

Dining Rooms



The Beard Room up to 34 covers



The Orangery up to 24 covers



The Restaurant up to 90 covers

Overleaf you will find a selection of starters, main courses and desserts for you to create your own menu.

All we ask you to do is pick up to FOUR items for each course and then pre order them no later than six days in advance.

The basic menu price is £27.00 so if you pick a starter in your menu for example, with a surcharge of £2.50 then the guests having that starter will pay £29.50 in total. This charge will only apply to those guests who want this choice and not to all your party which gives you the client, far better value for money.

Please note that these dishes must be pre ordered and are only available for parties of 12 or more.

If you have any questions about this rather different way of menu selection, please do not hesitate to contact me.

Please note, if a meal is cancelled, then a full charge will be incurred if less than 24 hours notice is given from the date of the function

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La Frégate
Hotel & Restaurant



A restaurant experience for
private parties

2010

To Start

Guernsey Crabmeat & King Prawn Cocktail
Served with a herb mayonnaise and a citrus dressing
(£2.50 supplement)

Avocado, Smoked Bacon and Parmesan Salad
With crisp leaves, fresh parmesan, croutons finished with a pesto and sundried tomato dressing

Chilled Galia Melon (v)
With fresh fruits and a strawberry and Champagne syrup

La Fregate Seafood Selection
Prawns, crabmeat, smoked scallops, shellfish fritter and smoked salmon, served with a herb mayonnaise
(£3.50 supplement)

Truffle Gnocchi
With spiced chorizo sausage, parmesan shavings, rocket leaves and a sage cream

Crispy Mix Cheese Fritters (v)
With an asparagus and mango salad, finished with a port wine glaze

Guernsey Tomato Soup
with crème fraiche and croutons

Chilled White Guernsey Crabmeat Salad
With smoked scallops, avocado salsa and a citrus dressing
(£3.50 supplement)

Oak Smoked Scottish Salmon
Served with traditional accompaniments
(£3.00 supplement)

Main Course

Breast of Chicken
Wrapped in Parma ham, confit of cherry tomatoes, rosti potato and a boursin cheese sauce

Char Grilled Lamb Cutlets
With "Bubble & Squeak", served with a port wine jus

Grilled Fillet of Salmon and Plaice
With crushed new potatoes, wilted spinach and a herb butter sauce

Panfried Duck Breast
With a truffle gnocchi, sweet potato puree, green beans and a Grand Marnier sauce

Grilled Fillet of Sea Bass
With seared scallops, champ mash potato, fresh asparagus and a lobster butter sauce
(£4.50 supplement)

Fillet of Scottish Beef
Set on a smoked bacon rosti, fresh asparagus and caramelised shallots, served with a wild mushrooms sauce
(£4.50 supplement)

Rack of English Lamb
With a smoked bacon rosti, root vegetable puree and green beans finished with a rosemary jus
(£4.50 supplement)

Asparagus Risotto (v)
With grilled goats cheese, fresh asparagus and roasted shallots, served with a pesto and sundried tomato dressing

Fricassée of Woodland Mushrooms & Baby Leeks (v)
With toasted brioche, poached egg, roasted butter squash and truffle oil

Dessert Selection

Warm Almond and Lemon Pudding
With a fresh raspberry sauce and crème Chantilly

Nougat Crème Brule
With a rum and raisin ice cream and a tuile biscuit

Iced Pineapple Parfait
With a coconut biscuit and a Malibu and mascarpone cream

Strawberry and Sable Mille Feuille
With a passion fruit mascarpone cream, finished with a raspberry and vanilla sauce

Hot Chocolate Fondant
With a caramel sauce and vanilla ice cream

Brandy Snap Basket
With poached pears, a white chocolate sauce and a strawberry sauce, finished with toasted almonds

A Selection of British and Continental Cheese
With celery, grapes, biscuits and a fig chutney

Chef's Selection
A selection of individually prepared desserts
(£3.50 supplement)

Coffee & Petit Fours
Complimentary