

— EST. 1946 —
FROSTS



Menu

LEMON & SUMAC ROASTED CHICKEN WITH WINTER SLAW

Breakfast

MONDAY - FRIDAY 9AM - 11.30AM | SATURDAY 8.30AM - 11.30AM | SUNDAY 9.30AM - 11.30AM

THE FULL FROSTIE

£8.95

Free-Range Bedfordshire Pork Sausage, 2 Rashers of Sweet Dry Cured Bacon, 2 Free-Range Eggs (Fried, Scrambled or Poached), 2 Hash Browns, Baked Beans, Roasted Tomato & Mushroom

THE FROSTIE LITE

£6.95

Free-Range Bedfordshire Pork Sausage, Rasher of Sweet Dry Cured Bacon, Free-Range Egg (Fried, Scrambled or Poached), Hash Brown, Baked Beans, Roasted Tomato & Mushroom

THE VEGGIE FROSTIE V

£6.95

Vegetarian Sausage, Free-Range Egg (Fried, Scrambled or Poached), Hash Brown, Baked Beans, Roasted Tomato & Mushroom

Additional Items £1.50 PER PORTION

Choose From: 2 Bacon Rashers, Free-Range Bedfordshire Pork Sausage, Black Pudding, Vegetarian Sausage, 2 Hash Browns, Baked Beans, Tomato or 2 Free-Range Eggs (Fried, Scrambled or Poached)

IMPORTANT DIETARY INFORMATION

If you suffer from a food intolerance or food allergy, please let a member of the team know before placing your order.

V Vegetarian VE Vegan GF Gluten Free



Breakfast

BREAKFAST BAP

£4.95

Choose From: Free-Range Bedfordshire Pork Sausage, Sweet Dry Cured Bacon or Vegetarian Sausage

BREAKFAST BAP WITH EGG

£5.95

Choose From: Free-Range Bedfordshire Pork Sausage, Sweet Dry Cured Bacon or Vegetarian Sausage & Free-Range Fried Egg

BAKED BEANS OR FREE-RANGE EGG ON SOURDOUGH TOAST

£6.95

Choose From: Fried, Scrambled or Poached Egg

FRUIT BERRY CRUNCH

£4.95

Yoghurt, Granola, Fresh Berries & Honey

PANCAKE STACK

£6.50

Choose From: Bacon & Maple Syrup or Berries & Yoghurt

CROISSANT

£2.25

All Butter or Almond

DANISH PASTRIES

£2.25

Pain au Chocolat or Cinnamon Swirl

TOASTED BLOOMER

£2.00

White or Brown Toast

TOASTED TEACAKE WITH BUTTER

£2.25

Add a preserve... 85P EACH

HOT MAIN COURSES

MONDAY - SATURDAY 12PM - 3PM

FROSTS CHICKEN BURGER £11.95

Panko coated Cajun Chicken Fillet Burger, Little Gem Lettuce, Burger Relish in a toasted Brioche Bun served with Coleslaw, Triple Cooked Chips & crispy Onion Rings

BEEF BOURGUIGNON PIE £11.95

Bedfordshire Beef Pie, served with Creamy Mashed Potato & Braised Red Cabbage

SWEET POTATO, CHICKPEA & SPINACH CURRY VE £10.95

Served with fragrant Mushroom Rice, Naan & mini Poppadoms

FROSTS FISHCAKE £11.95

Smoked Salmon Fishcake, Creamed Leeks, Lemon dressed French Beans topped with Tartare Hollandaise

And on Friday we have Fish & Chips instead of a Frosts Fishcake

FISH & CHIPS £11.95

Beer Battered Fish, Triple Cooked Chips, Mushy Peas & Homemade Tartare Sauce

Sides

Choose From: Triple Cooked Chips £3.00, Sweet Potato Fries £3.25 or Cajun Spiced Wedges £3.00

SUNDAY ROAST 12PM - 3PM

Served in a Giant Yorkshire, Thyme Roasted Potatoes, Cabbage, steamed Green Vegetables, Cauliflower Cheese & Gravy

TRIO OF MEATS £14.95

MUSTARD ROASTED BEEF TOPSIDE £12.95

ROAST LOIN OF PORK £12.95

LEMON & THYME CHICKEN £12.95

NUT ROAST V £11.95



SALADS MONDAY - SUNDAY 12PM - 3PM

FROSTS GARDEN SALAD V VE £8.95

Dressed Mixed Leaves, Cherry Tomato, Cucumber, Radish, Red Onion & Carrot Ribbons

WINTER SLAW V VE £8.95

Luxurious Coleslaw topped with pickled Red Onion, Pomegranate, dried Cranberries, toasted Mixed Seeds, Chestnuts, Julienne Carrots, shredded Brussels & chopped Herbs

