

EST. 1946

# FROSTS



# Menu

ROAST CROWN OF TURKEY





## 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



THE FULL FROSTIE

## 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

## 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





Order at the till or scan the QR code

## CHRISTMAS LUNCH

MONDAY - SUNDAY 12PM - 3PM

1 COURSE **£12.95** | 2 COURSES **£14.95**

### ROAST CROWN OF TURKEY

**£12.95**

Hertfordshire Turkey, Cranberry Stuffing, Pigs in Blankets served with Thyme Roast Potatoes, Braised Red Cabbage, Honey Roasted Carrots & Parsnips, Brussel Sprouts with Chestnut Butter served with Turkey Gravy

### VEGAN NUT ROAST V GF

**£12.95**

Vegan Nut Roast served with Thyme Roast Potatoes, Braised Red Cabbage, Honey Roasted Carrots & Parsnips, Brussel Sprouts with Chestnut Butter served with vegan Red Wine Gravy (contains nuts)

### FROSTS CHRISTMAS PUDDING

**£3.95**

Frosts Christmas Pudding with Brandy Sauce (may contain nuts) Vegan Option Available

## HOT MAIN COURSES

MONDAY - SATURDAY 12PM - 3PM

### BEEF BOURGIGNON PIE

**£11.95**

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

### 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



## 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

# Lunch

MONDAY - SUNDAY 12PM - 3PM



Order at the till or scan the QR code

# Drinks

## 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

## Sides

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

## 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, Victoria Sponge, Chocolate Fudge, Spiced Apple

**TRAYBAKES:** Chocolate Brownie, Rocky Road, Frangipane, Crumble Topped Mince Pie (may contain nuts)

**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 **£2.75**  
(Variety of flavours available)

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**

## 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**



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





## 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](https://www.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.



Now on  
TikTok

[frostsgardencentres.co.uk](https://www.frostsgardencentres.co.uk)