

Fregate Island Lunch Menu

STARTERS

Cold

Seared scallops with salmon roe, island watercress salad,
pirate oranges and star fruit vinaigrette

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Garden papaya, buffalo mozzarella and prosciutto di Parma,
with fig compote and green leafs

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Fresh line fish Carpaccio marinated with lime and extra virgin olive oil,
sundried tomatoes, Kalamata olives and capers, fresh herb salad

Hot

Caramelized goat cheese with honey and walnuts, served on a bed of
garden greens with seed and nut vinaigrette

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Sautéed seafood with cherry tomatoes and okra in nage of tropical spices

SOUPS

Miso soup with tofu and vegetables

*

Coconut and ginger soup with seared chicken satay

*

Chilled soup of the day

PASTA

Fresh homemade gnocchi, buffalo mozzarella ravioli, tagliatelle, tagliolini and papardelle with your choice of sauce and

Lobster, scallop, prawn, crab meat, fish fillet, chicken breast, beef tenderloin, prosciutto, smoked marlin, smoked salmon, bacon, garlic, onion, plantation vegetables and herbs from our garden

MAIN COURSE

VEGETARIAN

Tian of baked eggplant and buffalo mozzarella with cherry tomato confit and fresh rocket lettuce tossed in Modena vinaigrette

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Frégate island salad with palm heart, papaya, figs, and mixed herbs tossed with our passion fruit house dressing

SEAFOOD

Roasted lobster tail with garlic-lemon butter,
herb salad and vegetable fried rice

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Grilled line fish fillet with teriyaki glaze, soba-cilantro noodles,
vegetable tempura and sweet chili sauce

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Medley of stir fried seafood and vegetables with
egg noodles in mild coconut curry sauce

MEAT AND POULTRY

Beef tenderloin with warm bread fruit salad and
vegetable skewer in oyster sauce

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Roasted lamb chops with bell pepper and lavender cous cous ,
okra tempura and Provencale jus

*

Seared chicken breast with sweet potato-pumpkin mash,
honey glazed garden vegetables and coriander foam

DESSERT

Fresh sliced seasonal fruit platter

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Selection of homemade ice cream

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Selection of homemade sorbet