

# THE LOBSTER & GRILL

RESTAURANT & BAR AT LE FRIQUET HOTEL - LUNCH 12 - 2PM

## 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

## SANDWICHES & BAGUETTES

(All served on white or brown bloomer bread, kettle crisps, mixed dressed salad)

swap crisps for French fries £1.95

FRESH GUERNSEY CRAB  
lemon wedge, mayonnaise £12.75

PREMIUM SMOKED SALMON  
lemon wedge, cream cheese £9.50

ROYAL GREENLAND PRAWNS  
lemon wedge, Marie Rose sauce £8.75

HONEY ROASTED HAM £7.75

GUERNSEY MATURE CHEDDAR  
tomato & pickle £7.50

(upgrade to a mini baguette £1)

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

## 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, 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

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

## MAIN DISHES

\*FISH & CHIPS £14.50  
fresh fillet of cod or plaice coated in beer batter, tartare sauce

\*WHOLETAIL SCAMPI £14.50  
hand breaded with golden crumb, tartare sauce

\*PORK SCHNITZEL £13.50  
parsley & sage crumb, citrus butter

LOBSTER BAGUETTE £17.50  
fresh Guernsey lobster, mayonnaise, French fries & garden salad

upgrade to sweet potato fries for £1.50

"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 | Guernsey Lobster £23.50

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

## SAUCES

Bearnaise, peppercorn, garlic butter, Diane £3 each

## 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

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