



At La Fregate our driving philosophy is to eat local and showcase the very best locally sourced, sustainable and seasonal produce.

Our menu draws inspiration from France, the UK and the Bailiwick of Guernsey to create defining flavours, whilst also celebrating the purity of local seafood.

Our kitchen regularly handles all types of allergies and many dietary requirements.

Please inform one of our friendly team/ staff members of ANY dietary needs.

While we take all care to avoid cross-contamination, we cannot guarantee our food is 100% allergen-free.

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 accounts.

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

## FOIE GRAS

pan seared foie gras, torchon of foie gras, terrine of foie gras, confit duck & pistachio,  
toasted brioche, Sauternes jelly, crisp salad, truffle and cep dressing  
(D,E,G,N,SD)

16.50

Add a glass of Sauternes

Château Simon 2020 10.50 125ml

Muscat de Beaumes de Venise 2019 10.50 125ml

## SCALLOPS

seared hand dived Guernsey scallops wrapped in cured bacon,  
green pea puree, pulled pork bon bon, apple compote, bacon dust  
(E,Mo) (DF) (GF)

15.50

## DUCK

smoked duck breast and confit duck spring rolls  
Asian slaw salad, kumquat gel, hoisin and honey mayonnaise  
(E,G,Se,S) (DF)

15.00

## SMOKED SALMON

Severn & Wye Valley smoked salmon,  
lemon, dressed crisp salad, fine capers  
(E,F,Mu,SD) (DF) (GF)

15.50

## CAESAR SALAD

classical Caesar salad with smoked chicken supreme or sautéed king prawns (C)  
(D,E,F,G,SD) (DFO) (GFO)

15.00

## SEAFOOD

Guernsey Chancre crabmeat, Royal Greenland prawns & ceviche of local water scallop,  
crushed avocado, mango, chilli, mint & red pepper salsa  
(C,Mo) (DF) (GF)

15.50

## HERM ISLAND OYSTERS

Select your preferred style;

served 'au natural' with lemon & red wine shallot vinegar (Mo,SD)

served hot with garlic butter (D,Mo)

served hot with Champagne beurre blanc (D,G,Mo,SD)

3 Oysters 7.50

6 Oysters 13.50

12 Oysters 23.50

## CHICKEN

pan-roasted free range chicken supreme,  
creamed sage and red onion potato, Spring cabbage and bacon, Vichy carrot,  
lemon and thyme jus  
(D,G,SD)  
27.50

## DUCK

roasted Creedy Carver duck breast  
fondant potato, roasted parsnip & vanilla puree, green beans,  
Armagnac & griottine cherry jus  
(Ce,D,SD) (GF)  
29.50

## SCALLOPS ♣

seared hand dived Guernsey scallops wrapped in cured bacon,  
saffron cocotte, mixed greens,  
tomato & lobster cream sauce  
(C,D,G,SD)  
30.00

## BRILL ♣

fillet of local water brill, crushed new potatoes with Chancre crabmeat & chives,  
ratatouille, citrus dressing  
(C,D,F,SD) (GF)  
29.50

## MONKFISH ♣

collops of monkfish tail, Boulangère potatoes, broccoli florets, crisp pancetta,  
pink peppercorn sauce  
(D,F,G,SD)  
29.50

## FISHERMAN'S PLATE ♣

Guernsey monkfish tail, sea bass and brill fillet pan fried in Guernsey butter,  
seared scallops, new potatoes, steamed spinach,  
shellfish beurre blanc  
(C,D,F,G,SD)  
30.00

## FILLET STEAK

chargrilled 210g prime Irish reared beef fillet,  
Gaufrette potatoes, flat cap mushroom, vine tomatoes & onion ring (G) (GFO)  
35.00

add your choice of:  
red wine jus (SD), Stilton English blue cheese (D,G,SD)  
garlic butter (D), green peppercorn (D,G,SD) or Béarnaise sauce (D,E,SD) ♣  
3.75  
seared slice of foie gras  
9.00

## SURF AND TURF

add 3 grilled Gamba prawns 9.50 (C)  
add 3 seared Guernsey scallops 12.50 (D,Mo) ♣

## CHATEAUBRIAND

2 guests 600g

Cooked to your liking and carved at your table,  
served with a selection of vegetables (D) (DFO)  
and French fries

69.00

Served with your choice of:

red wine jus, (SD), Stilton English blue cheese (D,G,SD)  
garlic butter (D), green peppercorn (D,G,SD) or Béarnaise sauce (D,E,SD) 9  
3.75

add a seared slice of foie gras  
9.00 pp

## STEAK TARTARE 9

Irish reared prime beef fillet, prepared traditionally at your table,  
crisp salad, toasted Senner's bread  
(E,F,G,Mu,SD) (DF) (GFO)  
starter 120g 19.00  
main 210g 31.50

## GRILLED FISH

Today's catch from our selected fishermen, served simply with lemon.

