

Salmon & prawn

smoked salmon and Royal Greenland prawn pillow, semi dried vine tomatoes, Marie-Rose sauce (C,D,E,F,SD)

Fennel

bread crumbed fennel, apple & celeriac slaw, mint Hollandaise (V) (D,E,G,Mu,SD)

Caesar salad

classical Caesar salad with smoked chicken breast (D,E,F,G,SD) (GFO)

Foie gras

smooth foie gras terrine, spiced peach jam, Guernsey butter brioche, crisp salad (D,E,G) (GFO)

all served with La Fregate homemade breads & Guernsey Dairy butter (D,G) (DFO) (GFO)

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Turbot

turbot fillet, fondant potato, mange tout, semi dried vine tomatoes, warm tartare sauce (D,F,G,SD)

Lamb

pan roasted cannon of lamb, Cowley's Farm boulangerie potatoes, peas á la Française,

lamb & redcurrant jus (D,G,SD)

Monkfish

monkfish tail, smoked bacon rosti potato, tender stem broccoli, pink peppercorn sauce (D,F,G,SD)

Gougères

Guernsey Dairy mature Cheddar gougères, griddled aubergine, Provençale vegetables,

rocket salad, cheese crisp, Champagne beurre blanc (V) (D,E,G,SD)

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Pistachio & raspberry

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

Crème caramel

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

Cheesecake

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

Bailiwick cheese

Girard's Royal Golden Guernsey goat's cheese (DF), Sark cheese & Guernsey Dairy smoked Cheddar,

Guernsey raw honey and butter oatcakes, La Fregate garden apple chutney (Ce,D,G,Mu,SD)

LUNCH 2 COURSE 28.50 ~ 3 COURSE 35.00 DINNER 2 COURSE 36.50 ~ 3 COURSE 42.50

A selection of Coffee, Teas & Fruit Infusions available with

La Fregate chocolate truffle from an additional 3.50 (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

Sauté potatoes / sauté Lyonnaise (D)	5.00	Truffle and parmesan chips (D)	5.50
Triple cooked chips / French fries	4.75	Tempura onion rings (G)	4.75
Courgette frit (D,E,G)	4.75	Creamed spinach (D)	4.75
Mixed green vegetables (D)	4.75	New potatoes, garden mint butter (D)	4.75
Peas á la Française (D,G,SD)	4.75	Ratatouille	4.75
Tomato / Green / Mixed salad / Rocket and parmesan salad (D,E,Mu,SD)			5.00

A LA CARTE MENU

Coquille St. Jacques

local water scallops, Rocquette Cider beurre blanc, parmesan, parsley and brioche crumb gratin (D,E,G,Mo,SD)

14.50 / 29.00

Crab

Guernsey Chancre crabmeat, watermelon, strawberry & caramelised citrus salad, basil crème fraiche,

spiced crab cake with mango, chilli and coriander salsa, crabmeat & sweetcorn chowder (C,D,E,G,SD)

16.00 / 30.00

Steak tartare

prime beef fillet, prepared traditionally at your table, crisp salad, toasted Senner's bread (E,F,G,Mu,SD) (GFO)

120g 18.50 / 210g 29.50

Asparagus

asparagus spears & wilted spinach,

soft poached egg, Guernsey butter puff pastry, Sark butter emulsion, foraged seaweed dust (V),D,E,G,SD)

15.00 / 30.00

Herm Island oysters 'au naturel'

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

6 Oysters **13.50** / 12 Oysters **23.50**

15.00

Foie gras & duck many ways

foie gras, confit duck & pistachio terrine, seared foie gras, foie gras torchon,

smoked duck breast and duck spring roll, Sauternes jelly, crisp salad, truffle and cep dressing (G,N,SD) (DF)

17.00 / 32.00

La Fregate seafood platter (for two persons)

two halves of a Guernsey lobster, six Herm Island oysters, 6 scallops in shell,

Guernsey Chancre crabmeat, steamed mussels, cold water king prawns and prawns,

served with buttered new potatoes, Guernsey tomatoes, house salad and fresh mayonnaise (C,E,F,Mo,Mu,SD)

65.00 per person

Beef fillet

grilled 210g prime Irish reared beef fillet,

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

34.50 add a slice of seared foie gras **8.00**

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

Fisherman's plate

Guernsey sea bass and turbot fillet with monkfish tail pan fried in Guernsey butter, seared local scallops,

creamed spinach and shellfish sauce (D,F,G,Mo,SD)

29.50

Grilled catch of the day or Guernsey Lobster

today's catch from our selected fishermen or local water lobster, simply grilled and served with

roast vine tomatoes, rock samphire & asparagus tips, lemon & Hollandaise sauce (C,D,E,F,SD) (GF)

Catch of the day 29.00 Half lobster 30.00 Whole lobster 43.00

Duck

pan roasted Creedy Carver duck breast,

boulangerie potatoes, spiced carrot & orange puree, mange tout, Armagnac & griottine jus (D,G,SD)

29.00