

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

Toffee

La Fregate warm sticky toffee pudding,
dark treacle sauce, raspberry coulis,
Guernsey Dairy cream (V) (D,E,G)

9.50

Crème brûlée

Madagascan vanilla bean crème brûlée, caramel (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.



/LaFregateHotel

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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