



### **Sticky toffee pudding**

La Fregate sticky toffee pudding  
butterscotch sauce, raspberry coulis  
(V) (D,E,G)

### **Cheesecake**

citrus fruit cheesecake, orange sorbet, poppy seed tuilles  
(V) (D,E,G)

### **Crème brûlée**

Madagascan vanilla crème brûlée, chocolate ice cream, caramel  
(V) (D,E,G)

### **Cheese**

Guernsey Dairy smoked Cheddars, English Stilton & French Brie,  
Guernsey butter & honey oatcakes,  
La Fregate garden apple chutney, vine fruits & celery  
(Ce,D,G,Mu,SD) (GFO)

**Lunch 2 course 32.00 ~ 3 course 38.50**

**Dinner 2 course 38.50 ~3 course 45.00**

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

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,E,G) (GFO)

**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

---

## **FIND US ON SOCIAL MEDIA**

---

/lafregateguernsey

