

Scallops (C,D,Mo,SD) (GF)

seared local water scallops, Guernsey Chancre brown crab & spinach risotto, Parmesan cheese

Prawn cocktail (C,D,E,G,SD) (DFO) (GFO)

Royal Greenland prawns, crisp salad, lemon, Marie-Rose sauce, buttered Senner's brown bread

Chicken & duck (D,E,G,Mu,SD) (GFO)

smooth chicken liver parfait, traditional Cumberland sauce, Melba toasted Senner's bread,

Guernsey honey glazed smoked duck breast, 2026 tomato & pepper chutney

Royal Golden Guernsey goats' cheese & beetroot (V) (G,N) (DF)

Girard's Farm goat's milk & beetroot 'cheesecake', oatmeal biscuit, beetroot, hazelnut & burnt orange salad, pesto

Velouté (V) (D,N) (GF)

creamed broccoli & English Stilton blue cheese velouté, crème fraîche, broccoli oil, toasted almonds

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La Fregate Fisherman's plate (C,D,F,G,SD)

local water monkfish tail, sea bass fillet, salmon & king prawns cooked in Guernsey butter,

new potatoes, mange tout, shellfish bisque cream sauce

Fillet steak mignon 'Café de Paris' (D,F,SD) (GF)

pan fried mignon fillet steak, classical Café de Paris butter,

Boulangère potatoes, grill garnish of tomato & Portobello mushroom

Haddock fillet (D,E,F,SD) (GF)

smoked haddock fillet, champ potatoes, broccoli florets, Bayeux mustard gratin, smoked haddock beurre blanc

Pork medallions (D,G,SD)

medallions of pork tenderloin, sage & onion rosti, greens, Rocquette Cider 'Pomme d'Or' 3 year old brandy sauce

Aubergine Provençale (Ve) (SD) (DF) (GF)

Provençale vegetable stuffed egg plant, griddled zucchini & capsicum, confit potato, roasted red pepper velouté

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Cheesecake (D,E,G,S)

Rocquette Cider & garden apple cheesecake, ginger brittle, sauce Guernésiais

Sticky toffee pudding (V) (D,E,G)

La Fregate sticky toffee pudding, dark treacle sauce, brandy snap, frosted raspberries

Crème brûlée (V) (E) (DF) (GF)

coconut crème brûlée, Szechuan pepper, chilli, star anise & chilli spiced caramelised pineapple,

coconut sorbet, mango coulis, caramel

Meringue du Chef (V) (D,E,N,S)

pistachio & almond meringues, Guernsey Dairy 'Chantilly' cream, chocolate ice cream, chocolate & raspberry sauces

Cheese (D,G,Mu,SD) (DFO) (GFO)

a selection of three varieties from our trolley,

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

LUNCH; STARTER & MAIN COURSE 25.00 ~ 3 COURSES 28.50

DINNER; 3 COURSES 33.50

For the table

La Fregate freshly baked breads (V) (VeO) (G) (GFO) served with Guernsey Dairy butter (D)

or Extra virgin olive oil and balsamic (Ve) (SD) (DF) 2.50 per person

Sides 5.00

Truffle and parmesan chips (D) (GF)

French fries (Ve) (DF) (GF)

Courgette frit (V) (E,G) (DFO)

Mixed green vegetables (V) (VeO) (D) (DFO) (GF)

Green or mixed salad (Ve) (G,Mu,SD) (DF) (GF)

New potatoes, mint butter (V) (VeO) (D) (DFO)

Tempura onion rings (Ve) (DF) (GF)

Braised red cabbage (Ve) (DF) (GF)

Creamed spinach (V) (VeO) (D) (DFO) (GF)