



LA FREGATE HOTEL DECEMBER PARTY LUNCH MENU 2025



Starters

SEAFOOD

Guernsey Chancre crabmeat,
king prawns, sea bass ceviche,
Severn and Wye smoked salmon,
citrus dressed salad, lemon,
Marie-Rose sauce
(D,C,E,F,SD) (GF)

CHEFS' CHARCUTERIE

homemade terrines & cured meat;
locally reared ham, parsley and caper,
duck confit, foie gras & apricot,
smoked chicken supreme,
2025 tomato & pepper chutney, crisp salad
(Mu,SD) (DF) (GF)

ROYAL GOLDEN GUERNSEY GOAT'S CHEESE

Girard's Farm goat's cheese panna cotta,
beetroot, roasted hazelnut
& caramelised orange salad,
rocket pesto
(V) (N,SD) (DF) (GF)

VELOUTÉ

curried parsnip velouté,
Senner's buttered croutons,
apple compote
(V) (D,G) (GFO)

MELON

chilled melon platter, Parma ham,
red berries, mango sorbet, raspberry coulis
(DF) (GF) (VeO)

All accompanied
with

La Fregate breads
and

Guernsey Dairy butter
(V) (D,E,G,Se) (GFO) (DFO) (VeO)

Mains

TURKEY

traditional roast turkey breast,
apricot and chestnut stuffing,
smoked bacon and chipolata,
cranberry and turkey jus,
cranberry sauce
(E,G,SD) (DF)

BEEF

slow roasted prime Irish beef fillet,
crushed winter root vegetables
green peppercorn sauce
(D,G,SD) (DFO) (GFO)

SEA BASS

pan fried sea bass fillet,
asparagus tips with smoked salmon,
Guernsey Chancre crab meat & shellfish
beurre blanc
(C,D,F,G,SD)

SALMON

grilled salmon,
roasted vine tomatoes,
salsa verde, citrus dressing
(E,F,SD) (DF) (GF)

PROVENCALE VEGETABLES

stuffed aubergine, chick pea ratatouille,
griddled pepper and zucchini,
semi dried vine tomatoes,
tomato & roast red pepper sauce
(Ve) (GF)

All main courses accompanied
with glazed Vichy carrots,
brassicas, honey roasted parsnips (V) (D)
and goose fat roasted potatoes
or Boulangère potatoes (V) (GF) (VeO)
Beef cooked medium rare unless specified.

Desserts

CHOCOLATE ORANGE

dark chocolate delice,
blood orange sorbet,
cocoa nib tuille,
dark chocolate sauce
(V) (D,E,G,S)

CHEESECAKE

Baileys liqueur cheesecake,
cappuccino ice cream,
hazelnut and cranberry biscotti,
ginger brittle
(D,E,G,N)

LA FREGATE CHRISTMAS PUDDING

traditional Christmas pudding,
Rocquette cider & Calvados sauce,
(V)(D,E,SD)(DFO)(GF)

CHERRY TART

black cherry & almond frangipane tart,
Guernsey Dairy cream, brandy snap,
sauce Anglaise
(V) (D,E,G,N)

ROAST PINEAPPLE

spiced, caramelised & roasted
pineapple, coconut sorbet,
frosted raspberries, mango sauce
(Ve) (GF)

CHEESE PLATTER

English blue Stilton, Cornish Yarg,
Girard's Farm goat's cheese (DF),
and French brie,
Guernsey butter & honey oatcakes,
La Fregate garden apple chutney,
vine fruits & celery
(Ce,D,G,Mu,SD) (GFO)

Three courses £39.50

ALLERGEN & DIETARY KEY—C Crustaceans, 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
DF Dairy Free, DFO Dairy Free Option, GF -Gluten Free, GFO - Gluten Free Option
V - Vegetarian, VO - Vegetarian Option, Ve - Vegan, VeO - Vegan Option
A discretionary 10% service charge will be added to the total bill