



### 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 Farm Royal Golden Guernsey goat's cheese (DF),  
Sark Island cheese and Guernsey Dairy smoked Cheddar,  
Guernsey raw honey & butter oatcakes,  
grapes, celery and La Fregate apple chutney  
(Ce,D,G,Mu,SD) (GFO)

**Lunch 2 course 28.50 ~ 3 course 35.00**

**Dinner 2 course 36.50 ~3 course 42.50**

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

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



**Selection of Coffee and Teas with La Fregate chocolate truffle**  
(D,S) (GF)

**Espresso 4.00**

**Double espresso 5.00**

**Cappuccino 4.50**

**Americano 4.50**

**Tea 4.50**

**Affogato 5.50**

**Affogato with Baileys liqueur  
and  
homemade biscotti**  
(D,E,G,N)  
**9.50**



/LaFregateHotel

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