



Our specially selected selection of wines to accompany your menu

WHITE		750ml	250ml	175ml
Muscadet, Domaine Lieubeau, Extrordinaire	2023	26.00	9.00	7.00
Loire valley favourite				
Soave Classico	2021	26.00	9.00	7.00
One of Italy's favourites crisp dry white wine				
ROSE				
La Grande Plage	2021	26.00	9.00	7.00
South of France, dry rose				
RED				
Cabernet Sauvignon	2020	26.00	9.00	6.00
Domaine Gauzon				
Nero d'Avola, La Pierre	2017	26.00	9.00	7.00
Classic Sicilian red				
San Pellegrino sparkling natural mineral water		4.75		
Acqua Panná natural mineral water		4.75		

A selection of teas and coffees available with La Fregate chocolate truffle

Espresso 4.00/ 5.00	Cappuccino (D) 4.50	Americano 4.00	Tea (D) 4.50	Affogato (D) 5.00
Affogato with Baileys liqueur & homemade biscotti (D,E,G,N) 9.00				

A wide selection of liqueurs available, please ask your server

Ruby Port 50ml 7.50

Sauternes 100ml 11.50

Traditional 3 course Sunday luncheon 34.50

La Fregate Christmas gift vouchers from 50.00

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, V Vegetarian, Ve Vegan

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

Scallops (D,F,Mo,SD) (GF)

seared local water scallops, smoked haddock and spinach risotto, Parmesan cheese

Guernsey Chancre crab (C,D) (GF)

white crabmeat, watermelon, caramelised pink grapefruit & strawberry salad, lime and basil crème fraiche

Ham (E,Mu,SD) (DF) (GF)

pressed terrine of locally reared ham & parsley, 2024 pear chutney,

pulled pork bon bon, green pea & ham shot

Royal Golden Guernsey goats' cheese (V) (N) (DF) (GF)

Girard's Farm goat's cheese panna cotta, beetroot, hazelnut & orange salad

Minestrone (D) (V) (DFO) (GF)

tomato & vegetable broth with gluten free pasta & Italian hard cheese

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La Fregate Fisherman's plate (C,D,F,G,SD)

local water monkfish tail, John Dorey and sea bass fillet cooked in Guernsey butter,

new potatoes, broccoli florets, shellfish beurre blanc

Steak 'au Poivre' (D,G,SD) (GFO)

pan fried minute steak, flambéed with an Armagnac, green peppercorn & cream sauce,

Gaufrette potatoes & grilled flat cap mushroom

Salmon (D,E,F,SD) (GF)

grilled salmon fillet, pommes Parisienne, roast vine tomatoes, Guernsey butter Hollandaise

Veal 'Saltimbocca' (D,G,SD) (GFO)

veal escalope, prosciutto ham & sage, griddled polenta,

mozzarella & semi dried tomato salad, Marsala wine sauce

Aubergine Provençale (V) (E,Mu,SD) (DF) (GF)

baked aubergine, Provençale vegetables, confit potato, black peppered salt 'n' vinegar aioli

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Cheesecake (D,E,G,SD)

Rocquette Cider & garden apple cheesecake, ginger snap, sauce Anglaise

Sticky toffee pudding (V) (D,E,G)

La Fregate sticky toffee pudding, treacle sauce, raspberry coulis

Crème brûlée (V) (D,E,G)

vanilla crème brûlée, chocolate ice cream, cocoa nib tuilles, caramel

Bailiwick cheese (D,G,Mu,SD) (GFO)

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

Guernsey butter & honey & oatcakes, La Fregate garden pear chutney

LUNCH 2 COURSE 22.50 ~ 3 COURSE 25.00

DINNER 3 COURSE 29.75

For the table

La Fregate freshly baked breads (V) (G) (GFO) served with Guernsey Dairy butter (D)

or **Extra virgin olive oil and balsamic (SD) (DF) 2.50** per person

Sides

Truffle and parmesan chips (D) (GF)	5.00	French fries (GF)	4.75
Courgette frit (V) (E,G) (DF)	4.75	Green salad (Mu,SD)	4.75
Mixed green vegetables (D) (DFO) (GF)	4.75	Green or mixed salad (Mu,SD) (V) (DF)	5.00
New potatoes, mint butter (V)(D)(DFO)	4.75	Tempura onion rings (Ve) (DF) (GFO)	4.75
Braised red cabbage (Vo) (D) (GF)	4.75	Creamed spinach (V) (D)(DFO) (GF)	4.75