Add your choice of Topping £2 EACH

Lemon & Sumac Roasted Chicken, Smoked Mackerel Fillet with Lemon & Dill or Sweet Potato Falafel with Tahini Sauce

JACKET POTATOES WITH A SIDE SALAD MONDAY - SUNDAY 12PM - 3PM

CORONATION CHICKEN £8.95

Topped with Mango Chutney, mini Poppadoms, Onion, Tomato & Coriander

BEEF CHILLI £8.95

Topped with Mature Cheddar Cheese, Guacamole, Tortillas, Jalapeños, Salsa & Sour Cream

VEGAN CHILLI VE £8.95

Topped with Vegan Cheese, Guacamole, Tortillas, Jalapeños & Salsa

TUNA £8.95

Tuna Mayonnaise, Spring Onion & Chive Sour Cream

SOUPS

- CREAMY LEEK & POTATO

V

GF

£6.50
- ROASTED TOMATO

VE

GF

£6.50

HOT SANDWICHES

- PULLED BBQ AUBERGINE & PEPPER TOASTIE

VE

£8.50

Pulled Aubergine with mixed Peppers & Onion. In a tangy BBQ sauce topped with Vegan Cheese in Bloomer Bread
- BRIE, BACON & CRANBERRY

£8.50

Somerset Brie, grilled Streaky Bacon & Cranberry served in Bloomer Bread
- TUNA MELT

£8.50

Tuna Mayonnaise, Spring Onion, Mature Cheddar Cheese in a Ciabatta

COLD SANDWICHES

- CHICKEN BLT

£8.50

Sliced Chicken Breast, Grilled Streaky Bacon, Lettuce & Tomato served in a Ciabatta
- SMOKED SALMON

£8.50

Open Smoked Salmon Sandwich with Cream Cheese, Winter Coleslaw on Artisan Sourdough
- SMOKED APPLEWOOD CHEESE & TOMATO

V

£8.50

Smoked Applewood Cheese & Tomato with Caramelised Onion on Bloomer Bread

Fancy something sweet?

Some of our favourites...

CAKES:

Carrot, Coffee & Walnut, Chocolate Fudge

TRAYBAKES:

Chocolate Brownie, Rocky Road, Frangipane

SCONES:

Plain, Fruit, Cheese

Please check our displays for our daily specials.

HOT DRINKS

- AMERICANO

from £2.70
- LATTE

from £2.90
- CAPPUCCINO

from £2.90
- FLAT WHITE

£2.90
- MOCHA

from £3.00
- FILTER COFFEE

from £2.50
- SINGLE ESPRESSO

£1.90
- DOUBLE ESPRESSO

£2.35
- TEA

£2.10
- PREMIUM LOOSE LEAF TEA

(Variety of flavours available)

£2.75
- HOT CHOCOLATE

£2.90
- LUXURY HOT CHOCOLATE

£3.75
- ESPRESSO SHOT

60P
- SYRUP SHOT

50P

(Variety of flavours available)

SEASONAL HOT DRINKS

- PUMPKIN SPICED LATTE

£3.50
- SALTED CARAMEL LATTE

£3.50
- GINGERBREAD LATTE

£3.50
- MILLIONAIRE'S HOT CHOCOLATE


£3.75
- MINT HOT CHOCOLATE

£3.75
- BLACK FOREST HOT CHOCOLATE

£3.75
- CHERRY MOCHA

£3.75
- SPICED APPLE

£2.95



Soya, Almond, Oat or Coconut Milk on request at no extra cost.

COLD DRINKS

- COKE OR DIET COKE

£2.50
- SPARKLING OR STILL WATER

£1.75
- SAN PELLEGRINO SOFT DRINKS

£2.50

(Lemon or Blood Orange)
- FRESH ORANGE OR APPLE JUICE

£2.50
- FRANKLIN & SONS SOFT DRINKS

£2.70

(Variety of flavours available)

CHILDREN'S DRINKS

- APPLE JUICE CARTON

£1.25
- ORANGE JUICE CARTON

£1.25
- CHOCOLATE MILKSHAKE CARTON

£1.25
- STRAWBERRY MILKSHAKE CARTON

£1.25
- INNOCENT SMOOTHIE

£1.95
- CHILDREN'S HOT CHOCOLATE

£2.50
- BABYCCINO

50P

ALCOHOLIC DRINKS

- LAGER

£3.95
- BEER

£3.95
- CIDER

(Variety of flavours available)

£3.95
- WINE (WHITE, ROSÉ OR RED)

187ml

£4.25
- PROSECCO

200ml

£5.50



Afternoon Tea

Enjoy the delights of a Frosts Afternoon Tea in our beautiful restaurants. All homemade and waitress served to your table, set with stunning linen and china.

Book online at
frostsgardencentres.co.uk



Well Sourced, Cooked Well

Where possible we source all of our free-range meat, eggs and vegetables locally, including tender Bedfordshire Beef and delicious Whipsnade Pork.



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