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

seared hand dived Guernsey scallops,
cauliflower cheese puree, pulled pork bon bon, crisp pancetta (D,E,Mo) (GF) 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

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

LA FRÉGATE

HOTEL & RESTAURANT

★★★★

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, parsnip & vanilla puree, broccoli florets,
Armagnac & griottine cherry jus
(Ce,D,SD) (GF) 30.00

BRILL

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

Guernsey sea bass fillet,
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, mange tout, 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) 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
seared slice of foie gras 18.00

SURF AND TURF

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

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

add a seared slice of foie gras 18.00 pp

STEAK TARTARE

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

MONKFISH (F) 32.50

BRILL (F) 32.50

SCALLOPS (Mo) 32.50

choose from: Hollandaise (D,E,SD), Béarnaise (D,E,SD),
Champagne beurre blanc (D,G,SD),
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) 5.50

Vichy carrots (D) 5.00

Broccoli & almonds (D,N) (DFO) 5.50

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 6.00

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

MELON (DF) (GF) (VEO)
chilled melon platter, Parma ham, red berries, mango sorbet, raspberry coulis

SEAFOOD (C,E,F,SD) (DF) (GF)
Royal Greenland prawns, Guernsey Chancre crabmeat, Severn & Wye smoked salmon,
Sea bass ceviche, citrus dressed salad, lemon, Marie-Rose sauce

CHICKEN & DUCK (D,E,G) (GFO)
smooth chicken liver parfait, traditional Cumberland sauce, Melba toasted Senner's bread,
Guernsey honey glazed smoked duck breast with caramelised orange & crisp salad

ROYAL GOLDEN GUERNSEY GOATS' CHEESE (V) (G,N) (DF)
Girard's Farm goat's milk & beetroot 'cheesecake',
oatmeal biscuit, beetroot, hazelnut & pomegranate salad, rocket pesto

VELOUTÉ (V) (D,G) (GFO)
curried parsnip velouté, apple compote, Senner's buttered croutons

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TURKEY (E,G,SD) (DF)
traditional roast turkey breast,
apricot & chestnut stuffing, smoked bacon & chipolata, roast potatoes, cranberry & turkey jus,
cranberry sauce

BEEF (D,G,SD) (DFO) (GFO)
prime beef fillet medallion,
crushed winter root vegetables, roast potatoes, green peppercorn sauce

SALMON (E,F,SD) (DF) (GF)
grilled salmon fillet, Boulangère potatoes, roasted vine tomatoes,
salsa verde, citrus dressing

SEA BASS (C,D,F,G,SD)
pan fried sea bass fillet,
Boulangère potatoes, asparagus tips with smoked salmon & Guernsey Chancre crabmeat,
shellfish beurre blanc

AUBERGINE PROVENÇALE (VE) (DF) (GF)
Provençale vegetables with chick peas & egg plant, griddled zucchini & capsicum, confit potato,
tomato & roasted red pepper velouté

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CHEESECAKE (D,E,G,N)
Baileys liqueur cheesecake, coffee ice cream, hazelnut & cranberry biscotti, ginger brittle

LA FREGATE CHRISTMAS PUDDING (V) (D,E,,SD) (DFO) (GF)
traditional Christmas pudding, Rocquette Cider & Calvados sauce

PINEAPPLE (VE) (DF) (GF)
Szechuan pepper, chilli, star anise & chilli spiced caramelised pineapple,
coconut sorbet, frosted raspberries, mango coulis, caramel

PROFITEROLES (V) (D,E,N,S)
light choux pastry buns filled with Guernsey Dairy 'Chantilly' cream,
cocoa nib tuilles, hot dark chocolate sauce

CHEESE (D,G,MU,SD) (DFO) (GFO)
a selection of three varieties from our trolley,
Guernsey butter & honey oatcakes, La Fregate garden apple chutney, celery & vine fruits

LUNCH; STARTER & MAIN COURSE 35.00 ~ 3 COURSES 41.50
DINNER; 3 COURSES 48.50

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,
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

Girard's Farm goat's cheese arancini,
charred capsicum, zucchini & eggplant salad, tomato & roast pepper sauce
(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

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VEGETABLE AND COCONUT THAI GREEN CURRY

steamed rice
(Ve) (GF)
23.50

GRILLED MEDITERRANEAN VEGETABLES

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

SPINACH AND MUSHROOM MILLEFEUILLE

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

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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,
cocoa nib tuilles, hot dark chocolate sauce
(D,E,G)
9.50

CHEESECAKE

Baileys liqueur cheesecake, coffee ice cream, hazelnut & cranberry biscotti, ginger brittle
(D,E,G,N)
9.50

PINEAPPLE

Szechuan pepper, chilli, star anise & chilli spiced caramelised pineapple,
coconut sorbet, frosted raspberries, mango coulis, caramel
(Ve) (DF) (GF)
9.50

LA FREGATE CHRISTMAS PUDDING

traditional Christmas pudding,
Rocquette Cider & Calvados sauce
(V) (D,E,SD) (DFO) (GF)
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

GUERNSEY ARTISAN CHEESE

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

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