

### Guernsey Chancre Crab

white crabmeat, watermelon, basil, strawberry & caramelised pink grapefruit salad, crème fraiche (C,D) (GF)

### Royal Golden Guernsey goat's cheese

Girard's Farm goat's cheese & milk panna cotta, beetroot, hazelnut & orange, 2024 fig jam (V) (N) (DF) (GF)

### Fennel salad

crispy breaded fennel, baby gem, tomato & spinach salad, mint yoghurt dressing (V) (D,E,G) (GFO)

### Ham

pressed terrine of locally reared ham & parsley,  
pulled pork bon bon, Bayeux mustard gratin, crisp salad (D,E,SD) (GF)

### Velouté

Sark cauliflower cheese velouté, curry oil (D,G,Mu)

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

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### Brill

brill fillet, cocotte potato, mange tout, semi dried vine tomatoes, lobster bisque cream (C,D,F,G,SD)

### Pork

pork fillet medallions, Cowley's Farm boulangère potatoes,  
flat cap mushroom, broccoli florets, Rocquette Cider & thyme beurre blanc (D,G,SD)

### Monkfish

monkfish tail, smoked pancetta rosti, greens, warm tartare sauce (D,F,G,SD)

### Gougères

Guernsey Dairy mature Cheddar gougères, griddled aubergine, hedgerow vegetable ratatouille,  
rocket salad, cheese crisp, Champagne sauce (V) (D,E,G,SD)

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### Treacle tart

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

### Rum crème brûlée

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

### Cheesecake

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

### 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 pear 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 4.00 (D,S)**

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 à 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 discretionary 10% service charge will be added to all food & beverage bills.**

## 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)

15.00 / 29.50

### Local shellfish

Guernsey Chancre crabmeat, scallop ceviche, tempura oyster, lobster cocktail & cold water prawns (C,D,E,G,SD)

17.00 / 32.00

### 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

### Foie gras

foie gras, confit duck & pistachio terrine, seared foie gras, foie gras torchon,  
gin & blackberry & jelly, crisp salad, truffle and cep dressing (G,N,SD) (DF)

17.00 / 32.00 pair with a glass of Sauternes, Chateau Simon 2018 100ml 11.50

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### Sea bass

grilled sea bass fillet,

saffron cocotte, Guernsey tomato & seafood broth (C,F,Mo,SD) (GF)

29.00

### 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)

35.00 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 brill 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,

celeriac and beetroot Boulangère potato, beetroot puree, mange tout, Armagnac & griottine jus (D,G,SD)

29.00

**Allergen & 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**

**V Vegetarian, DF Dairy Free, DFO Dairy Free Option, GF Gluten Free, GFO Gluten Free Option**