

THE LOBSTER & GRILL

RESTAURANT & BAR AT LE FRIQUET HOTEL - DINNER 6PM - 9PM

BREADS & DIPS

(gluten free bread available)

freshly baked sourdough bread
with Guernsey butter £2.50

freshly baked sourdough bread
with pesto and a balsamic olive oil £3

freshly baked sourdough bread
with olive tapenade and dukkah £3

Garlic bread (2 slices) £4

WHOLE BAKED CAMEMBERT (V) £12
toasted sourdough, red onion chutney
(perfect for sharing)

marinated large Spanish olives from Alicante £3.50

STARTERS

HAND DIVED GUERNSEY SCALLOPS (GF) £10.50
cauliflower & truffle puree, toasted almonds

MAC & CHEESES
BACON £8.50

GUERNSEY LOBSTER £12.50
classic macaroni and cheese gratin

GUERNSEY CRAB THERMIDOR £10.95
crostini, lemon

SPANISH STYLE BAKED KING PRAWNS £8.75
tomato & chorizo sauce, toasted bread, lemon wedge

SALT AND PEPPER CHICKEN £7.95
sweet chilli dip, Asian salad

FRESHLY CAUGHT ROCQUAINE BAY OYSTERS (GF) (DF)
shallots, red wine vinegar
1/2 dozen £9.95 | dozen £18.95

CLASSIC COCKTAILS (GF)
GREENLAND PRAWNS £8.75
CHANCRE CRAB £10.75
GUERNSEY LOBSTER £12.75
mixed salad, Marie Rose sauce

ARANCINI BALLS (V) £7.95
cheesy risotto, arrabiata sauce

SALADS

All £7.50 starters & £15.00 Mains

SQUASH, FETA & WALNUT (V) (GF)
rocket leaves, roasted butternut squash, balsamic dressing

GREEK SALAD (V) (GF)
kalamata olives, feta, cucumber, tomato, red onion, oregano

CHICKEN & CHORIZO (GF)
red onion, sun dried tomatoes, spinach leaves, citrus dressing

MAINS

HONEY SOY PORK TENDERLOIN £19
coconut sticky rice, pak choi, honey soy sauce

CAJUN SALMON (GF) £19
avocado puree, pak choi, red slaw

CHEESE STUFFED CHICKEN BREAST £19
spinach, paprika, asparagus, dauphinoise potatoes, blue cheese sauce

ROASTED BUTTERNUT & SAGE RISOTTO
toasted pine nuts £16.95
(V) (GF) (starter size £8.50)

“LOBSTER & GRILL” THAI RED CURRY (GF)
authentic herbs & spices, coconut milk, steamed basmati rice
vegetable (VE) £15.95 | chicken £16.95
Tiger prawn £17.95 | lobster £23.50

SEAFOOD SPECIALITIES

(PLEASE SEE OUR FISH BOARD FOR TODAY'S FRESH FISH)

SEAFOOD PLATTER 'ROYALE'
fresh Guernsey lobster, chancre crab, crevettes, Rocquaine Bay oysters, shell on prawns, Greenland peeled prawns and Severn and Wye valley smoked salmon,
served with sourdough bread,
mayonnaise and Marie Rose sauce.
£37 per person | £72 for 2 people | £138 for 4 people

SEAFOOD PLATTER
chancre crab, crevettes, Rocquaine Bay oysters, shell on prawns, Greenland peeled prawns and Severn and Wye valley smoked salmon,
served with sourdough bread,
mayonnaise and Marie Rose sauce.
£28 per person | £54 for 2 people | £104 for 4 people

GUERNSEY LOBSTERS
Guaranteed minimum weight of
1 1/4lb served with hot new potatoes or French fries
choice of:
roasted with garlic butter (GF)
thermidor with Gruyere cheese
cold with mayonnaise (GF)
£29.95
(SEE FISH BOARD FOR EXTRA LARGE LOBSTERS)

ASSIETTE OF SEAFOOD £25
Norwegian prawns, shell on prawns, 2 Rocquaine Bay oysters,
Guernsey crab, crevettes, smoked salmon (GF) (DF)
(starter size £14)

CHAR GRILLED

(FROM OUR BERTHA CHARCOAL OVEN)

SURF & TURF £29
half Guernsey lobster roasted in garlic butter, 4 oz fillet & king prawns
served with French fries, roasted vine tomatoes

PREMIUM CUTS FROM AROUND THE WORLD
Brazilian Rib Eyes
7oz £18 | 10oz £23

Irish Fillets
4oz £17 | 8oz £28

Scottish T-bone
14oz £27

all steaks are served with French fries, roasted vine tomatoes, onion rings

CHATEAUBRIAND 19 OZ £62 FOR 2 PEOPLE
served with French fries, roasted vine tomatoes, onion rings

“THE LOBSTER & GRILL” FOR 2 £85
whole Guernsey roasted lobster, 19 oz Chateaubriand
served with French fries, roasted vine tomatoes

GRILLED LAMB CUTLETS (8OZ) (GF) £24
potato dauphinoise, baby vegetables, Madeira jus

PRIME IRISH BEEF BURGER £16.95
red Leicester cheese, lettuce, tomato, French fries, onion rings

upgrade to sweet potato fries for £1.50

SIDES

sweet potato fries £4.50 | garlic pan fried king prawns (3) £6

new potatoes, French fries, creamy mash, sauteed potatoes,
Lyonnais potatoes, onion rings, steamed basmati rice,
courgette frittes, broccoli, carrots, mangetout, green beans,
garden peas, spinach, garden salad
£3.50 each

SAUCES

Bearnaise, peppercorn, garlic butter, Diane £3 each

(V) = VEGETARIAN | (VE) = VEGAN | (GF) = GLUTEN FREE | (DF) = DAIRY FREE

Should you have any allergies, please ask the management. We will be delighted to adapt our menu for you.

Our shellfish is either sold in the shell or it is hand-picked and may contain small pieces of shell.

All our food is prepared in a kitchen where nuts, gluten and other food allergies are present. Our menu description does not include all ingredients.

for groups of 8 or more a discretionary service charge of 10% will be added to your bill.

(Please note for groups over 8 people we do not accept split payments)