LA FRÉGATE

HOTEL & RESTAURANT
★★★★

Starters

Crab and king prawns 13.00
handpicked Guernsey crab meat & tempura king prawns *(C,G,SD)*
crisp salad leaves, scorched cherry tomatoes, red bell pepper ketchup

Salmon 12.50
Severn & Wye smoked salmon *(F,SD)*
Lilliput capers

Scallops 13.00
seared hand dived local water scallops wrapped in pancetta *(Ce,D,E,G,Mo,Mu)*
green pea puree, pulled pork bon bon, bacon crumb

Duck 10.50
duck confit spring rolls *(E,G,S,Se)*
Asian slaw salad, crispy duck skin, kumquat gel, hoisin and honey mayonnaise

Steak tartare 16.00
prepared at your table *(E,G,Mu,SD)*
130g Irish reared prime beef fillet, prepared to your taste, salad, toast

Foie gras 13.00
pan fried foie gras *(D,G,N,SD)*
confit duck, foie gras and pistachio terrine, Sauternes jelly, truffle and cep dressing, toasted brioche

Goat's cheese 10.50
baked crottin goat's cheese *(V) (D,N,SD)*
toasted hazelnut crumb, caramelised orange, beetroot, Guernsey herb and rocket pesto

Mushroom velouté 10.50
Les Vallees farm and woodland mushroom velouté *(V) (Ce,D,G)*
truffled cream, sourdough croutons

Oysters *(Mo)* **6 Oysters 10.50 / 12 Oysters 19.50**
Herm Island Oysters

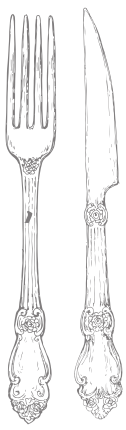
Natural - lemon, red wine shallot vinegar *(SD)* **Grilled** - garlic butter *(D)* ***or*** chorizo *(D)*
Poached - Champagne beurre blanc *(D,G,SD)*

Mains

Beef 26.00
grilled 230g prime Irish reared beef fillet *(Ce,D,G,SD)*
butter fondant, heritage carrots, green beans and pancetta, Torteval blue cheese sauce

Lamb 25.00
roast rack of English lamb *(Ce,D,G,SD)*
chorizo mash, chickpea ratatouille, Guernsey herb salsa verde, port wine jus

Duck 23.00
pan roasted Creedy Carver duck breast *(Ce,D,G,SD)*
fondant potato, parsnip and vanilla puree, broccoli florets, Armagnac and griottine jus



Calves liver 22.00
pan fried calves liver *(Ce,D,G,SD)*
parsley mashed potatoes, braised shallot, smoked bacon lardons,
Haut Maison cassis liqueur sauce

Sea bass 23.00
fillet of local water sea bass *(C,D,F,G,SD)*
crushed new potatoes with Guernsey crabmeat, buttered samphire, Champagne sauce

Brill 24.00
fillet of Guernsey brill *(C,D,F,G,SD)*
champ potatoes, asparagus spears, lobster beurre blanc

Saltwater plate 24.00
local water fish, pan fried in Guernsey butter *(C,D,F,G,Mo,SD)*
sea bass, monkfish and brill, seared scallops, wilted spinach, shellfish sauce

Grills

Fillet steak 230g 25.50
Ribeye steak 230g 20.00
Chicken supreme 19.00

All with grill garnish of locally grown mushroom, tomato and tempura onion (D,G)

ADD
3 king prawns *(C)* **7.50** **3 local water scallops** *(Mo)* **9.00**

Chateaubriand ~ *TO SHARE* 55.50
2 guests 600g
Madeira jus, served with a selection of vegetables and potatoes *(Ce,D,G,SD)*

Sauces;
local blue cheese *(Ce,D,G,SD)*, peppercorn *(Ce,D,G,SD)*, béarnaise *(D,E,SD)*
red wine jus *(Ce,G,SD)* or garlic butter *(D)*

Steak tartare ~ *prepared at your table (E,G,Mu,SD)* 25.50
230g Irish reared prime beef fillet, prepared to your taste, salad, toast

Seafood

simply grilled or pan fried in Guernsey butter *(D)*

Sea bass *(F)*	23.00	**King prawns** *(C)*	21.00
Brill *(F)*	24.00	**Scallops** *(Mo)*	23.50

Sauces; hollandaise *(D,E,SD)*, béarnaise *(D,E,SD)*, Champagne *(D,G,SD)*,
lobster sauce *(C,D,G,SD)*, chive butter *(D)* or ginger, chilli and lime butter *(D)*

ALLERGEN KEY –
***C* Crustaceans, *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**

Vegetarian

choose between
Starter 10.50 **Main 19.50**

Beignets *(D,E,G,SD)*
Guernsey smoked cheddar beignets,
Provençale vegetables, parmesan beurre blanc

Spring rolls *(E,G,Mu,S,Se,SD)*
mixed vegetables, Asian slaw salad,
soy and honey dressing, sweet chilli sauce

Camembert *(D,E,G,Mu,N)*
fried in breadcrumbs, caramelised walnuts,
sun dried tomato chutney

Asparagus *(D,E,SD)*
asparagus spears, soft poached hen's egg,
Guernsey butter hollandaise

Mozzarella *(D,SD)*
Italian buffalo mozzarella, tomatoes, basil,
olive oil, balsamic dressing

Sides

New potatoes, mint butter *(D)*	3.50
Sauté potatoes *(D)*	3.50
Truffle and parmesan chips *(D)*	4.50
Tempura onion rings *(G)*	3.50
Triple cooked chips/French fries	3.50
Fried courgettes *(D,E,G)*	3.50
Mix green vegetables *(D)*	3.50
Tomato/Green/Mixed salad *(D,E,Mu,SD)*	4.50
Rocket and parmesan salad *(D,E,Mu,SD)*	4.50

Desserts

White chocolate truffle 9.00
blackberry ice cream, sauce Anglaise *(D,E,G)*

Apple and sultana strudel 8.00
Rocquette cider and apple compote,
vanilla ice cream *(D,E,G,N,SD)*

Raspberry and pistachio cheesecake 9.00
raspberry ripple ice cream, ginger brittle *(D,E,G,N)*

Crème brûlée 9.00
citrus crème brûlée, Wheadon's gin and tonic granita,
pink grapefruit confit, almond shortbread *(D,E,G,N)*

Sticky toffee pudding 9.00
dark treacle sauce, salted caramel ice cream *(D,E,G)*

Caramelised pineapple 8.50
chilli and pepper spiced caramelised pineapple coconut sorbet

Poached pear 8.50
saffron and white wine syrup,
dark chocolate sauce, roasted hazelnuts *(N,SD)*

La Frégate chef's selection 10.50
five mini desserts of chef's choice *(D,E,G,N,SD,Se)*

Traditional crêpe Suzette 18.50
(for two people)
flambéed at your table, served with
vanilla bean ice cream and caramelised almonds *(D,E,G,N)*

Selection of homemade ice cream 6.50
please ask for our selection *(D,E,G,N)*

Café gourmand 8.00
espresso, served with 3 mini desserts *(D,E,G,N,Se)*

Cheese plate
please ask your server for recommendations from our cheese selection;
served with celery, vine fruits, chutney and homemade oatcakes
(Ce,D,G,Mu)

3 pieces **6.50** 5 pieces **9.50** 8 pieces **13.50**