

EST. 1946

# FROSTS

## HOT LUNCH

Available daily from 11.30am - 3pm

**ROAST TURKEY AND ALL THE TRIMMINGS £10.95**

**NUT ROAST AND ALL THE TRIMMINGS (V) £10.25**

**MUSHROOM BOURGUIGNON £10.25**

served with crushed, buttered, New Potatoes & lightly buttered Green Vegetable

**FISH PIE £10.25**

Salmon, Cod, Haddock And Prawns in a Lemon & Dill Cream Sauce With Creamy Mash Potato and lightly buttered Green Vegetable

## SALADS

**FROSTS SALAD OR**

**WINTER COUS COUS SALAD £9.50**

served with a choice of French, Balsamic or Caesar Dressing. **Topped with your choice of one the following:** Breaded Brie Wedges, Beetroot Falafel, Smoked Mackerel Or Fajita Seasoned Chicken Breast

## BAGUETTES

**BBQ CHICKEN AND BACON £8.50**

with Smoked Applewood & Rocket

**PRAWN COCKTAIL £8.50**

with sliced Cucumber and Gem Lettuce

**BEETROOT FALAFEL £8.50**

with Harissa Hummus, Pomegranate & Rocket Leaves

## HOT SANDWICHES

**TURKEY, BRIE & CRANBERRY MAYO £8.50**

**CHEESE MEDLEY WITH ONION CHUTNEY £8.50**

## JACKET POTATOES

**TUNA MAYONNAISE AND CHEESE GARNISHED WITH SPRING ONION £8.50**

**BEAN CHILLI WITH RED ONION**

(Sour Cream optional) **£8.50**

**COTTAGE PIE - GARNISHED WITH CRISPY KALE AND JULIENNE CARROT £8.50**

Served with Christmas Slaw & Salad

## SOUP OF THE DAY

**£5.50**

Served with Sourdough Croutons and Olive & Oregano Bloomer

## CHILDREN'S LUNCHES

**TOMATO & MOZZARELLA CIABATTA PIZZA £5.75**

served with Cucumber and Carrot Crudites

**FISH GOUJONS, CHIPS & BEANS OR PEAS £5.75**

**HOT DOG & CHIPS £5.75**

**LUNCH BAG (5 ITEMS + DRINK) £5.25**

bags are pre-made with your choice of Sandwich (Ham or Cheese) & Drink (Orange Water, Apple Water, Strawberry Milk or Chocolate Milk).

## SIDES

**SWEET POTATO WEDGES £3**

**SKIN ON FRIES £2.50**

**HOUSE SALAD £2.50**

## CRISPS

**REAL CRISPS: SEA SALT, STRONG CHEESE & ONION OR SEA SALT & VINEGAR £1.25**

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## CHILDREN'S DRINKS & SNACKS

POMBEAR CRISPS	£1.10
YOGURT	£1.10
FRUIT POT PEAR & PEACH	£1.10
SULTANAS & RAISINS	£1.10
SQUEEZY STRAWBERRY JELLY	£1.10
MINI GINGERBREAD MEN	£1.10
HAM OR CHEESE SANDWICH	£1.10
ORANGE OR APPLE WATER	£1.25
CHOCOLATE OR STRAWBERRY MILK	£1.25

## COLD DRINKS

COKE, DIET COKE OR COKE ZERO	£2.50
SPARKLING OR STILL WATER	£1.75
FOLKINGTONS PINK LEMONADE OR PINEAPPLE	£2.70
BRECKLAND POSH POP: STRAWBERRY & RHUBARB, ELDERFLOWER OR SLOE & ROSE	£2.70
SAN PELLEGRINO LEMON, BLOOD ORANGE OR SWEET ORANGE	£2.50
FRESH ORANGE OR APPLE JUICE	£2.50
PERONI OR ADNAMS SOUTHWOLD BEER	£3.95
CHILEAN SAUVIGNON BLANC OR MERLOT	£4.25
PROSECCO	£5.50
CRANES CRANBERRY CIDER: CRANBERRIES & LIME, RASPBERRIES & POMEGRANATES, BLUEBERRIES & APPLE	£3.95

## HOT DRINKS

AMERICANO	from £2.55
LATTE	from £2.75
CAPPUCCINO	from £2.75
FLAT WHITE	£2.75
MOCHA	from £2.85
FILTER COFFEE	from £2.35
TEA (inc decaf)	£2.05
HOT CHOCOLATES	from £3.65
CHILDREN'S HOT CHOCOLATE (with cream & marshmallows)	from £2.45
COFFEE SYRUPS (variety of flavours and sugar free options)	50p
PREMIUM LOOSE LEAF TEA (Choose from: English Breakfast, Ceylon Earl Grey, Jasmin Green, Chamomile Blossoms, Hibiscus Bora Bora, Assam, Vanilla Rooibos, Menthos Gunpowder or Lemongrass and Ginger)	£2.60

## WINTER HOT DRINKS

SALTED CARAMEL LATTE	£3.75
GINGERBREAD LATTE	£3.75
IRISH VELVET LATTE	£3.75
MILLIONAIRE'S HOT CHOCOLATE	£3.75
CHOCOLATE ORANGE HOT CHOCOLATE	£3.75
BLACK FOREST HOT CHOCOLATE	£3.75
IRISH VELVET HOT CHOCOLATE	£3.75
LUXURY HOT CHOCOLATE WITH MARSHMALLOWS, CREAM AND A FLAKE	£3.70

## How to order...

1. Visit [frostsgardencentres.co.uk/order](https://frostsgardencentres.co.uk/order) or scan the QR code:
2. Place your order, referencing your table number and pay online
3. Sit back, relax and wait for your food to arrive!

