

For opening times please see website  
Telephone: 733488



E: [info@lafregatejersey.com](mailto:info@lafregatejersey.com)  
[www.lafregatejersey.com](http://www.lafregatejersey.com)

## Cakes & Pastries

FOR OUR SELECTION OF CAKES & PASTRIES PLEASE SEE OUR DISPLAY

Afternoon Cream Tea (Scone, Jam, Cream).....	£4.50
Toasted Tea Cake (With Jersey Butter) .....	£1.95
Hot Apple Pie (With Jersey Cream or Ice Cream).....	£3.25
Homemade Scone (With Jersey Butter & Jam) .....	£2.50
(With Jersey Butter, Cream & Jam).....	£3.00

## JERSEY BREAKFAST

### Full Jersey... £7.95

2 Eggs, 2 Bacon, Jersey Pork Sausage, Tomato, Beans, Mushroom, Hash Brown, Toast, Marmalade. Tea or Coffee & Refill

### Vegetarian... £7.50

2 Eggs, 2 Quorn Sausages, Mushrooms, Tomatoes, Beans, 2 Hash Brown, Toast, Marmalade. Tea or Coffee & Re-fill

### American... £9.50

4oz Rib-Eye, 2 Eggs, Jersey Sausage, 2 Bacon, Tomato, Mushroom, Hash Brown, Chips. Tea or Coffee & Refill

## Alternative Breakfast

Toast, Jam & Butter .....	£1.50
Croissant, Jam & Butter .....	£1.95
2 Fried Eggs on Toast .....	£3.50
Beans on Toast .....	£3.50
Scrambled Eggs on Toast ...	£3.95
Mushrooms on Toast.....	£4.50
Eggs & Bacon on Toast .....	£4.50
Scrambled Eggs & Smoked Salmon on Toast.....	£6.50

## Waffles & Pancakes

### Waffle

With Banana or Blueberries, Honey or Maple Syrup with Jersey Vanilla Ice Cream or Crème Fraiche

£5.95

### Pancakes American

With Bacon or Sausage, Bananas or Blueberries, with Maple Syrup or Honey, Jersey Vanilla Ice Cream or Crème Fraiche

£5.95

## Healthy Options

Fresh Fruit Salad .....	£4.75
Fresh Fruit Salad .....	£5.25
With Granola, Greek Yoghurt or Honey	



## SKEWERS

Honey & Lemon Chicken Served with Small Salad & Jersey Potatoes (Small) .....	£6.50
(Large).....	£9.50
Prawn Garlic Chilli.....	£6.75
Served with Small Salad & Jersey Potatoes	
King Prawns .....	£9.50
With Garlic Butter or Chilli	

## HOT DRINKS

Pot of Tea .....	£1.50	Cappuccino (Small).....	£1.95
Mug of Tea.....	£1.20	(Large) .....	£2.25
Special Teas .....	£1.60	Mocha.....	£2.75
(Chamomile, Earl Grey, Mint Tea, Green Tea)		(With Cream & Chocolate Sauce)	
Espresso .....	£1.50	Hot Chocolate .....	£2.00
Double Espresso .....	£2.00	Hot Chocolate .....	£2.50
Latte.....	£2.25	(With Cream)	
Flavoured Latte .....	£2.55	Shot of Syrup.....	£0.50
(Vanilla, Caramel, Amaretto)		Extra Coffee Shot .....	£0.50
Filtered Coffee Mug.....	£1.50	Glass of Jersey Milk.....	£1.50

## Beers & Ciders

Liberation Ale (Local Beer 500ml)...	£4.75
Peroni (Bottle 330ml).....	£3.65
Rekorderlig (Cider, 500ml) .....	£4.60
Lech (Polish Lager 500ml).....	£4.80

## Wines

PLEASE CHOOSE FROM HOUSE WHITE, RED OR ROSE

Glass (175ml) .....	£3.25
Glass (250ml) .....	£4.55
Bottle .....	£13.95

## Soft Drinks

PLEASE CHOOSE FROM OUR SELECTION OF SOFT DRINKS IN THE FRIDGES

## HOT SNACKS & SIDES

Homemade Soup of the Day...£4.50 Served with a Crispy Roll	
Bowl of Chips .....	£1.80
Jersey Royal Potatoes .....	£2.95
Garlic Bread.....	£2.25
Garlic Bread & Cheese .....	£2.50
Side Salad Bowl.....	£4.00
Cheese on Toast.....	£2.75

## JACKET POTATOES

All served with Salad & Coleslaw

Cheese & Coleslaw ...	£4.95
Bacon & Cheese .....	£5.25
Cheese & Beans .....	£4.95
Tuna & Sweetcorn....	£6.25
Cheese, Bacon & Mushrooms.....	£6.25

