

all served with La Fregate breads and Guernsey Dairy butter (D,E,G) (DFO) (GFO)

Scallops (D,Mo) (GF)

seared hand dived local water scallops, smoked pancetta, pulled pork bon bon, cauliflower cheese puree

Brie (V) (D,E,N,SD) (GF)

gluten free breaded brie fritter, apple, raspberry, candied walnut & rocket salad, raspberry dressing

Seafood (C,D,E,F,Mu) (GF)

Guernsey Chancre crabmeat, smoked salmon & Royal Greenland prawns, Marie-Rose sauce, crisp salad

Foie gras & duck (D,E,G,SD)

foie gras, confit duck and apricot terrine, La Fregate 2025 sloe gin jelly, quince jam, toasted brioche, cep dressing

Velouté (D) (GF)

broccoli & English blue Stilton cheese velouté

Melon and Prosciutto ham (VO) (DF) (GF)

chilled melon platter, Prosciutto ham, mango sorbet, raspberry coulis, frosted red berries

Beef (D,G,SD) (DFO) (GFO)

slow roasted prime beef fillet, fondant potato, crushed winter root vegetables, green beans, green peppercorn sauce

Brill (C,D,F,G,SD)

fillet of Guernsey brill, cocotte potato, roast vine tomatoes, mange tout, shellfish beurre blanc

Sea bass (C,D,F,SD) (DFO) (GF)

local sea bass fillet, crushed new potatoes with Guernsey Chancre crabmeat & chives, spinach, salsa verde, citrus dressing

Chicken (D,SD) (DFO) (GF)

pan roasted free range chicken supreme with pancetta, Boulangère potatoes, broccoli florets, classical Chasseur sauce

Gougères (V) (D,E,G,SD)

Guernsey artisan 'Saumur' cheese gougères, baked aubergine, Provençale vegetables, Rocquette Cider beurre blanc

Pear (V) (D,E,G,N,S)

warm pear & almond frangipane tart, poached pear, chocolate ice cream, dark chocolate sauce

Crème brûlée (V) (D,E) (GF)

passion fruit crème brûlée, banana ice cream, mango coulis, caramel

La Fregate sticky toffee pudding (V) (D,E,G)

warm treacle & date sponge, brandy snap, clotted cream ice cream, butterscotch sauce

Lemon posset (V) (D,E) (GF)

lemon posset, Chantilly cream, frosted raspberries, crisp meringue

Pineapple (Ve) (GF)

Szechuan pepper, chilli & star anise spiced roast pineapple, pina colada compote, coconut sorbet

Cheese (V) (Ce,D,G,SD) (GFO)

Cornish Yarg, Cashel Blue and French brie,

La Fregate garden apple chutney, grapes, celery, Guernsey honey and oatcake biscuits

A discretionary 10% service charge will be added to all food and beverage accounts.

ALLERGEN 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 - DF Option, GF - Gluten Free, GFO - GF Option, V - Vegetarian, VO -V Option

Please note this menu is pre-order only, for parties of 8 or more, we must receive all pre-orders 7-10 days before an event.

Cancellations: if a meal is cancelled with less than 24 hours notice, then a full charge will be incurred.

Beef & duck main courses are cooked medium rare / pink unless specified. For any dietary requirements please contact us directly.