



SAMPLE SUNDAY LUNCH MENU

Crab (C,D,E) (GF) ☞

Guernsey Chancre white crabmeat with watermelon, strawberry & caramelised citrus salad, crisp basil, citrus dressing

Foie gras & chicken (DF) (GF) ☞

torchon of foie gras, smoked free range chicken supreme, peach compote, Sauternes jelly

Scallops (D,Mo) (GF) ☞

Seared local water scallops, Sark cauliflower cheese puree, crisp pancetta

Avocado (V) (D,N) (GF) ☞

baked avocado with Roquefort cheese gratin, candied walnut and baby gem dressed salad

Velouté (V) (D,G) (GFO) ☞

creamed Guernsey tomato velouté, Senner's buttered croutons

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

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

slow roasted fillet of prime Irish beef, Yorkshire pudding, crushed root vegetables, classical Bourguignon sauce

Cod (D,F,G,SD)

steamed cod fillet, green pea puree, warm tartare sauce, straw potatoes

Turbot (C,D,F) (GF) ☞

Guernsey turbot fillet, tomato & prawn butter

Duck (SD) (GF)

pan roasted Creedy Carver duck breast, classical orange & Grand Marnier sauce

Royal Golden Guernsey Goat's cheese arancini (V) (E,SD) (DF) (GF) ☞

Girard's Farm goat's cheese & beetroot arancini, roast beetroot & warm hazelnut salad, orange gel, rocket pesto

main courses served with Vichy carrots, swede, honey roast parsnips, cauliflower (D) & greens (D) (DFO),
goose fat roasted potatoes or Cowley's Farm Boulangère potatoes (V) (GF)

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Chocolate (V) (D,E,G,S) ☞

milk chocolate delice, chocolate ice cream, dark chocolate sauce, cocoa nib butter biscuits

Treacle tart (V) (D,E,G) ☞

traditional British dessert, served with, ginger brittle, frosted raspberries, Guernsey Dairy 'Chantilly' cream

Panna cotta (D,E,G) ☞

citrus fruit panna cotta, mango coulis, citrus & poppy seed tuilles, sauce Anglaise

Crème brûlée (V) (D,E) (GF) ☞

rosewater crème brûlée, red berries, vanilla ice cream, caramel

Selection of British & Continental cheese from the trolley (Ce,D,G,Mu,SD) (DFO) (GFO) ☞

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

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£39.00

A discretionary 10% service charge is added to your bill

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

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

V - Vegetarian, Ve - Vegan, VeO – Vegan Option, DF – Dairy Free, DFO – DF Option, GF – Gluten Free, GFO – GF Option

☞ this icon identifies dishes prepared using produce either locally caught, grown, reared or produced in Guernsey.