

THE LOBSTER & GRILL

RESTAURANT & BAR AT LE FRIQUET HOTEL - LUNCH 12 - 2.30PM

Telephone: 01481 259974 · Email: stay@lefriquethotel.co.uk · www.thelobsterandgrill.co.uk



Guernsey benefits from an abundance of fresh and seasonal produce. Our menus endeavour to make the most of our local larder. Fresh local shell fish and fish, locally sourced dairy, cheeses and vegetables are at the heart of our menu. The skill of Ian and the kitchen team is to let the ingredients do the talking.

LIGHT BITES

SOUP OF THE DAY £4.95
rustic roll & Guernsey butter

HAND DIVED GUERNSEY SCALLOPS, BLACK PUDDING £7.50
caramelised apple, lime & chilli dressing

SALT & PEPPER SQUID £6.50
garlic aioli

FRESHLY CAUGHT ROCQUAINE BAY OYSTERS
shallots, red wine vinegar
1/2 Dozen £7.50 Dozen £13.50

WARM GOATS CHEESE £6.50
red onion confit, honey and balsamic dressing

CAJUN CHICKEN SALAD £6.50
lightly spiced with oriental flavours, lime & coriander, mango chutney

MEZZE PLATE £8.50
baba ganoush, hummus, marinated feta, lamb kofta, tzatziki, toasted pitta

LOBSTER & PLATTERS

LOBSTER ROLL £15.00
fresh Guernsey lobster, warm baguette, spring onion
and celery mayonnaise

LOBSTER COCKTAIL £11.00
mixed leaves and Marie Rose sauce

ASSIETTE OF SEAFOOD £14.00
king prawns, peeled prawns, smoked salmon, crab, oyster

WHOLE CHANCRE CRAB £15.50
served cold with mayonnaise, salad and rustic bread

LOBSTER AND GRILL "SIGNATURE" SEAFOOD PLATTER
Beautiful Guernsey lobster, chancre crab, king prawn, Rocquaine
Bay oysters, clams, Greenland prawns and more
served with rustic bread and mayonnaise.
£32 per person £60 for 2 people £116 for 4 persons

FRESH GUERNSEY LOBSTER
Grilled with garlic butter
Thermidor with Guernsey Cheddar
Cardinal with mushrooms and truffle cream
Cold with Mayonnaise
served with hot new potatoes and fresh garden salad
half £15.50 whole £19.95

MAINS

THAI RED CHICKEN OR VEGETABLE CURRY £9.95
authentic herbs & spices, coconut milk, steamed basmati rice

*FISH & CHIPS £9.50
fresh fillet of cod or plaice coated in beer batter, tartare sauce

*WHOLETAIL SCAMPI £10.95
hand breaded with golden crumb, tartare sauce

*GAMMON STEAK £9.95
pineapple or fried egg

*PORK SCHNITZEL £9.95
parsley & sage crumb, citrus butter, beetroot ketchup

CORN FED BREAST OF CHICKEN £11.95
brioche crust, roasted vine tomatoes, rosemary chips with parmesan,
piquant tomato sauce, Parma ham

MEDALLIONS OF PORK £11.95
apple mash, crackling, green beans, mustard sauce

AUBERGINE & RATATOUILLE MOUSSAKA(v) £9.25
cherry tomato & onion salad

CARVERY £9.50
your selection of roasted meats and vegetables of the day

EDDIE'S BAR CLUB SANDWICH £9.25
grilled chicken, crispy bacon, lettuce, tomato and mayonnaise
served with French fries

*served with French fries or new potatoes
and peas or salad

SALADS

HAND PICKED GUERNSEY CRAB £13.50

SCALLOP & CHORIZO £10.95

CAESAR SALAD £8.50 add chicken £9.50

CHAR GRILL

PRIMA VALLEY 21 DAY MATURED IRISH BEEF
7oz ribeye £12.50 10oz ribeye £16.50 8oz fillet £19.00
served with roasted vine tomatoes, onion rings, bearnaise sauce

SURF & TURF £21.00
half a Guernsey lobster roasted in garlic butter, 4 oz fillet & king prawns
All grills come with French fries

