

FOIE GRAS

pan seared foie gras, toasted brioche,
golden raisin & Sauternes compote, peach coulis
(D,E,G)
19.50

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, crisp pancetta, Parmesan crisp
(D,E,Mo) (GF)
17.50

DUCK

smoked duck breast and confit duck spring rolls
Asian slaw salad, kumquat gel, hoisin and honey mayonnaise
(E,G,Se,S) (DF)
16.50

SALMON

Severn & Wye Valley smoked salmon, salmon rillettes, beetroot cured,
lemon, dressed crisp salad, fine capers
(E,F,Mu,SD) (DF) (GF)
17.50

CAESAR SALAD

classical Caesar salad with smoked chicken supreme or sautéed king prawns (C)
(D,E,F,G,SD) (DFO) (GFO)
16.50

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 9.50
6 Oysters 17.50
12 Oysters 25.50



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)
30.00

SEA BASS

Guernsey sea bass fillet,
saffron cocotte, roasted vine tomatoes & samphire
salsa verde, citrus dressing
(D,E,F,SD) (GF)
32.00

BRILL

fillet of local water brill, crushed new potatoes with Chancre crabmeat & chives,
ratatouille, Champagne beurre blanc
(C,D,F,G,SD)
32.00

MONKFISH

collops of monkfish tail, Boulangère potatoes, broccoli florets, crisp pancetta,
pink peppercorn sauce
(D,F,G,SD)
32.00


FISHERMAN'S PLATE

Guernsey monkfish tail, sea bass and brill fillet 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,
fondant potato, flat cap mushroom, vine tomatoes & onion ring (G) (GFO)
36.00

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) 
4.00

seared slice of foie gras
15.50

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

72.00

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

4.00

add a seared slice of foie gras

15.50 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 21.00

main 210g 34.00

GRILLED FISH

Today's catch from our selected fishermen, served simply with lemon.

SEA BASS (F)

32.00 9

MONKFISH (F)

32.00 9

BRILL (F)

32.00 9

SCALLOPS (Mo)

32.00 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)

SIDE VEGETABLES, POTATOES & SALADS

Buttered mange tout (D)(DFO)
5.00

Spinach, plain or creamed (C)
5.00

Vichy carrots (D)
5.00

Broccoli & almonds (D,N) (DFO)
5.0

Buttered green beans (D)
(DFO)
5.00

Mix green vegetables (D)
(DFO)
5.00

Tempura onion rings (G) (GFO)
5.50

Sauté potatoes (D)
5.00

Courgettes frit (E,G)
5.00

Triple cooked chips
5.50

Truffle and parmesan chips
(D)
6.00

French fries
5.00

Ratatouille
5.00

Mixed / Green salad (Mu,SD)
5.00

Rocket & parmesan salad
(SD)
5.00

MENU DU JOUR

SCALLOPS 🍴

carpaccio of local water scallops & watermelon, chilli, lime & ginger dressing
(Mo) (DF) (GF)

CHICKEN 🍴

smooth chicken liver parfait, confit chicken & pistachio terrine, smoked supreme,
La Fregate tomato & pepper chutney, Melba toasted Senner's' bread, crisp salad
(D,E,Mu,SD) (GFO)

SMOKED HADDOCK 🍴

poached smoked haddock, baby spinach risotto, soft poached egg, Guernsey butter emulsion
(D,E,F,SD) (GF)

FENNEL 🍴

crisp gluten free fennel fritter, fennel, radish & sesame slaw, mint Hollandaise gratin
(V) (D,E,SD,SE) (GF)

VELOUTE 🍴

sweetcorn & Guernsey Chancre crab velouté, chorizo oil
(C,D) (GF)
oOo

PORK

grilled loin of pork,
maple glazed potato pave, Spring cabbage & pancetta, braised carrot,
pulled pork bon bon, spiced apple compote, hickory & pork sauce
(D,E,SD)

SEA BASS 🍴

Guernsey sea bass fillet, crushed new potatoes with local crabmeat, ratatouille, salsa verde, citrus
(D,F,G,SD)

HALIBUT 🍴

pan fried halibut fillet,
saffron cocotte, new season asparagus tips, crab & lobster beurre blanc
(C,D,F,G,SD)

