



LA FREGATE HOTEL DECEMBER PARTY LUNCH MENU 2024



Starters

SEAFOOD

Guernsey Chancre crabmeat,
Royal Greenland prawns,
smoked mackerel pâté, scallop ceviche,
Severn and Wye smoked salmon,
citrus dressed crisp salad,
Marie - Rose sauce
(D,C,E,F,SD) (GF)

CHEFS' CHARCUTERIE

a selection of homemade terrines;
locally reared ham, parsley and caper,
foie gras, duck & pistachio,
confit chicken, prune & apricot,
chef's garden pear chutney & salad
(N,Mu,SD) (DF) (GF)

ROYAL GOLDEN GUERNSEY GOAT'S CHEESE

Girard's Farm goat's cheese panna cotta,
mulled wine poached pear, leaf salad,
La Fregate tomato and pepper chutney,
(V) (Mu,SD) (DF) (GF)

VELOUTÉ

Sark cauliflower cheese velouté,
Senner's buttered croutons,
curry oil
(V) (D,G) (GFO)

MELON

chilled melon platter, Parma ham,
red berries, mango sorbet, raspberry coulis
(DF) (GF) (VeO)

All accompanied
with
La Fregate breads
and
Guernsey Dairy butter
(V) (D,E,G,Se) (GFO) (DFO)

Mains

TURKEY

traditional roast turkey breast,
apricot and chestnut stuffing,
smoked bacon and chipolata,
cranberry and turkey jus,
cranberry sauce
(E,G,SD) (DF)

BEEF

slow roasted prime Irish beef fillet,
crushed winter root vegetables
green peppercorn sauce
(D,G,SD) (DFO) (GFO)

SEA BASS

pan fried sea bass fillet,
sautéed samphire tips
with Guernsey Chancre crabmeat,
shellfish beurre blanc
(C,D,F,G,SD)

SALMON

grilled salmon,
roasted vine tomatoes,
Hollandaise sauce
(D,E,F,SD) (GF)

PROVENCALE VEGETABLES

stuffed aubergine, chick pea ratatouille,
griddled pepper and zucchini,
semi dried vine tomatoes,
cumin spiced aubergine caviar
(Ve) (GF)

All main courses accompanied
with glazed Vichy carrots,
brassicas, honey roasted parsnips (V) (D)
and goose fat roasted potatoes
or Boulangère potatoes (Ve) (GF)
Beef cooked medium rare unless specified.



Desserts

CHOCOLATE ORANGE

dark chocolate delice,
mandarin ice cream,
cocoa nib tuille,
dark chocolate sauce
(V) (D,E,G,S)

CHEESECAKE

Baileys liqueur cheesecake,
espresso ice cream,
hazelnut and cranberry biscotti,
ginger brittle
(D,E,G,N)

CHRISTMAS PUDDING

La Fregate traditional Christmas pudding,
Rocquette cider & Calvados sauce,
caramel (V)(D,E,SD)(DFO)(GF)

APPLE TART

Apple and almond frangipane tart,
Guernsey Dairy cream, ginger brittle,
Sauce Anglaise
(D,E,G,N)

ROAST PINEAPPLE

spiced, caramelised & roasted pineapple,
coconut sorbet, frosted raspberries,
mango sauce
(Ve) (GF)

CHEESE PLATTER

Guernsey Dairy mature Cheddar,
Isle of Sark Dairy cheese,
Girard's Farm goat's cheese (DF),
English Stilton and French brie,
Guernsey butter & honey oatcakes,
La Fregate garden apple chutney,
vine fruits & celery
(Ce,D,G,Mu,SD) (GFO)

£38.50

ALLERGEN & DIETARY KEY—C Crustaceans, Ce Celery, D Dairy, E Eggs, 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, VO - Vegetarian Option, Ve - Vegan, VeO - Vegan Option
A discretionary 10% service charge will be added to the total bill