

LUNCH / DINNER MENU

Foie gras & duck (D,E,N,Mu,SD) (GF)

foie gras crème brûlée, pressed confit duck & foie gras, La Fregate quince jam & salad

Vegetable spring rolls (Ve) (G,Se,SD) (DF)

mixed vegetable spring rolls, Asian slaw, toasted sesame, chilli & teriyaki dressing

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

ham hock, parsley & caper terrine, piccalilli, crisp salad, grain mustard dressing

Faggot (Ce,G,SD) (DF)

lamb faggot, celery, carrot & barley broth

Velouté (C,D) (GF)

Guernsey Chancre crab & sweetcorn velouté, curry oil

oOo

Beef (D,G,SD)

prime beef fillet medallion & slow cooked beef cheek,

Boulangère potato, buttered carrot, green beans, classical Bourguignon sauce

Lemon sole (D,F,G,SD)

poached lemon sole fillets, Pont Neuf potatoes, mange tout, warm tartare sauce

Lamb (D,SD) (GF)

braised lamb shank, creamed parsley potatoes, cabbage & bacon, Cumberland sauce

Sea bass (D,F,Se) (GF)

pan fried sea bass fillet, saffron cocotte, wilted Asian greens, Katsu curry cream

Mushroom (V) (D,E,G,SD)

fricassee of mushrooms, griddled brioche, steamed spinach, Stilton beurre blanc

oOo

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

La Fregate sticky toffee pudding, butterscotch sauce, raspberry coulis

Cheesecake (D,E,G)

citrus fruit cheesecake, orange sorbet, poppy seed tuilles

Crème brûlée (V) (D,E,G,N)

Madagascan vanilla crème brûlée, chocolate ice cream, caramel

Cheese (Ce,D,G,Mu,SD) (GFO)

Guernsey Dairy smoked Cheddars, English Stilton & French Brie,

Guernsey butter & honey oatcakes, La Fregate garden apple chutney, vine fruits & celery

LUNCH 2 COURSE 32.00 ~ 3 COURSE 38.50 DINNER 2 COURSE 38.50 3 COURSE 45.00

Selection of Coffee and Teas available with La Fregate chocolate truffle

from an additional 4.00 per person (D,E,G) (DFO) (GFO)

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

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

A LA CARTE MENU

Scallops (E,Mo) (DF) (GF)

seared local water scallops wrapped in smoked bacon, green pea puree, ham hock nugget, apple compote **15.50 / 30.00**

Seafood (D,C,E,F,SD) (DF) (GF)

Guernsey Chancre crabmeat, Royal Greenland prawns & Severn & Wye smoked salmon,

citrus dressed salad, Marie-Rose sauce **14.00**

Herm oysters (Mo,SD) (DF) (GF)

Herm Island oysters served naturally with lemon and red wine shallot vinegar **6 Oysters 13.50 / 12 Oysters 23.50**

Foie gras; three ways (D,E,G,SD)

pan seared foie gras, torchon of foie gras, terrine of confit duck, foie gras & pistachio,

toasted brioche, sauternes jelly, crisp salad, truffle & cep dressing **16.00 / 32.00**

Steak tartare (E,F,G,Mu,SD) (GFO)

Irish reared prime beef fillet, prepared traditionally at your table, crisp salad, toasted Senner's bread **120g 19.00 / 210g 31.50**

Asparagus (V) (D,E,G,SD)

asparagus spears & wilted spinach, soft poached egg, Guernsey butter puff pastry, Hollandaise gratin **15.50 / 30.00**

oOo

Beef fillet (D,G,SD) (GFO) (DFO)

grilled 210g prime beef fillet, Gaufrette potatoes, flat cap mushroom, vine tomatoes and onion ring **35.00**

add your choice of: Stilton English blue cheese, garlic butter, green peppercorn or Béarnaise sauce **3.75**

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

Guernsey sea bass fillet, monkfish tail and brill pan fried in Guernsey butter with seared scallops,

steamed spinach and shellfish sauce **30.00**

Brill (D,F)

grilled fillet of local water brill, Chancre crab & chive potato cake, ratatouille, citrus dressing **29.50**

Monkfish (D,F,G,SD)

collops of monkfish tail, Boulangère potatoes, broccoli florets, crisp pancetta, pink peppercorn sauce **29.50**

Duck (Ce,D,G,SD)

Creedy Carver duck breast, fondant potato, roast parsnip and vanilla puree, greens, Armagnac and griottine jus **29.50**

Gougères (V) (D,E,G,SD)

Guernsey Dairy smoked Cheddar gougères, Provençale vegetables, parmesan beurre blanc, asparagus tips **26.50**

Sauté potatoes (D)	5.00	Truffle and parmesan chips (D)	5.00
Triple cooked chips / French fries	4.75	Tempura onion rings (G)	4.75
Courgette frit (D,E,G)	4.75	Creamed spinach (D)	4.75
Mixed green vegetables (D)	4.75	New potatoes, mint butter (D)	4.75

Tomato / Green / Mixed salad / Rocket and parmesan salad (D,E,Mu,SD) 5.00