



Sample Sunday Luncheon

Seafood (C,D,E,F,SD) (GF) 🇮🇪

Guernsey Chancre crabmeat, Royal Greenland prawns, cold poached salmon, crisp salad, Marie-Rose dressing

Scallops (D,Mo,SD) (GF) 🇮🇪

seared Guernsey scallops, ink risotto, chorizo, mascarpone cream

Foie gras (D,E,G,Mu,SD) (GFO) 🇮🇪

foie gras torchon, toasted brioche, 2025 sloe gin jelly, peach puree

Venison (D) (GF) 🇮🇪

venison carpaccio, rocket salad, beetroot, parmesan, horseradish vodka dressing

Velouté (V) (D,G) (GFO) 🇮🇪

broccoli & English blue Stilton velouté, Senner's buttered croutons

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

slow roasted prime beef Chateaubriand, crushed winter root vegetables, red wine jus, Yorkshire pudding

Lamb (SD) (DF) (GF)

pan roasted loin of lamb, green pea puree, traditional Cumberland sauce

Fisherman's plate (D,F,G,SD) 🇮🇪

local water monkfish tail, sea bass & John Dory fillet, shellfish beurre blanc

Brill (E,F,SD) (DF) (GF) 🇮🇪

grilled fillet of brill, wilted spinach, salsa verde, citrus dressing

Mediterranean vegetables (V) (D,SD) (GF) 🇮🇪

char grilled eggplant, zucchini & bell peppers, ratatouille, semi dried tomatoes, roasted red pepper puree, pesto

main courses accompanied with braised red cabbage, Vichy carrots, swede & greens,

Cowley's Farm Boulangère (V) or goose fat roast potatoes (D) (GF) (DFO) 🇮🇪
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Earl Grey tea crème caramel (V) (D,E,G,N) 🇮🇪

tea scented crème caramel, lavender & almond shortbread

Pineapple (Ve) (GF) 🇮🇪

chilli & pepper spiced, roasted & caramelised pineapple, coconut sorbet, mango coulis

Apple & blackberry (D,E,G,N) 🇮🇪

hot apple & blackberry crumble, vanilla custard

Chocolate profiteroles (V) (D,E,G,S) 🇮🇪

light choux pastry buns filled with Guernsey Dairy 'Chantilly' cream, dark chocolate sauce

Selection of British, Guernsey and continental cheese from the trolley (Ce,D,G,Mu,SD) (DFO) 🇮🇪

Guernsey honey & butter oatcakes, celery, La Fregate apple chutney, vine fruits

£36.50

A selection of coffees and teas available with La Fregate chocolate truffle (V) (D,S) (GF)

from £4.00

ALLERGEN KEY:

C – Crustacean, 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 – Dairy Free Option, GF – Gluten Free, GFO – Gluten Free Option, V – Vegetarian

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

🇮🇪 This icon identifies dishes prepared using produce either locally caught, grown, reared or produced in Guernsey.