

Freshly squeezed juice selection

Orange, papaya, pineapple, mixed fruit, mango, star fruit, and tomato

Detox cocktails

Celery, lime & cucumber

Digestive system

Gro Bonm & tomato

Blood pressure & digestive system

Mixed fruit & vegetables

Booster

Papaya & Aloe Vera

Skin wellness

Carrot, lemon & ginger

Regenerating

Detox Smoothies

Matcha, mango & pineapple smoothie

Antioxidant

Pineapple, spinach, lemon & ginger smoothie

Refreshing

Green smoothie

Omega 3 / blood purifying

(Mix nuts, sunflower seeds, avocado, cucumber, greens and yogurt)

Beet Juice smoothie

Sunburn recover

(Beetroot, banana, strawberry, yogurt, lime)

Plantation smoothie

Blood purifying

(Carrot, beetroot, spinach, ginger & yogurt)

Cold selection

Yogurt

Regular or low fat

Freshly flavoured yogurt

Papaya, pineapple, star fruit, passion fruit, mango, banana, ylang-ylang, vanilla, mix berries, caramel, chocolate, mixed nuts

Viennoiseries & Danish

Daily fresh muffins, croissants, banana bread, chocolate croissant, Danish and selection of bread

Homemade marmalade & Peanut butter

Papaya and vanilla, banana and coconut, pirate orange, island grapefruit, star fruit and lime, carrot cardamom

The Frégate Island's bircher muesli

Served with tropical fruits

Cold cuts

Mortadella, salami, prosciutto crudo di Parma, cooked ham, turkey ham

Selection of smoked fish

Smoked salmon, smoked marlin, cream cheese and condiments

Selection of continental cheese with dried fruits and fresh figs

Brie, Stilton, Camembert, Tête de moine, Boursin, fresh goat cheese, Gouda

Fresh fruit salad / Fresh fruit platter

Hot selection

Eggs Benedict

With hollandaise sauce, smoked salmon or Parma ham

Eggs Florentine

With sautéed garden spinach and hollandaise sauce

Your personal choice of eggs any style

Poached eggs, boiled eggs, fried eggs, scramble eggs, omelets and frittatas

Condiments:

- Cheddar cheese, Gruyere, Gouda, Boursin
- Cherry tomato, red pepper, zucchini, button mushroom, onion
- Parma ham, French cooked ham, Mortadella
- Smoked salmon, smoked marlin, fresh fish
- Pork sausages, chicken sausages, beef sausages, bacon
- Fresh parsley, basil, tarragon, garlic chive, spring onion

Porridge

Sausages

Beef, pork or chicken

Baked beans

Crispy Bacon

Oven cooked tomato

Sautéed potato or breadfruit

French toast

Banana chocolate, pineapple and coconut milk, maple syrup and icing sugar

Waffle

With banana, pineapple, red berries or chocolate

Served with a choice of honey, maple syrup, icing sugar, whipped cream

Pancake or French crepe

Chocolate, banana, sultanas, pineapple, passion fruits, red berries

Served with a choice of honey, maple syrup, icing sugar or whipping cream

Salad & Refreshments

Octopus salad

With prawns, lobster, fresh chopped basil mint & passion fruit dressing

Grilled shrimps & roasted orange salad

With hibiscus flower dressing

Grilled chicken salad

With roasted cashew nuts, figs & fresh palm heart

“Rouleaux de printemps”

With king crab, fresh coriander & Vietnamese dressing

Carpaccio of local tuna

Mango salsa and arugula leaves

Sashimi platter

(Prevailing weather conditions)

Cherry tomato gazpacho

Served with garlic croutons, fresh chopped basil and pesto

Chef's special tomato & Mozzarella di Buffala

Designed with our different variety of tomatoes

Caesar salad

With grilled chicken breast, grilled shrimps or plain

From the Grill

Lobster tail lightly spiced with Cajun blend

Caribbean creole salsa

Pavé of Angus beef striploin

Served with green pepper sauce

Catch of the day

Served with traditional Creole sauce

Jumbo prawns & orange kebab

Marinated with Ras el hanouth

Vegetables & Side dishes

Grilled garden vegetables, fried rice, plain rice, vegetable Ratatouille, mashed potato, roasted potato wedges, French fries, steamed vegetables, julienne of vegetables