SEA BASS (F)  
29.50 9

MONKFISH (F)  
29.50 9

BRILL (F)  
29.50 9

SCALLOPS (Mo)  
30.00 9

Choose from: Hollandaise (D,E,SD), Béarnaise (D,E,SD),  
Champagne beurre blanc (D,G,SD), 9  
Lobster sauce (C,D,G,SD),  
garlic butter (D) or chilli, ginger and lime butter (D)  
3.75

## SIDE VEGETABLES, POTATOES & SALADS

|                                        |                                         |                                        |
|----------------------------------------|-----------------------------------------|----------------------------------------|
| Buttered mange tout (D)(DFO)<br>4.75   | Spinach, plain or creamed (C)<br>5.00   | Vichy carrots (D)<br>4.75              |
| Broccoli & almonds (D,N) (DFO)<br>4.75 | Buttered green beans (D) (DFO)<br>£3.00 | Mix green vegetables (D) (DFO)<br>4.75 |
| Tempura onion rings (G) (GFO)<br>4.75  | Sauté potatoes (D)<br>5.00              | Courgettes frit (E,G)<br>4.75          |
| Triple cooked chips<br>5.00            | Truffle and parmesan chips (D)<br>5.50  | French fries<br>5.00                   |
| Ratatouille<br>5.00                    | Mixed / Green salad (Mu,SD)<br>5.00     | Rocket & parmesan salad (SD)<br>5.00   |

## MENU DU JOUR

### CHICKEN 9

home smoked chicken supreme,  
confit chicken & prune terrine,  
smooth chicken liver parfait,  
La Fregate tomato & pepper chutney, Senner's Melba toast  
(D,E,G,Mu,SD) (GFO)

### VELOUTÉ 9

Sark cauliflower cheese velouté,  
mature Cheddar cheese straws, truffle oil  
(V) (D,E,G)

### GUERNSEY CHANCRE CRAB 9

spiced Chancre crabmeat and herb potato cake,  
Katsu curry cream, mango, chilli, pepper and coriander salsa  
(C,E) (DF) (GF)

all served with La Fregate daily baked breads and Guernsey Dairy butter  
(D,E,G,Se) (DFO)

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### BREAM 9

Guernsey Gilthead bream fillet,  
saffron cocotte, steamed spinach, samphire with smoked salmon,  
Champagne & mussel sauce  
(D,F,Mo,SD)

### PORK

medallions of pork fillet,  
Boulangère potato,  
Spring cabbage & pancetta, Vichy carrot,  
Roquefort blue cheese sauce  
(D,E,G,SD)

### GOUGÈRES 9

Guernsey Dairy mature Cheddar gougères,  
Provençale vegetables, rocket salad & pesto,  
Rocquette Cider beurre blanc  
(V) (D,E,G,SD)

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### TREACLE TART 9

warm treacle tart, Guernsey Dairy cream,  
frosted raspberries, sauce Anglaise  
(V) (D,E,G)

### CHEESECAKE 9

Rocquette Cider and apple cheesecake,  
ginger brittle, blackberry coulis  
(D,E,G,SD)

### CRÈME BRÛLÉE 9

vanilla bean crème brûlée,  
expresso ice cream, caramel  
(V) (D,E) (GF)

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

## VEGETARIAN

### GOUGÈRES

Guernsey Dairy mature cheddar gougères,  
Provençale vegetables, fresh Guernsey herb pesto  
(V) (D,E,G,SD)  
14.50 / 23.50

### VELOUTÉ

woodland mushroom velouté  
parmesan croutons, truffle oil  
(V) (D,G) (GFO)  
11.50

### SPRING ROLLS

mixed vegetables,  
Asian slaw salad, soy and honey dressing, sweet chilli dip  
(V) (G,S,Se)  
14.00 / 21.50

### CAMEMBERT

French classic, fried in breadcrumbs, caramelised walnuts,  
La Fregate tomato & pepper chutney, crisp salad  
(V) (D,E,G,Mu,SD)  
14.00 / 21.50

### ASPARAGUS

grilled spears  
wilted spinach, soft poached hen's egg, Guernsey butter puff pastry,  
Hollandaise sauce, foraged seaweed dust  
(V) (D,E,G,SD)  
15.50 / 23.50

### MOZZARELLA

Italian buffalo mozzarella  
vine tomatoes and sun dried tomatoes, basil, olive oil, balsamic dressing  
(v) (D,SD)  
12.50 / 21.50

