

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

seared local water scallops, smoked haddock and spinach risotto, Parmesan cheese

Chefs' charcuterie (E,G,Mu) (DF) (GFO)

a selection of terrines to include;

locally reared ham & parsley / chicken 'Cock a leekie' / confit duck & apricot,

La Fregate garden pear chutney, Melba toasted Senners' bread

Steak tartare (E,F,G,Mu,SD) (DF) (GFO)

prime beef fillet prepared classically to your taste; crisp salad, horseradish vodka dressing, sourdough

Crab (C,D) (GF)

Guernsey Chancre crabmeat, watermelon, caramelised pink grapefruit and strawberry salad,

lime and basil crème fraiche

Golden Guernsey goats' cheese & beetroot (V) (N,S) (DF) (GF)

Girard's' goat's cheese panna cotta, marinated beetroot, miso & honey dressing, hazelnut furikake

oOo

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, broccoli florets, shellfish beurre blanc

Steak 'Diane' (D,G,Mu,SD)

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

Lemon sole (D,F,G,SD)

lemon sole paupiettes, cocotte potato, samphire with smoked salmon, Champagne sauce

Pork 'three ways' (D,E,Mu,SD) (GF)

pork fillet medallion, slow roasted belly pork and pulled pork bon bon,

Boulangère potatoes, crushed root vegetables, Rocquette Cider 'Pomme d'Or' 3 Year old Brandy sauce

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

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

oOo

Cheesecake (D,E,G)

garden apple & 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,G,N)

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 apple 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)