

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, curried parsnip puree, ham hock nugget, apple compote

Royal Golden Guernsey goat's cheese (V) (N,SD) (DF) (GF)

Girard's Farm goat's cheese panna cotta, beetroot, caramelised orange & hazelnut salad, pesto, orange gel

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 (V) (D) (GF)

cauliflower cheese velouté, gluten free buttered croutons, truffle oil

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

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

Venison (D,SD) (DFO) (GF)

slow roasted venison loin, Boulangère potatoes, crushed winter root vegetables,
spiced braised red cabbage, red wine jus

Brill (E,F,SD) (DF) (GF)

fillet of Guernsey brill, cocotte potato, roast vine tomatoes, mange tout, salsa verde, citrus dressing

Sea bass (C,D,F,G,SD)

sea bass fillet, asparagus tips, crushed new potatoes with Guernsey Chancre crabmeat & chives, shellfish beurre blanc

Pork (D,G,SD)

medallions of pork fillet, crisp pancetta, fondant potato, Vichy carrot, brassicas, English Blue Stilton velouté

Mediterranean vegetables (Ve) (SD) (GF)

char grilled bell peppers, egg plant & capsicums, chick pea ratatouille, tomato & roast pepper sauce

Chocolate (V) (D,E,G,S)

dark chocolate delice, chocolate, ginger brittle, dark chocolate sauce, coca nib butter biscuit

Crème brûlée (V) (D,E) (GF)

saffron & cardamom crème brûlée, banana ice cream, crisp meringue, caramel

Cherry tart (V) (D,E,G,N)

warm black cherry & almond frangipane tart, brandy snap, Guernsey Dairy 'Chantilly' cream, sauce Anglaise

Poached fruits (V) (D,E,G)

poached garden pear & plum, tulle basket, garden plum & apricot ice cream

Caramelised pineapple (Ve) (GF)

Szechuan pepper, chilli & star anise spiced roast pineapple, frosted raspberries, coconut sorbet, mango sauce

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, Ve Vegan, VeO -Vegan 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.

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