

# 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

### Chocolate

dark chocolate delice,  
poached pear, chocolate sauce, cocoa nib tuilles (D,E,G,S)

9.00

### Treacle tart

La Fregate warm treacle tart,  
frosted raspberries, raspberry coulis,  
pistachio tuilles , Guernsey Dairy cream (V) (D,E,G,N)

9.50

### Rum crème brûlée

Golden Bug rum & golden sultana crème brûlée (V) (D,E) (GF)

9.50

### Cheesecake

Rocquette Cider & garden apple cheesecake,  
apple compote, ginger brittle, sauce Anglaise (D,E,G,SD)

9.00

### Café gourmand

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

9.50

### Café Affogato

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

9.50

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



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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 milk

### 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 11.50    5 pieces 13.50    8 pieces 16.00

### 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