## PLANT BASED DISHES

### BEETROOT SALAD

pickled beetroot and roasted beetroot,  
arugula salad, croutons, hazelnuts, caramelised orange, cumquat gel, beetroot puree  
(Ve) (G,N) (GFO)

12.50

### SPICED TOMATO AND PEPPER VELOUTÉ 9

salsa verde

(Ve) (GF)

11.50

### ASPARAGUS, AVOCADO AND ROCKET

toasted pine kernels, sesame seeds, soy dressing

(Ve) (S,Se)

12.50

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### VEGETABLE AND COCONUT THAI GREEN CURRY

steamed rice

(Ve) (GF)

22.50

### GRILLED MEDITERRANEAN VEGETABLES 9

chick pea ratatouille, sun dried tomatoes, cumin spiced aubergine caviar

(Ve) (GF)

22.50

### SPINACH AND MUSHROOM MILLEFEUILLE 9

flat cap mushroom and wilted spinach millefeuille, mushroom duxelle,

green pea puree

(Ve) (G,SD)

22.50

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### POACHED PEAR

saffron and white wine syrup, dark chocolate sauce, roasted hazelnuts

(Ve) (N,S,SD) (GF)

9.50

### FRESH FRUIT SALAD

raspberry sorbet

(Ve) (GF)

9.50

### CARAMELISED PINEAPPLE

chilli and pepper spiced caramelised pineapple, coconut sorbet

(Ve) (GF)

9.50

## DESSERTS

### STICKY TOFFEE PUDDING 🍷

La Fregate sticky toffee pudding,  
treacle sauce, caramel ice cream, brandy snap, caramel  
(V) (D,E,G)  
9.50

### TREACLE TART 🍷

warm treacle tart, Guernsey Dairy cream,  
frosted raspberries, raspberry coulis, sauce Anglaise  
(V) (D,E,G)  
9.50

### CRÈME BRÛLÉE 🍷

Madagascan vanilla crème brûlée,  
chocolate ice cream, caramel  
(V) (D,E) (GF)  
9.00

### CHEESECAKE 🍷

citrus fruit cheesecake, orange sorbet, poppy seed tuilles  
(D,E,G)  
9.00

### LA FREGATE CHEF'S PLATTER 🍷

a selection of the above desserts  
(D,E,G,N,S)  
12.50

### TRADITIONAL CRÊPE SUZETTE 🍷

(for 2 persons)  
flambéed with Armagnac and Grand Marnier at your table,  
served with Chantilly cream, ginger brittle & roasted almonds  
(V) (D,E,G,N)  
22.00

### CAFÉ GOURMAND 🍷

espresso coffee served with three mini desserts;  
mini crème brûlée, pistachio tuilles & dark chocolate truffles  
(V) (D,E,G,N,S)  
9.50

## SAUTERNES

|                                  |       |       |
|----------------------------------|-------|-------|
| Château Simon 2020               | 10.50 | 125ml |
| Muscat de Beaumes de Venise 2019 | 10.50 | 125ml |

## CHEESE 9

please ask your server for our selection of cheese from the trolley,  
served with Guernsey honey & rum butter oatcakes,  
grapes, celery & La Fregate apple chutney  
(Ce,D,G,Mu,SD) (DFO) (GFO)

## CORNISH YARG

crumbly, hard cheese with a subtle milky flavour, wrapped in nettle leaves

## CASHEL BLUE

Irish semi-hard blue cheese,  
fully pasteurised and mild giving a creamy gentle flavour

## PONT LEVEQUE

dating back to the 13th century, a French soft cheese  
with a rich and rustic flavour with strong aromas

## REBLOCHON

classic French Haut-Savoie cheese, semi soft, strong and fragrant,  
made from full cream unpasteurised milk

## CHÈVRE CROTTIN

French cheese made from pasteurised goat's milk,  
rich and intense from the Loire region (DF)

## GUERNSEY SMOKED CHEDDAR 9

locally smoked cheese, mild, smooth and creamy from the Guernsey Dairy

## ROYAL GOLDEN GUERNSEY GOAT 9

made by Mandy Girard at her St. Peter's home farm (DF)

## GUERNSEY EXTRA MATURE CHEDDAR 9

extra mature Cheddar from the Guernsey Dairy, St. Andrews

## ROQUEFORT

"The king of cheese" this French sheep's milk delicacy,  
aged for a minimum of 90 days in limestone caves is rich,  
intense and ivory in colour

## TOMME DE SAVOIE

from the French Alps, semi soft pressed cow's milk low in fat content

3 pieces 11.50

5 pieces 13.50

8 pieces 16.00