

Scallops (D,F,Mo,SD) (GF)

seared local water scallops, lobster bisque risotto, Parmesan

Ham (D,E,G) (GFO)

pressed terrine of locally reared ham, fine capers and parsley, pulled pork bon bon,
La Fregate garden apple chutney, Melba toasted Senners' bread

Chicken Caesar (D,E,F,G,SD)

classical Caesar salad with smoked free range chicken breast

Crab cakes (C,E,G)

Thai spiced Guernsey Chancre crab cakes, mixed leaf salad, sweet chilli dressing

Minestrone (V) (Ce) (DF) (GF)

tomato and vegetable broth with gluten free pasta and Italian hard cheese

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La Fregate Fisherman's plate (C,D,F,G,Mo,SD)

local water monkfish tail, John Dorey and sea bass fillet cooked in Guernsey butter,
new potatoes, steamed samphire, shellfish beurre blanc

Steak 'Au Poivre' (D,G,Mu,SD) (GFO)

pan fried minute steak, flambéed with an Armagnac, green peppercorn and cream sauce, French fries

Salmon (D,E,F,SD) (GF)

grilled salmon, cocotte potato, roasted vine tomatoes, broccoli florets, Hollandaise sauce

Turkey á la King (D,E,G,SD)

free range turkey breast with a button mushroom, capsicum pepper, green pea and sherry beurre blanc,
butter puff and steamed rice

Provençale vegetables (V) (E,Mu,SD) (DF) (GF)

baked aubergine, Provençale vegetables, confit potato, black peppered salt 'n' vinegar aioli

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Cheesecake (D,E,G,SD)

garden apple and Rocquette cider cheesecake, ginger snap, sauce Anglaise

Treacle Tart (V) (D,E,G)

La Fregate treacle tart, Guernsey Dairy cream and buttermilk ice cream, frosted raspberries

Crème brûlée (V) (D,E,N,G)

vanilla crème brûlée, chocolate ice cream, pistachio and cocoa nib tuilles, caramel

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

Guernsey Dairy extra mature & English blue Stilton, honey & butter oatcake, La Fregate pear chutney

For the table

La Fregate focaccia breads (V) (G) (GFO)

&

homemade butter seasoned with foraged seaweed (D)

Or

Extra virgin olive oil and balsamic (SD) (DF)