



Sample Sunday Lunch Menu

Scallops (D,Mo) (DFO) (GF) ♻️

Guernsey scallops, grilled black pudding, green pea puree

Duck & foie gras (D,E,SD) (GF)

smoked Creedy Carver duck breast, confit duck & foie gras terrine, foie gras crème brûlée, salad, cep dressing

Calves liver (D,SD) (DFO) (GF)

pan seared calves liver, pancetta & pearl onions, Masala wine jus

Seafood (GF) (C,E,F,SD) ♻️

Severn & Wye smoked salmon, Guernsey Chancre crabmeat & Royal Greenland prawns, crisp salad, Marie-Rose sauce

Velouté (V) (D) (GF) ♻️

creamed leek & potato soup

all served with La Fregate breads and Guernsey butter (D,G) (DFO) (GFO) ♻️

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

slow roasted Chateaubriand of prime Irish beef, Yorkshire pudding, crushed root vegetables, red wine jus

Bream (F,SD) (DF) (GF) ♻️

Guernsey Gilthead bream fillet, steamed spinach, salsa verde, citrus dressing

Brill (D,E,F,G,SD) ♻️

grilled local water brill fillet, roast vine tomatoes, shellfish beurre blanc

Chicken Schnitzel (D,E,G,SD)

panko crumbed free range chicken supreme, lemon & parsley butter

Aubergine Provençale (Ve) (GF) ♻️

charred aubergine, Provençale vegetables, griddled zucchini & peppers, cumin spiced aubergine puree

main courses served with carrots, swede, greens & braised red cabbage (D) (GF) (DFO),
goose fat roasted potatoes or Boulangère potatoes (V) (D) (GF) (DFO)

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Lemon meringue (V) (D,E,G) ♻️

classic lemon meringue pie, frosted raspberries, sauce Anglaise

Profiteroles (V) (D,E,G) ♻️

light choux pastry buns filled with Guernsey Dairy cream, dark chocolate sauce

Toffee (D,E,G) ♻️

La Fregate sticky toffee pudding, treacle sauce

Apple tart (V) (D,E,G,N) ♻️

apple & almond frangipane tart, cinnamon doughnuts, vanilla custard

Selection of British, Continental & Bailiwick cheese from the trolley (Ce,D,G,Mu,SD) ♻️

Guernsey honey & butter oatcake, celery, pear chutney, vine fruits

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£34.50

A discretionary 10% service charge is added to your bill

A selection of coffees and teas available with La Fregate chocolate truffle (D,S) ♻️
from **£4.00**

ALLERGEN KEY:

C – Crustacean, 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

V – Vegetarian, Ve – Vegan, VeO – Vegan Option, DF – Dairy Free, DFO – DF Option, GF – Gluten Free, GFO – GF Option

♻️ This icon identifies dishes prepared using produce either locally caught, grown, reared or produced in Guernsey.