



Our carefully chosen selection of wines to accompany your menu

WHITE		175ml	250ml	750ml
Bordeaux Blanc Chateau Les Tuileries, France	2019	7.00	9.00	26.00
Altitudes Viognier Gran Reserva, Chile	2021	7.00	9.00	26.00
ROSE				
La Grande Plage dry rosé IGP pays d’Oc, France	N/V	7.00	9.00	26.00
RED				
Chateau Pontet Nivelle Bordeaux, France	2018	7.00	9.00	26.00
Campania Aglianico Cantine Terraneira, Italy	2017	7.00	9.00	26.00
San Pellegrino sparkling natural mineral water				4.75
Acqua Panná natural mineral water				4.75

A selection of teas and coffees available with La Fregate chocolate truffle

Espresso 4.00 Cappuccino (D) 4.95 Americano 4.50 Tea (D) 4.50 Latte (D) 5.00

Affogato with Baileys liqueur & homemade biscotti (D,E,G,N) 9.50

A wide selection of liqueurs available, please ask your server

Taylors 10 years Ruby Port 50ml 10.50

Chateau Simon Sauternes 125ml 10.50 Muscat Beaumes de Venise 125ml 10.50

Traditional 3 course Sunday luncheon 36.50

La Fregate Christmas gift vouchers from 50.00

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 bills.

Scallops (D,F,Mo,SD) (GF)		
seared local water scallops, smoked haddock & spinach risotto, Parmesan cheese		
Prawn cocktail (C,D,E,G,SD) (DFO) (GFO)		
Royal Greenland prawns, crisp salad, lemon, Marie-Rose sauce, buttered Senner’s brown bread		
Ham (Mu,SD) (DF) (GF)		
locally reared ham & parsley terrine , La Fregate hedgerow vegetable piccalilli		
Parfait (D,E,G,Mu,SD) (GFO)		
smooth chicken liver parfait, 2025 tomato & pepper chutney, Melba toasted Senner’s bread		
Royal Golden Guernsey goats’ cheese (V) (N) (DF) (GF)		
Girard's Farm goat’s cheese panna cotta, beetroot, hazelnut & caramelised orange salad, pesto		
Minestrone (V) (VeO) (D) (DFO) (GF)		
tomato & vegetable broth with gluten free pasta & Italian hard cheese		
ooo		
La Fregate Fisherman’s plate (C,D,F,G,SD)		
local water monkfish tail, John Dorey and sea bass fillet cooked in Guernsey butter,		
new potatoes, broccoli florets, shellfish beurre blanc		
Fillet steak mignon ’Café de Paris’ (D,F,SD) (GF)		
pan fried mignon fillet steak, classical Café de Paris butter,		
Boulangère potatoes, grill garnish of tomato & Portobello mushroom		
Salmon (D,E,F,SD) (GF)		
grilled salmon fillet, pommes Parmentier, roast vine tomatoes, Guernsey butter Hollandaise		
Chicken & mushroom pie (D,E,G,SD)		
slow cooked chicken & mushroom encased in butter pastry, creamed potatoes, cabbage & bacon, truffle gravy		
Aubergine Provençale (Ve) (SD) (DF) (GF)		
griddled egg plant, Provençale vegetables & chick peas, confit potato, tomato & roasted red pepper velouté		
ooo		
Pear ’Belle Helene’ (V) (D,E,S) (DFO) (GF)		
poached Autumn pear, vanilla ice cream, dark chocolate sauce		
Sticky toffee pudding (V) (D,E,G)		
La Fregate sticky toffee pudding, treacle sauce, ginger brittle, raspberry coulis		
Crème brûlée (V) (D,E,G,N)		
lemon crème brûlée, Guernsey Dairy ’Chantilly’ cream, almond crumb, caramel		
Clafoutis (V) (D,E,G,S)		
baked custard tart with black cherries, chocolate ice cream		
Cheese (D,G,Mu,SD) (DFO) (GFO)		
a selection of three varieties from our trolley,		
Guernsey butter & honey oatcakes, La Fregate garden pear chutney, celery & vine fruits		
LUNCH; STARTER & MAIN COURSE 24.00 ~ 3 COURSES 27.00		
DINNER 3 COURSES 32.00		
For the table		
La Fregate freshly baked breads (V) (VeO) (G) (GFO) served with Guernsey Dairy butter (D)		
or Extra virgin olive oil and balsamic (Ve) (SD) (DF) 2.50 per person		
Sides 5.00		
Truffle and parmesan chips (D) (GF)	French fries (Ve) (DF) (GF)	Courgette frit (V) (E,G) (DFO)
Mixed green vegetables (V) (VeO) (D) (DFO) (GF)	Green or mixed salad (Ve) (Mu,SD) (DF)(GF)	
New potatoes, mint butter (V) (VeO) (D) (DFO)	Tempura onion rings (Ve) (DF) (GF)	
Braised red cabbage (Ve) (DF) (GF)	Creamed spinach (V) (VeO) (D) (DFO)	