

Fregate House Breakfast Menu

COLD SELECTIONS

Your choice of freshly squeezed juice

(subject to seasonal availability)

Pineapple, cucumber and celery, papaya, star fruit, passion fruit,

Tomato, orange, mango, carrot, mixed tropical fruits

Fresh home made yoghurt with your choice of

Vanilla, papaya, fig, star fruit, mango, passion fruit, banana,

Pineapple, ylang ylang, mixed berries, aloe vera, caramel,

Chocolate and/or mixed nuts

Pastry basket

Selection of homemade breads and daily fresh muffins, croissants,

Danish and banana bread

Home made marmalade from the Island

Papaya and vanilla, banana and coconut, pirates orange,

Island grapefruit, star fruit and lime, carrot-cardamom

Fregate Island Bircher and Tropical Muesli served with

Oatmeal, raisins, mixed nuts, bananas, pineapple, pirates orange,
Toasted coconut flakes and your choice of natural or low fat yoghurt

Cold cuts and cured meats

Selection of mortadella, salami tipo Milano,
Prosciutto crudo di Parma, honey ham, coppa

Selection of smoked fish

Smoked salmon and smoked marlin
Served with traditional condiments

Smoked duck breast and smoked chicken breast

Served with pirates orange and Island herb salad

Cheese platter

Selection of mixed continental cheeses served with mild spice fig chutney,
Crostoni and condiments

HOT SELECTIONS

Your personal choice of egg any style

Boiled eggs, poached eggs, fried eggs, scrambled eggs, frittatas, omelets

Condiments

Cherry tomatoes, capsicum, onion, sautéed mushrooms, green asparagi,
Sweet potato, Island spinach, cheddar cheese, Gruyère cheese, gouda cheese,
Crispy bacon, prosciutto di Parma, roasted honey ham, chicken sausage,
Pork sausage, beef sausage, smoked salmon, smoked marlin, basil, parsley,
Garlic chives, chili, mixed garden herbs

Frégate Island eggs Bénédicte

Poached eggs on English muffin with prosciutto crudo di Parma or smoked fish
with chive hollandaise

Frégate Island eggs Florentine

Smoked fish on brioche, poached eggs, sautéed garden spinach
with hollandaise sauce and truffle oil

Frégate Island Frittata

Sauteed prawns with sweet-potato, mixed capsicums, onions and lavender,
served with lime-aioli and topped with a crispy vegetable salad

Whole wheat French toast

Seared toast coated in a sweet egg-cinnamon batter until golden brown,

Served with pineapple compote, sliced banana,

Maple syrup and icing sugar

Fregate Island Waffle

With banana, pineapple, strawberry, blueberry and/or mixed berries

Served with a choice of honey , butter, whipped cream and/or maple syrup

Fregate Island pancake with your choice of

Chocolate, banana, raisins, pineapple, passion fruit, strawberry,

Blueberry or mixed berries, laced with icing sugar and/or maple syrup

Potato-mushroom-Tian

Sautéed mixed mushrooms served with

Potato-herb mash, fried herbs and olive tapenade

Char grilled Breakfast Steak

Black Angus striploin steak grilled to your liking and

Topped with a fresh farmed fried egg and served with

Sautéed potatoes, bacon and tomato confit

FREGATE ISLAND CHAMPAGNE BREAKFAST

Your choice of freshly squeezed

(subject to seasonal availability)

Pineapple, cucumber and celery, papaya, star fruit, passion fruit,

Tomato, orange, mango, carrot, mixed tropical fruits

Pastry basket

Selection of home made breads and daily fresh muffins, croissants,

Danish and banana bread

Honey ham on toasted English muffin with chive hollandaise

and fresh rocket lettuce

Lobster medaillon with sweet potato, cherry tomato confit

and wasabi sabayon

Grilled beef fillet medallion with honey glazed vegetables,

Lyonnais potatoes and lavender béarnaise

Grilled fruit kebab with ylang ylang ice cream

Bottle of "Moutard Champagne"

SCR. One thousand four hundred