**TO ORDER**  
Choose your table  
number and order  
at the counter

There's  
**More** on the  
**Back!** 



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## DELICIOUS HOT ROLLS



## FRESH SANDWICHES

On Crispy or Soft Roll

Bacon.....	£3.25
Bacon & Egg.....	£3.95
Bacon, Sausage & Egg.....	£4.95
Jersey Pork Sausage.....	£3.75
Sausage & Egg.....	£4.25
Bacon, Lettuce & Tomato...£3.95	
Double Egg.....	£2.95
Chip Roll.....	£2.45
Chip Roll <i>with Cheese</i> .....	£2.95
Steak <i>with Garlic Butter</i> .....	£8.95

Served with Salad Garnish & Kettle Chips, on White or Brown Bread

Egg May.....	£3.95
Home Cooked Ham.....	£5.25
Tuna & Sweetcorn.....	£4.45
Cheddar Cheese & Pickle...£3.95	
Prawns & Marie Rose.....	£5.95
Salad Sandwich.....	£3.50
Coronation Chicken.....	£5.25

## Fresh Salads



Caesar Salad.....	£6.95
Chicken Caesar Salad.....	£9.50
Tuna Nicoise.....	£8.50
Prawn Salad.....	£12.75

Served with Potato Salad & Mixed Salad

Salmon Salad.....	£10.50
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Served with Potato Salad & Mixed Salad

Avocado Salad.....	£7.50
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Served with Vinaigrette or Blue Cheese

Home Cooked Ham.....	£10.50
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Served with Potato Salad & Mixed Salad

Traditional Ploughman's.....	£7.50
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With Cheddar, Brie & Red Leicester, Salad Leaves, Pickles & French Bread

## Jersey Burgers & Dogs

ALL HOMEMADE

100% Beef Burger.....	4oz £5.95
	8oz £7.25
Cheese Burger.....	4oz £6.25
	8oz £7.55
Bacon Burger.....	4oz £6.50
	8oz £7.75
Bacon & Cheese Burger....	4oz £6.80
	8oz £8.10
Chicken Burger.....	£7.25

With Fresh Grilled Chicken Fillet

Lamb Burger.....	4oz £6.75
	8oz £8.50
Mexican Burger.....	4oz £5.95
With Tomato Salsa.....	8oz £7.25

All above served with Salad Garnish & Chips

Traditional Frankfurter	
Hot Dog.....	£3.50
Jersey Pork Dog.....	£4.50

Holme Grown Butchers

## Pizzas

All 9" Thin Crust

Margarita.....	£6.50
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Mozzarella & Tomato

Hawaiian.....	£7.50
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Home Cooked Ham & Pineapple

Tuna & Sweetcorn.....	£7.50
Vegetarian.....	£3.95

Pepper, Tomato, Mushroom, Onion & Black Olive

Chicken & Chorizo.....	£8.50
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## PANINIS

Cheese & Tomato.....	£3.95
Homecured Ham & Cheese.....	£4.95
Brie, Bacon & Cranberry.....	£5.95
Vegetarian.....	£4.50

Pepper, Mushroom, Black Olive & Tomato

## CHEF'S SPECIALS



Jersey Beer Battered Fish.....	£9.95
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Served with Chips & Peas

Oven Baked Chicken Breast.....	£9.50
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Chorizo, Chips & Peas

8oz Rib-eye Steak.....	£16.95
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Served with Garlic Butter or Pepper Sauce, Chips & Peas

Deep Fried Scampi.....	£10.50
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Served with Tartare Sauce, Chips & Peas

Pasta Carbonara.....	£7.95
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Cream, Garlic & Ham

Grilled Salmon Steak.....	£9.50
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Served with Jersey Potatoes & Peas

King Prawn Skewers.....	£9.50
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Served with Chilli Sauce or Garlic Butter, Chips & Salad

Homemade Quiche.....	£7.50
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Served with Coleslaw and Jacket Potato



## Kiddie's Corner



Chicken Nuggets, served with Chips & Beans or Peas.....	£4.75
Fish Fingers, served with Chips & Beans or Peas.....	£4.75
Cheese & Tomato Pasta, with Garlic Bread.....	£4.25
Ham & Eggs, served with Chips & Beans or Peas.....	£5.50
Jersey Sausage, served with Chips.....	£4.50
Jacket Potato, with Beans & Cheese.....	£4.50
4oz Burger, served with Chips.....	£4.75
Hot Dog, served with Chips.....	£3.50



## ICE CREAMS SPECIALS

(All made with Jersey Soft Ice Cream)

Knickerbocker Glory.....	£4.95
Banana Split.....	£4.95
Pear Belle Helene.....	£4.75



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