

Fregate House Dinner Menu

STARTERS

Cold

Line fish tataki in nori and tempura with pirate orange and cucumber salad tossed in sesame dressing and served with passion fruit granite

Carpaccio of beef tenderloin with parmesan fondue,
Island rocket and white truffle oil

Poached half lobster tail with tropical fruits, mixed garden greens served with star fruit and vegetable brunoise vinaigrette

Hot

Millefeuille of seared foie gras and caramelized pineapple with teriyaki glaze and mixed forest berry compote

Grilled tiger prawns with vegetable tempura, wasabi dip and lime aioli

Fried green asparagus coated with parmesan and prosciutto crudo di Parma, served with Island papaya and buffalo mozzarella

SOUPS

Island pumpkin and ginger cream soup with grilled scallop on lemongrass skewer

Chicken elixir with black olive dumplings, petit vegetables, spring onions and grissini

PASTA

Fresh homemade buffalo mozzarella and sundried tomato ravioli, sautéed with Kalamata olives, cherry tomatoes and fresh basil butter

Fresh homemade tagliolini with sautéed tiger prawns and scallops, eggplant and fresh Island rocket served in garlic cream

Fresh homemade pappardelle with ragout of pork sausages in savory tomato-sage sauce

MAIN COURSE

VEGETARIAN

Tian of potato-herb mash and sautéed mixed mushrooms with morel foam and maple syrup glazed garden vegetables

Vegetable risotto with okra tempura, sautéed antipasti vegetables and fried garden herbs

Sweet potato and pumpkin gnocchi with creamy cassoulet of cherry-tomatoes and fresh basil

SEAFOOD

Roasted lobster tail with green asparagi,
cherry-tomato confit, pumpkin risotto and truffle foam

Grilled king fish fillet with sweet potato-cilantro spring roll,
grilled Island vegetables and two kinds of pesto

Roasted line fish fillet crusted with basil herbs,
Frégate tortilla and tomato fondue

MEAT AND POULTRY

Roasted duck breast with orange fillets, dates, passion fruit,
warm palm hearts and tamarind glaze

Beef tenderloin crusted with garden herbs, porcini risotto,
vegetable batonnets and Malbec sauce

Grilled lamb chops crusted with goat cheese, served with island figs,
Greek style couscous and Meaux mustard jus

Roasted chicken breast and seared foie gras with sweet potato,
honey glazed vegetables and Port wine-ylang ylang fizz