BEETROOT & ROYAL GOLDEN GUERNSEY GOAT'S CHEESE 🍴

gluten beetroot & Girard's Farm goat's cheese arancini,
roasted beetroot & hazelnut warm salad, caramelised orange, orange gel
(V) (E,N,SD) (DF) (GF)
oOo

LA FREGATE STICKY TOFFEE PUDDING 🍴

treacle sauce, ginger brittle, raspberry coulis
(V) (D,E,G)

PROFITEROLES 🍴

light choux pastry buns filled with Guernsey Dairy 'Chantilly' cream, dark chocolate sauce
(V) (D,E,G,S)

CHEESE 🍴

A selection of three varieties from the trolley, Guernsey honey & oat biscuits,
celery, vine fruits, La Fregate garden apple chutney
(Ce,D,G,Mu,SD) (DFO) (GFO)

CRÈME BRÛLÉE 🍴

coconut & passion fruit crème brûlée,
coconut sorbet, meringue chards, mango coulis, caramel
(V) (E) (DF) (GF)

LUNCH 2 COURSE 33.00 ~ 3 COURSE 39.50

DINNER 2 COURSE 38.50 ~ 3 COURSE 45.00

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)
12.50

SPRING ROLLS

mixed vegetables,
Asian slaw salad, soy and honey dressing, sweet chilli dip
(V) (G,S,Se,SD)
14.50 / 22.50

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)
14.50 / 22.50

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)
16.50 / 23.50

MOZZARELLA

Italian buffalo mozzarella
vine tomatoes and sun dried tomatoes, basil, olive oil, balsamic dressing
(V) (D,SD)
14.50 / 22.50

PLANT BASED DISHES

BEETROOT SALAD

pickled beetroot and roasted beetroot,
arugula salad, croutons, hazelnuts, caramelised orange, cumquat gel, beetroot puree
(Ve) (G,N) (GFO)
13.50

SPICED TOMATO AND PEPPER VELOUTÉ

salsa verde
(Ve) (GF)
12.50

ASPARAGUS, AVOCADO AND ROCKET

toasted pine kernels, sesame seeds, soy dressing
(Ve) (S,Se,SD)
13.50
oOo

VEGETABLE AND COCONUT THAI GREEN CURRY

steamed rice
(Ve) (GF)
23.50

GRILLED MEDITERRANEAN VEGETABLES

chick pea ratatouille, sun dried tomatoes, cumin spiced aubergine caviar
(Ve) (GF)
23.50

SPINACH AND MUSHROOM MILLEFEUILLE

flat cap mushroom and wilted spinach millefeuille,
green pea puree
(Ve) (G,SD)
22.50
oOo

POACHED PEAR

white wine syrup, dark chocolate sauce, roasted hazelnuts
(Ve) (N,S,SD) (GF)
9.50

FRESH FRUIT SALAD

orange sorbet
(Ve) (GF)
9.50

CARAMELISED PINEAPPLE

chilli, Szechuan pepper & star anise spiced caramelised pineapple, mango sorbet
(Ve) (GF)
9.50

DESSERTS

PROFITEROLES 🍷

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

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

9.50

PINEAPPLE

chilli, Szechuan pepper & star anise spiced & roasted pineapple,
mango sorbet, chocolate, mango coulis

(Ve) (S) (GF)

9.50

CRÈME BRÛLÉE 🍷

coconut & passion fruit crème brûlée, meringue chards, coconut sorbet, caramel

(V) (E) (DF) (GF)

9.50

STICKY TOFFEE PUDDING 🍷

La Fregate sticky toffee pudding,
treacle sauce, frosted raspberries, ginger brittle, raspberry coulis

(V) D,E,G)

9.50

CHEF'S PLATTER 🍷

chef's selection of mini desserts

(D,E,G,N,S)

12.50 pp

TRADITIONAL CRÊPE SUZETTE 🍷

(for 2 persons)

flambéed with Armagnac and Grand Marnier at your table,
served with 'Chantilly' cream, brandy snap & roasted almonds

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

23.00

CAFÉ GOURMAND 🍷

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 🍷

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)

BUTLERS EXTRA MATURE CHEDDAR

Artisan cheese from Butlers Lancashire dairy

ROYAL GOLDEN GUERNSEY GOAT 🍷

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