

FOIE GRAS

pan seared foie gras & pressed terrine of confit duck, pistachio & foie gras,
toasted butter brioche, crisp dressed salad,
La Fregate 2025 sloe gin jelly, roast fig jam (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 9

seared hand dived Guernsey scallops,
carrot, orange & coriander puree, pulled pork bon bon, crisp pancetta (D,E,Mo) (GF) 17.50

CORONATION LOBSTER 9

La Fregate lobster, apple, apricot & mango cocktail,
crisp salad, homemade lightly curried mayonnaise, semi dried vine tomato, lime,
Senner's brown bread, Guernsey Dairy butter (C,D,E,G,Mu,SD) 17.50

DUCK

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

TRIO OF SALMON

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

KING PRAWN CAESAR SALAD

classical Caesar salad with sautéed king prawns (C,D,E,F,G,SD) (DFO) (GFO) 17.50

HERM ISLAND OYSTERS 9

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 10.50
6 Oysters 18.50
12 Oysters 26.00



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 9

roasted Creedy Carver duck breast
fondant potato, celeriac puree, broccoli florets,
Armagnac & griottine cherry jus
(Ce,D,SD) (GF) 30.00

BRILL 9

fillet of local water brill,
saffron cocotte, roasted vine tomatoes & steamed samphire tips,
salsa verde, citrus dressing
(D,E,F,SD) (GF) 32.00

SEA BASS 9

Guernsey sea bass fillet,
crushed new potatoes with Chancre crabmeat & chives, ratatouille,
Champagne beurre blanc
(C,D,F,G,SD) 32.00

MONKFISH 9

collops of monkfish tail, Boulangère potatoes, cabbage & bacon, crisp pancetta,
pink peppercorn sauce
(D,F,G,SD) 32.00

GUERNSEY LOBSTER 9

Cold; with crisp salad, herb mayonnaise, lemon & hot buttered new potatoes (C,D,E,Mu,SD)
Hot; with garlic butter & French fries (C,D) or Thermidor sauce & steamed rice (C,D,E,G,Mu,SD)
half lobster 31.50 whole lobster 43.50 per person

FISHERMAN'S PLATE 9

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) 32.00

FILLET STEAK

chargrilled 210g prime Irish reared beef fillet,
Portobello mushroom, vine tomatoes, onion ring and French fries (G) (GFO) 37.50

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 each 9
seared slice of foie gras 18.00

SURF AND TURF 9

add 3 seared Guernsey scallops (D,Mo) 12.50
add 3 grilled king prawns (C) 10.50
add half a Guernsey lobster (C) 27.50

CHATEAUBRIAND

for 2 guests minimum weight 600g
cooked to your liking and carved at your table,
served with roasted vine tomatoes, Portobello mushrooms, onion rings,
French fries and a selection of vegetables (D) (DFO) 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) 4.00 each 9
add a seared slice of foie gras 18.00 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 course 210g 35.00

GRILLED FISH

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

SEA BASS (F)
32.50 9

MONKFISH (F)
32.50 9

BRILL (F)
32.50 9

SCALLOPS (Mo)
32.50 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)
4.00

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) 5.00	Buttered green beans (D) (DFO) 5.00	Mix green vegetables (D) (DFO) 5.00
Tempura onion rings (G) (GFO) 5.50	Sauté potatoes (D) 5.50	Courgettes frit (E,G) 5.00
Triple cooked chips 5.50	Truffle and parmesan chips (D) 7.00	French fries 5.00
Ratatouille 5.00	Mixed / Green salad (Mu,SD) 5.00	Rocket & parmesan salad(SD) 5.00

MENU DU JOUR

SCALLOPS

local water scallop ceviche, avocado cream, mango, chilli, lime & ginger dressing
(D,Mo) (GF)

HAM

pressed terrine of ham hock, parsley & fine capers,
'hedge veg' piccalilli, green pea & ham velouté
(Mu,SD) (DF) (GF)

SALMON

beetroot cured salmon, salsa verde, citrus dressing
(E,F,SD) (DF) (GF)

GOAT'S CHEESE

Royal Golden Guernsey Goat's cheese panna cotta,
sun dried tomato, caramelised walnut & orange salad, Guernsey honey dressing,
(VO) (N) (DF) (GF)

VELOUTE

cauliflower cheese velouté, Senner's buttered croutons, crème fraiche
(V) (D,G,Mu)
oOo

PORK

medallions of pork fillet,
champ potatoes, Vichy carrot, mange tout, Bayeux mustard cream sauce
(D,G,SD)

SEA BASS

local water sea bass fillet, saag aloo, beetroot bahji, spiced tomato jam, cucumber raita
(D,F) (GF)

BRILL

local water brill fillet
crushed new potatoes with smoked salmon, broccoli florets, lobster beurre blanc
(C,D,F,G,SD)

MEDITERRANEAN VEGETABLES

stuffed aubergine, chick pea & hedgerow vegetable ratatouille,
griddled pepper & zucchini, semi dried vine tomatoes, tomato & roast red pepper sauce
(Ve) (DF) (GF)
oOo

CHEESECAKE

strawberry cheesecake, strawberry ice cream, meringue, strawberry coulis
(D,E,G)

LA FREGATE TREACLE TART

warm treacle tart, sauce Anglaise, frosted raspberries, raspberry sauce
(V) (D,E,G)

PANNA COTTA

citrus fruit panna cotta, mango sauce, poppy seed tuilles
(D,E,G)

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 CARAMEL

Earl Grey tea scented crème caramel, apricot compote, Guernsey Dairy 'Chantilly' cream, ginger snaps
(V) (D,E,G)

LUNCH 2 COURSE 34.50 ~ 3 COURSE 41.50

DINNER 2 COURSE 40.50 ~ 3 COURSE 47.50

VEGETARIAN

GOUGÈRES 9

Guernsey artisan 'Saumur' cheese gougères,
Provençale vegetables, Rocquette Cider beurre blanc
(V) (D,E,G,SD)
14.50 / 23.50

VELOUTÉ 9

woodland mushroom velouté,
Italian hard cheese 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 9

Girard's Farm goat's cheese arancini,
charred capsicum, zucchini & eggplant salad, tomato & roast pepper sauce
(V) (DF) (GF)
14.50 / 22.50

ASPARAGUS 9

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 9

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 9

chick pea ratatouille, sun dried tomatoes, red bell pepper coulis
(Ve) (GF)
23.50

SPINACH AND MUSHROOM MILLEFEUILLE 9

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

PANNA COTTA 9

citrus fruit panna cotta,
mango sauce, poppy seed tuilles
(D,E,G)
9.50

CHEESECAKE 9

strawberry cheesecake, strawberry ice cream, meringue, strawberry coulis,
(V) (D,E,G)
9.50

CRÈME BRÛLÉE 9

rosewater crème brûlée, vanilla ice cream, caramel
(V) (E) (DF) (GF)
9.50

LA FREGATE TREACLE TART 9

warm treacle tart,
sauce Anglaise, frosted raspberries, raspberry coulis
(V) D,E,G)
9.50

CHEF'S PLATTER 9

chef's selection of mini desserts
(D,E,G,N,S)
12.50 pp

TRADITIONAL CRÊPE SUZETTE 9

(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 9

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 9

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

GUERNSEY ARTISAN CHEESE 9

made by Beverley at her St. Saviour's Dairy

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'S CHEESE 9

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