

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/ Muscat

Château Simon 2020 Sauternes	10.50	125ml
Muscat de Beaumes de Venise 2019	10.50	125ml

SCALLOPS

seared hand dived Guernsey scallops wrapped in cured bacon, cauliflower cheese 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 8.50
6 Oysters 13.50
12 Oysters 23.50



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 

DUCK

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

SEA BASS

Guernsey sea bass fillet,
saffron cocotte, roast vine tomatoes & samphire tips,
salsa verde, citrus dressing
(D,E,F,SD) (GF)
30.00

BRILL

fillet of local water brill, crushed new potatoes with Chancre crabmeat & chives,
ratatouille, Champagne beurre blanc
(C,D,F,G,SD)
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, broccoli florets,
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)

3.75

add a seared slice of foie gras

9.00 pp

STEAK TARTARE

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

MONKFISH (F)

29.50

BRILL (F)

29.50

SCALLOPS (Mo)

30.00

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

SIDE VEGETABLES, POTATOES & SALADS

Buttered mange tout (D)(DFO)
4.75

Spinach, plain or creamed (C)
5.00

Vichy carrots (D)
4.75

Broccoli & almonds (D,N) (DFO)
4.75

Buttered green beans (D)
(DFO)
£3.00

Mix green vegetables (D)
(DFO)
4.75

Tempura onion rings (G) (GFO)
4.75

Sauté potatoes (D)
5.00

Courgettes frit (E,G)
4.75

Triple cooked chips
5.00

Truffle and parmesan chips
(D)
5.50

French fries
5.00

Ratatouille
5.00

Mixed / Green salad (Mu,SD)
5.00

Rocket & parmesan salad
(SD)
5.00

COQUILLE ST. JACQUES 🇮

seared Guernsey scallops,
Rocquette Cider beurre blanc,
Guernsey butter brioche crumb, parsley & mature Cheddar gratin (D,E,G,Mo,SD)

JASON'S HAM 🇮

pressed terrine of locally reared ham,
crispy Guernsey quail egg, Sark butter & Bayeux mustard emulsion,
pickled hedgerow vegetables, green pea & ham velouté (D,E,Mu,SD) (GF)

BAILIWICK SEAFOOD 🇮

Guernsey Chancre crabmeat & basil crème fraîche salad,
mackerel pâté with Melba toasted Senners' bread,
'Blue Bottle' pink gin & tonic Herm Island oyster shot,
lemon & pepper cured brill (C,D,G,Mo,SD) (GFO)

ROYAL GOLDEN GUERNSEY GOAT'S CHEESE 🇮

Girard's Farm goat's cheese panna cotta,
charred capsicum, zucchini & eggplant salad, red bell pepper puree (V) (DF) (GF)
all served with La Fregate breads and Guernsey Dairy butter (D,G) (DFO) (GFO) 🇮

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GUERNSEY BEEF 🇮

medallion of prime Guernsey beef fillet & slow braised brisket,
Cowley's Farm boulangère potatoes, Spring vegetables, Diane sauce (D,G,Mu,SD) (GFO)

LA FREGATE FISHERMAN'S CHOICE 🇮

monkfish tail, sea bass & brill fillet cooked in Guernsey butter,
Frank's scallops, new potatoes & broccoli florets,
Guernsey Chancre crabmeat & lobster beurre blanc (C,D,F,G,SD)

ASPARAGUS & 'SAUMUR' CHEESE GOUGÈRES 🇮

new season asparagus spears & wilted spinach, Guernsey butter puff pastry, Hollandaise sauce,
hedgerow vegetable ratatouille, Bev's artisan 'Saumur' cheese gougères (V) (D,E,G,SD)

MACKEREL 🇮

grilled local water mackerel, roast vine tomatoes & samphire tips,
Cornish saffron cocotte, salsa verde, foraged Dulce seaweed dust, citrus dressing
(E,F,SD) (DF) (GF)

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CHEF'S SPRING FESTIVAL PLATTER OF MINI DESSERTS 🇮

INSPIRED FROM GUERNSEY DAIRY PRODUCE

Randalls 'Gold Bug' rum 'n' golden raisin crème brûlée / Rocquette Cider & apple cheesecake
rhubarb panna cotta & fried custard / lemon posset
Senners' brown bread ice cream / treacle tart (VO) (D,E,G,SD)

SELECTION OF BRITISH, CONTINENTAL & BAILIWICK CHEESE 🇮

Guernsey honey & butter oatcakes, celery, La Fregate tomato chutney & vine fruits
(Ce,D,G,Mu,SD)

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

A discretionary 10% service charge is added to your bill.

A selection of teas, coffees & fruit infusions available with La Fregate chocolate truffle from 4.00 (D,S)



Denotes dishes prepared using ingredients locally caught,
grown, reared or produced in the Bailiwick of Guernsey



VEGETARIAN

GOUGÈRES 🍷

Guernsey artisan 'Saumur' cheese gougères,
Provençale vegetables, rocket salad, Rocquette Cider beurre blanc
(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,SD)
14.00 / 21.50

ROYAL GOLDEN GUERNSEY GOATS' CHEESE 🍷

Girard's Farm goat's cheese panna cotta,
charred capsicum, zucchini & eggplant salad,
red bell pepper puree
(V) (DF) (GF)
14.00 / 21.50

ASPARAGUS 🍷

grilled asparagus 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

salsa verde
(Ve) (GF)
11.50

ASPARAGUS, AVOCADO AND ROCKET

toasted pine kernels, sesame seeds, soy dressing
(Ve) (S,Se,SD)
12.50
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VEGETABLE AND COCONUT THAI GREEN CURRY

steamed rice
(Ve) (GF)
22.50

GRILLED MEDITERRANEAN VEGETABLES

chick pea ratatouille, sun dried tomatoes, cumin spiced aubergine caviar
(Ve) (GF)
22.50

SPINACH AND MUSHROOM MILLEFEUILLE

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

RHUBARB 🍷

rhubarb panna cotta,
deep fried custard, strawberry ice cream, strawberry sauce, ginger brittle
(D,E,G)
9.50

TREACLE TART 🍷

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

CRÈME BRÛLÉE 🍷

Randalls 'Gold Bug' rum 'n' golden raisin crème brûlée,
golden raisin puree, caramel
(V) (D,E) (GF)
9.00

CHEESECAKE 🍷

Rocquette Cider & apple cheesecake, sauce Anglaise
(D,E,G,SD)
9.00

LA FREGATE CHEF'S SPRING FESTIVAL PLATTER OF MINI DESSERTS 🍷

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, butter tuilles & 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 & MUSCAT

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

CHEESE 📍

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

STILTON

semi soft English Blue Stilton from pasteurized cow's milk

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 📍

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

ROYAL GOLDEN GUERNSEY GOAT' 📍

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

GUERNSEY EXTRA MATURE CHEDDAR 📍

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