufrette potatoes, Guernsey mushroom, vine tomatoes and onion ring (Ce,D,G,SD) (GFO) (DFO)

add your choice of: Stilton cheese, garlic butter, peppercorn or Béarnaise sauce 3.75

32.00

Saltwater plate

Guernsey sea bass fillet, monkfish tail and turbot pan fried in Guernsey butter with seared scallops, creamed spinach and shellfish sauce (Ce,D,F,G,Mo,SD)

28.50

Sea bass

Guernsey sea bass fillet, crushed new potatoes with Chancre crabmeat,

semi dried vine tomatoes, rock samphire & asparagus tips, Sark butter Hollandaise (C,D,E,F,SD) (GF)

29.00

Duck

pan roasted Creedy Carver duck breast, confit duck spring roll, parsnip puree, confit potato, broccoli florets, Armagnac, Puy lentil and griottine jus (D,G,SD)

28.50

Sauté potatoes (D)	5.00	Truffle and parmesan chips (D)	5.00
Triple cooked chips / French fries	4.50	Tempura onion rings (G)	4.50
Courgette frit (D,E,G)	4.50	Creamed spinach (D)	4.50
Mixed green vegetables (D)	4.50	New potatoes, mint butter (D)	4.50
Tomato / Green / Mixed salad / Rocket and parmesan salad (D,E,Mu,SD)			5.00