

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,
cauliflower cheese puree, pulled pork bon bon, bacon dust
(D,E,Mo) (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

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, roasted vine tomatoes & samphire
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

SALTWATER PLATE 🍷

Guernsey brill & sea bass fillet with local water monkfish tail 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) 5.00	Spinach, plain or creamed (C) 5.00	Braised red cabbage (DF) (GF) 5.00
Broccoli & almonds (D,N) (DFO) 5.00	Buttered green beans (D) (DFO) 5.00	Mix green vegetables (D) (DFO) 5.00
Tempura onion rings (G) (GFO) 5.00	Sauté potatoes (D)	Courgettes frit (E,G) (DF) 5.00
Triple cooked chips 5.00	Truffle and parmesan chips (D) 5.00	French fries 5.00
Ratatouille 5.00	Mixed / Green salad (Mu,SD) 5.00	Rocket & parmesan salad (SD) 5.00

MENU DU JOUR

Scallops (C,D,F,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 & orange salad, pesto

Minestrone (V) (VeO) (D) (DFO) (GF)

tomato & vegetable broth with gluten free pasta & Italian hard cheese

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La Fregate Fisherman's plate (C,D,F,G,SD)

local water monkfish tail, John Dorey and sea bass fillet cooked in Guernsey butter, creamed potatoes, broccoli florets, shellfish beurre blanc

Beef Stroganoff (D,G,SD)

sautéed strips of prime fillet steak

flambéed with an 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 aubergine, Provençale vegetables, confit potato, tomato & red pepper velouté

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Pear & almond tart (V) (D,E,G,N)

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) (G) (GFO) served with Guernsey Dairy butter (D)
or Extra virgin olive oil and balsamic (SD) (DF) 2.50 per person

Sides 5.00

Truffle and parmesan chips (V) (D) (GF)	French fries (V) (GF)	Courgette frit (V) (E,G) (DF)
Mixed green vegetables (V) (D) (DFO) (GF)		Green or mixed salad (Ve) (Mu,SD) (DF)
New potatoes, mint butter (V) (VeO) (D)(DFO)		Tempura onion rings (Ve) (DF) (GFO)
Braised red cabbage (Ve) (DF) (GF)		Creamed spinach (V) (D) (DFO)

VEGETARIAN

GOUGÈRES 🍷

Guernsey artisan 'Saumur' cheese gougères,
Provençale vegetables, 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 GOAT'S 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 9

salsa verde
(Ve) (GF)
11.50

ASPARAGUS, AVOCADO AND ROCKET

toasted pine kernels, sesame seeds, soy dressing
(Ve) (S,Se,SD)
12.50
oOo

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,
green pea puree
(Ve) (G,SD)
22.50
oOo

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

CHEESECAKE 9

citrus fruit cheesecake,
vanilla ice cream, ginger brittle, lemon curd sauce
(V) (D,E,G)
9.50

TREACLE TART 9

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

CRÈME BRÛLÉE 9

mango crème brûlée, banana ice cream, caramel
(V) (D,E,S) (GF)
9.00

LA FREGATE STICKY TOFFEE PUDDING 9

date sponge pudding, butterscotch sauce,
clotted cream ice cream
(D,E,G,Se)
9.00

LA FREGATE CHEF'S PLATTER 9

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

TRADITIONAL CRÊPE SUZETTE 9

(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 9

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 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

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)

BUTLER'S MATURE CHEDDAR

Artisan cheese from Butler's Lancashire Dairy

ROYAL GOLDEN GUERNSEY GOAT 9

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

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