



Our specially selected 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 (C,D,Mo,SD) (GF)                                                                                                                   |                             |                                            |
| seared local water scallops, crab & lobster bisque risotto, Parmesan cheese                                                                 |                             |                                            |
| Salmon (D,E,G,SD)                                                                                                                           |                             |                                            |
| salmon & smoked salmon ‘fishcake’, warm tartare sauce                                                                                       |                             |                                            |
| 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                                                                       |                             |                                            |
| 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 |                             |                                            |
| Beef Stroganoff (D,G,SD)                                                                                                                    |                             |                                            |
| sautéed strips of prime fillet steak, flambéed with as Armagnac, mushroom & cornichon soured cream sauce, steamed rice                      |                             |                                            |
| Salmon (D,E,F,SD) (GF)                                                                                                                      |                             |                                            |
| grilled salmon fillet, pommes Parmentier, roast vine tomatoes, Guernsey butter Hollandaise                                                  |                             |                                            |
| Pork (D,E,G,SD)                                                                                                                             |                             |                                            |
| pan fried medallions of pork, Boulangère potatoes, braised carrot, cabbage & bacon, blue cheese sauce                                       |                             |                                            |
| Aubergine Provençale (Ve) (SD) (DF) (GF)                                                                                                    |                             |                                            |
| griddled egg plant, Provençale vegetables & chick peas, confit potato, tomato & roasted red pepper velouté                                  |                             |                                            |
| Pear & almond tart (V) (D,E,S) (DFO) (GF)                                                                                                   |                             |                                            |
| warm poached pear & almond frangipane tart, sauce Anglaise                                                                                  |                             |                                            |
| Sticky toffee pudding (V) (D,E,G)                                                                                                           |                             |                                            |
| La Fregate sticky toffee pudding, treacle sauce, ginger brittle, raspberry coulis                                                           |                             |                                            |
| Crème brûlée (V) (D,E) (GF)                                                                                                                 |                             |                                            |
| vanilla crème brûlée, black cherry compote, caramel                                                                                         |                             |                                            |
| Profiteroles (V) (D,E,G,S)                                                                                                                  |                             |                                            |
| light choux pastry buns filled with Guernsey Dairy ‘Chantilly’ cream, dark chocolate sauce                                                  |                             |                                            |
| 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) (GF)   |