

# A La Carte Desserts

## Traditional crêpe Suzette (for two persons)

flambéed with Armagnac and Grand Marnier at your table,  
served with vanilla bean ice cream, brandy snap and caramel (D,E,G,N)

22.00

## Pistachio & raspberry

pistachio & raspberry delice,  
frosted raspberries, pistachio tuille,  
sauce Anglaise (D,E,G,N)

9.00

## Crème caramel

classical crème caramel,  
black cherry compote (V) (D,E) (GF)

8.75

## Cheesecake

strawberry cheesecake,  
ginger brittle, strawberry ice cream, strawberry coulis (D,E,G,SD)

9.00

## Crème brûlée

Madagascan vanilla bean crème brûlée, espresso ice cream,  
red berries, caramel (V) (D,E) (GF)

9.00

## Café gourmand

espresso, served with 3 mini desserts;  
mini crème brûlée, pistachio tuilles & chocolate truffles (V) (D,E,G,N,S)

9.00

## Café Affogato

espresso coffee with a scoop of homemade ice cream,  
Baileys liqueur and La Fregate biscotti (V) (D,E,G,N)

8.50



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

please ask your server for our selection of cheese from the kitchen,  
served with honey & rum butter oatcakes, grapes, celery & La Fregate apple chutney

## Sark Island cheese

rich and creamy, made by Jason & Katherine Salisbury at the Isle of Sark Dairy from  
Guernsey cows

## Royal Golden Guernsey goat's cheese

hand made at Girard's Farm by Mandy (DF)

## Cornish Yarg

crumbly, hard cheese with a subtle milky flavour, wrapped in nettle leaves

## Cashel blue

Irish semi-hard blue cheese,  
fully pasteurised and mild giving a creamy gentle flavour

## Pont Leveque

dating back to the 13th century, a French soft cheese  
with a rich and rustic flavour with strong aromas

## Reblochon

classic French Haut-Savoie cheese, semi soft, strong and fragrant,  
made from full cream unpasteurised milk

## Chèvre crottin

French cheese made from pasteurised goat's milk,  
rich and intense from the Loire region (DF)

## Guernsey smoked cheddar

locally smoked cheese, mild, smooth and creamy from the Guernsey Dairy

## Roquefort

"The king of cheese" this French sheep's milk delicacy,  
aged for a minimum of 90 days in limestone caves is rich,  
intense and ivory in colour

## Tomme de Savoie

from the French Alps, semi soft pressed cow's milk low in fat content

3 pieces 9.50 5 pieces 11.50 8 pieces 14.50

## Allergen and dietary key:

D Dairy, E Egg, G Gluten, Mu Mustard, N Nuts, S Soya, SD Sulphur Dioxide, Se Sesame  
DF Dairy Free, DFO Dairy Free Option, GF Gluten Free, GFO Gluten Free Option  
V Vegetarian, Ve - Vegan