



Our carefully chosen selection of wines to accompany your menu

WHITE		175ml	250ml	750ml
Legaris Verdejo Rueda, Spain	2024	7.00	9.00	26.00
A well rounded dry white wine with great structure				
ROSE				
Les Oliviers, Grenache Cinsault				
Languedoc, France	2025	7.00	9.00	26.00
Delightfully pale but with the ripeness of a southern French wine				
RED				
Arcano Nero d’Avolo, Sicily	2024	7.00	9.00	26.00
Sicily’s greatest red grape producing a smooth easy drinking wine				
San Pellegrino sparkling natural mineral water				4.75
Acqua Panná natural mineral water				4.75

A selection of teas and coffees available with La Fregate chocolate truffle

Espresso 4.00 Cappuccino (D) 4.95 Americano 4.50 Tea (D) 4.50 Latte (D) 5.00

Affogato with Baileys liqueur & homemade biscotti (D,E,G,N) 9.50

A wide selection of liqueurs available, please ask your server

Tailors 10 years Ruby Port 50ml 10.50

Chateau Simon Sauternes 125ml 10.50 Muscat Beaumes de Venise 125ml 10.50

Traditional 3 course Sunday luncheon 38.50

La Fregate Christmas gift vouchers from 50.00

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 bills.

Salmon & haddock (D,E,F,G,SD)		
salmon, smoked salmon & haddock ‘fishcake’, warm tartare sauce		
Prawn cocktail (C,D,E,G,SD) (DFO) (GFO)		
Royal Greenland prawns, crisp salad, lemon, Marie-Rose sauce, buttered Senner’s brown bread		
Chicken (D,E,G,Mu,SD) (GFO)		
smooth chicken liver parfait,		
2026 tomato & pepper chutney, dressed salad, Melba toasted Senner’s bread		
Pear & Stilton (V) (D,Mu,N) (GF)		
Stilton blue cheese glazed poached pear, candied walnut & rocket salad, Guernsey honey & mustard dressing		
Potage du jour (V) (D,G)) (GFO)		
Chef’s fresh vegetable soup of the day (please ask your server for today’s choice)		
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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		
Beef stroganoff (D,G,SD)		
sautéed strips of beef fillet, flambéed with an Armagnac, mushroom, cornichon & sour cream sauce,		
steamed rice		
Sea bass (D,E,F,SD) (GF) (DFO)		
grilled sea bass fillet, crushed new potatoes with chives, steamed samphire, salsa verde, citrus dressing		
Chicken ’Alexander’ (D,E,G,SD)		
chicken & mushroom pie, creamed potato mash, greens, red pepper, green pea & sherry beurre blanc		
Aubergine Provençale (Ve) (SD) (DF) (GF)		
Provençale vegetable stuffed egg plant, griddled zucchini & capsicum, Gaufrette potatoes, roasted red pepper velouté		
ooo		
Cheesecake (D,E,G)		
strawberry cheesecake, ginger brittle, strawberry sauce		
Treacle tart (V) (D,E,G)		
La Fregate warm treacle tart, sauce Guernésiais, brandy snap, Guernsey Dairy ‘Chantilly’ cream, frosted raspberries		
Pineapple (Ve) (E) (DF) (GF)		
Szechuan pepper, chilli, star anise & rum spiced caramelised pineapple,		
coconut sorbet, mango coulis		
Crème brûlée (V) (D,E,G,S)		
Madagascan vanilla crème brûlée, cocoa nib tuilles, caramel		
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)	