SANDWICHES

TODAY'S SOUP PLUS YOUR CHOICE OF SANDWICH ONLY £9.95

Premium Wye Valley smoked salmon with dill sauce £7.25

Royal Greenland prawns with mayonnaise £6.75

Fresh Guernsey crab with mayonnaise £6.75

Roast sirloin of beef with horseraddish sauce £6.75

Guernsey mature Cheddar with tomato & pickle £6.25

Honey roasted ham £6.25

All served on white or granary farmhouse bread
kettle chips, mixed salad and dressing

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RESTAURANT & BAR AT LE FRIQUET HOTEL - DINNER 6PM - 9.30PM

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STARTERS

HAND DIVED GUERNSEY SCALLOPS, BLACK PUDDING £8.50

caramelised apple, lime & chilli dressing

(TDH supplement £2.50)

CLAM LINGUINI £7.50

sautéed with white wine, shallots, fish bouillon, Guernsey cream

(TDH supplement £1.50)

WARM GOATS CHEESE £6.50

red onion confit, honey & balsamic dressing

LAMB KOFTA £6.50

tzatziki, salad garnish

MESCLUN SALAD £5.25

fresh beetroot, walnuts, honey & citrus dressing

FRESHLY CAUGHT ROCQUAINE BAY OYSTERS

shallots, red wine vinegar

1/2 dozen £7.50 dozen £13.50

(TDH supplement 1/2 dozen £1.50 dozen £7.50)

MAINS

SEARED LOCAL MONKFISH TAIL £16.50

prosciutto, garlic potatoes, caper sauce

(TDH £2.50 supplement)

PAN FRIED DUCK BREAST £16.50

fresh Seville orange & peppercorn sauce sautéed potatoes

(TDH £2.50 supplement)

HERB CRUSTED RACK OF LAMB £17.50

Mediterranean cous cous, rosemary & redcurrant jus

(TDH £3.50 supplement)

BAKED MEDALLIONS OF PORK £16.50

wrapped in sage leaves, apple beignet, dauphinoise potatoes

(TDH £2.50 supplement)

All TDH Starters £6.50 Mains £14.50

CHAR GRILL

PRIMA VALLEY 21 DAY MATURED IRISH BEEF

7oz ribeye £14.50 10oz ribeye £19.50 8oz fillet £22.00

with roasted vine tomatoes, onion rings, bearnaise sauce

SURF & TURF £24.00

half Guernsey lobster roasted in garlic butter, 4 oz fillet & king prawns

All grills come with French fries

SIDES

New potatoes, French fries, lyonnaise £2.80

Broccoli, baby carrots, French beans, spinach £2.80

Tomato & onion salad, garden salad £2.80

Mesclun salad £2.80

TABLE D'HOTE

HOMEMADE SOUP OF THE DAY

SAUTEED LOCALLY FARMED MUSSELS

Muscadet, garlic, shallots, Guernsey cream

PRESSED HAM HOCK TERRINE

sweet tomato relish & toasted brioche

WARM GOATS CHEESE

red onion confit, honey & balsamic dressing



PAN FRIED FILLET OF SCOTTISH SALMON

sesame crust, wasabe & coconut butter, egg noodles

baby vegetables

ROAST LEG OF GRESSINGHAM DUCK

black cherry reduction, celeriac mash, green beans

VEAL ESCALOPE

parsley & sage crumb, tomato concasse, crushed new potatoes

courgette fritte

MUSHROOM STROGANOFF(V)

mild creamy paprika sauce, steamed basmati rice

ROASTED LOBSTER

garlic butter, new potatoes, mixed salad

(£5.50 supplement)



CHOICE FROM OUR DESSERT MENU

FRESH BEAN 14 FILTER COFFEE

roasted and ground in Guernsey, Suchard mint

£24.00

LOBSTER & PLATTERS

LOBSTER COCKTAIL £11.00

mixed leaves and Marie Rose sauce

WHOLE CHANCRE CRAB £16.50

served cold with mayonnaise, salad and rustic bread

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Roasted with garlic butter

Thermidor with Guernsey Cheddar

Cardinal with mushrooms and truffle cream

Cold with mayonnaise

served with hot new potatoes and fresh garden salad

Guaranteed minimum weight 1 1/4lb £19.95

Guaranteed minimum weight 1 1/2lb £24.95