Asian corner

Thai shrimp curry with basmati rice

Chicken fried noodles

Tom yum fish & seafood soup

Pasta corner

Seafood Tagliatelle with lobster bisque

Farfalle or Conchiglie with smoked salmon

Penne pasta with prawns and garlic cream

Rigatoni with roasted eggplant and goat cheese

Spaghetti Bolognese

Snacks selection

Club sandwich & French fries

Chicken wings marinated in light spicy sauce

Burger, cheese burger or chicken burger

Served with French fries, salad and tomatoes

Nem & Samosa

(Chicken or vegetable) served with sweet chili sauce and baby green salad

Prawns tempura

Served with curry mayonnaise

Pizza

Margherita (Tomato sauce, black olives, Mozzarella, oregano)

Four cheeses (Stilton, goat cheese, Mozzarella, Brie)

Creole (sweet pepper, pineapple, ham, Mozzarella, fresh basil)

Seafood (shrimps, scallops, calamari, red snapper, tomato sauce, Mozzarella)

Chicken (tomato, Mozzarella, chicken, zucchini, eggplant, oregano)

Homemade ice cream

Chef's cocktails

Pineapple & coconut

(Pineapple sorbet, coconut ice cream, Malibu sauce, whipping cream, coconut thrill)

Mint & Chocolate “after eight”

(Mint and chocolate ice cream, mint syrup, chocolate sauce, whipping cream)

Ying & Yang

(Chocolate ice cream, vanilla ice cream, chocolate sauce, whipping cream, cookies crumble)

Strawberry Melba

(Strawberries, vanilla ice cream, red berries coulis, whipping cream, roasted almond flakes)

Frégate special

(Garden fig ice cream, wax apple ice cream, lemongrass ice cream, red fruit coulis, whipping cream)

Chocolate & chocolate

(Chocolate ice cream, warm chocolate sauce, chocolate mousse, sprinkle white chocolate shaving, brownies)

Tutti frutti

(Passion fruit & guava sorbet, mango & ginger sorbet, fruit salad, passion fruit coulis, meringue crumble, whipping cream)

Tea ice cream (made with Theodor tea)

Carpe Diem (Rooibos, strawberry & almonds)


Travel to India (Black tea, mix of spices)

Earl Grey Royal (Black tea & bergamot)

Tête à tête (herbal infusion & organic plants)

Je t'aime (Black tea, Pistachio & macaron)





Chef's selection

Mint & chocolate “after eight”
Honey comb & vanilla bean
Wax apple
Mango
King coconut & Takamaka rum raisin
Baileys & cashew nut praline
Honey & fig
Ylang-Ylang

Homemade sorbet

Pineapple & Malibu
Island papaya, wild citrus & Mbilibi
Mango & ginger
Lemon balm
Passion fruit & guava
Ylang-Ylang & Champagne
Coconut
Passion fruit

Tart & cake

Lemon cheese cake
Warm banana tart
Dark chocolate cake & vanilla sauce

Soup & Appetizers

Aromatic design ✓

A sumptuous selection of fresh lettuce, palm heart, figs, fresh aromatic herbs
Roasted macadamia nuts balsamic caviar & hibiscus syrup



Garden pumpkin Velouté cooked with crispy bacon and Parmesan
cheese



Freshly cut Palm heart & grilled jumbo prawn
Black truffle shredded, fresh aromatic herbs and Dijon mustard



Pumpkin flower & lobster mousse
With pumpkin chutney and aromatic oil

Main courses

From the Sea

Lobster tortellini with fresh coriander
Garden vegetable ratatouille and shellfish bisque



Risotto Carnaroli cooked with local fish “bouillon blanc”
Sautéed scallops & octopus flambéed with French Vermouth



Pan seared white fish filet with saffron sauce
Medley of local vegetables sautéed with garlic butter



Catch of the day cooked with coconut milk and cinnamon leaf
Julienne of vegetables steamed with lemon grass

Meat & Poultry

Angus beef tenderloin with breadfruit gnocchi

Sautéed asparagus beans & sauce Bourguignonne



Ballotine of lamb flavoured with Espelette pepper


Roasted vegetables & crushed potato with fresh thyme, garlic emulsion



Oven baked corn fed chicken breast with oregano and fresh thyme

Grilled eggplant and roasted garlic mash

Vegetarian

Soft cheese ravioli with caramelized cherry tomatoes 

Arugula pesto & green basil emulsion

Dessert

“Valrhona” dark chocolate fondant

With after eight ice cream & vanilla sauce



Roll of French crepe and local fig marmalade

With butterscotch sauce & Earl Grey ice cream



Chilled melon & strawberries soup

Balsamic glaze & red basil sorbet



Roasted local pineapple with vanilla & caramel sauce



Chocolate mousse with brandy and peppermint

Local banana ice cream and coconut sauce