

EST. 1946

FROSTS

Menu

ROASTED COUSCOUS SALAD WITH MOROCCAN FALAFEL

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 VE

£6.95

Vegan 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, Vegan Sausage VE, 2 Hash Browns, Baked Beans, Tomato, Mushrooms 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

Some dishes can be vegan or gluten free, please ask your server.



THE FULL FROSTIE

BREAKFAST BAP

£4.95

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

BREAKFAST BAP WITH EGG

£5.95

Choose From: Free-Range Bedfordshire Pork Sausage, Sweet Dry Cured Bacon or Vegan Sausage VE & 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 (gluten free also available)

TOASTED TEACAKE WITH BUTTER

£2.25

Add a preserve or marmalade...
85p EACH

Lunch

HOT MAIN COURSES

MONDAY - SATURDAY 12PM - 3PM

FROSTS BEEF BURGER

£12.50

8oz Beef Burger topped with Monterey Jack Cheese, Maple Glazed Bacon in a Pretzel Bun served with Triple Cooked Chips, Slaw & BBQ Sauce

VEGAN BURGER VE

£12.50

Vegan Burger topped with Vegan Cheese, in a Pretzel Bun served with Triple Cooked Chips, Slaw & BBQ sauce

ROAST CHICKEN & LEEK PIE

£12.50

Creamy Chicken & Leek Pie served with Creamy Buttered Mashed Potato, Tender Stem Broccoli & Tarragon Cream Sauce

VEGAN HUNGARIAN CHICKPEA GOULASH VE

£11.50

Chickpea, Butter Bean & Sweet Potato Goulash served with a Thyme Dumpling

FROSTS FISHCAKE

£12.50

Smoked Haddock & Parsley Panko-coated Fishcake, Creamed Leeks, Tender Stem Broccoli topped with Tartare Hollandaise

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

FISH & CHIPS

£12.50

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



SUNDAY ROAST 12PM - 3PM

Served with a homemade Yorkshire Pudding, Thyme Roasted Potatoes, Cabbage, steamed Green Vegetables & Carrots, Cauliflower Cheese & Gravy

TRIO OF MEATS

£15.50

MUSTARD ROASTED BEEF TOPSIDE

£13.50

ROAST LOIN OF PORK

£13.50

LEMON & THYME CHICKEN

£13.50

NUT ROAST VE

£12.50

JACKET POTATOES

SERVED WITH 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

PRAWNS

£8.95

Prawns in Marie Rose sauce topped with Prawn Crackers

CHEESE & BEANS

£8.95

Baked Beans topped with Mature Cheddar

SOUPS	
SERVED WITH BREAD	
CARROT & CORIANDER GF VE	£6.50
ROASTED TOMATO GF VE	£6.50

SALADS

MONDAY - SUNDAY 12PM - 3PM

FROSTS GARDEN SALAD VE	£8.95
White Radish (Mouli), Cucumber, Cherry Tomatoes & Carrots	
ROASTED COUSCOUS SALAD VE	£8.95
Vine Roasted Tomato & Roasted Pepper Couscous Salad	

Add your choice of Topping £2 EACH

Cracked Black Pepper Chicken, Moroccan Falafel VE or Prawn Marie Rose

COLD SANDWICHES

SERVED WITH DRESSED SALAD GARNISH & CRISPS

CRACKED BLACK PEPPER CHICKEN	£8.50
Cracked Black Pepper Chicken, on a bed of Slaw in a Sourdough Roll	
ROASTED VEGETABLE & TOMATO CHUTNEY VE	£8.50
Aubergine, Courgette & Pepper served with Tomato Chutney in an Onion Sourdough Roll	
PRAWN & AVOCADO WRAP	£8.50
Prawns in Marie Rose Sauce with Avocado in a Soft Tortilla Wrap	



HOT SANDWICHES

SERVED WITH DRESSED SALAD GARNISH & CRISPS

TANDOORI CHICKEN NAAN	£8.50
Tandoori Chicken & Tomato Salsa served in Naan Bread topped with Mint Yoghurt	
HAM & CHEESE CIABATTA	£8.50
Ham, Triple Cheese & Chutney served in a Ciabatta	
VEGAN FISH FINGER SANDWICH VE	£8.50
Vegan Fish Fingers, Vegan Tartare Sauce & Micro Pea Shoots in Bloomer Bread	

SIDE DISHES

TRIPLE COOKED CHIPS	£3.00
SWEET POTATO FRIES	£3.25
CAJUN SPICED WEDGES	£3.00

Cakes & Desserts

CAKES

VICTORIA SPONGE	£3.95
CARROT	£3.95
COFFEE	£3.95
CHOCOLATE FUDGE VE	£3.95
LEMON & BLUEBERRY VE	£3.95
COURGETTE & AVOCADO (dairy free) GF	£3.95

TRAYBAKES

CHOCOLATE BROWNIE	£2.65
ROCKY ROAD	£2.65
FRANGIPANE	£2.65
CARAMEL SHORTBREAD GF	£2.65
APRICOT FLAPJACK VE	£2.65
BLUEBERRY BAKEWELL VE	£2.65
CARAMEL CHOCOLATE BROWNIE GF VE	£2.65
CHERRY SHORTBREAD	£2.65

COOKIES

TRIPLE CHOCOLATE	£2.00
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Cakes & Desserts

MUFFINS

TRIPLE CHOCOLATE	£2.40
BLUEBERRY	£2.40
LEMON MERINGUE	£2.40

COLD DESSERTS

CHOCOLATE ÉCLAIR	£3.95
JAM & CREAM SCONE	£3.95
GLAZED LEMON TART	£3.95
HOMEMADE CHEESECAKE (Ask your server for the flavour)	£3.95

SCONES

PLAIN	£2.40
FRUIT (gluten free also available)	£2.40
CHEESE	£2.40
VEGAN VE	£2.40

CREAMS & JAMS

CLOTTED CREAM	£1.00
RASPBERRY	85p
BLACKCURRANT	85p
STRAWBERRY	85p
HONEY	85p

Drinks

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 (Variety of flavours available)	50P

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.



Drinks

COLD DRINKS

COKE OR DIET COKE	£2.50
SPARKLING OR STILL WATER	£1.75
SAN PELLEGRINO SOFT DRINKS (Lemon or Blood Orange)	£2.50
FRESH ORANGE OR APPLE JUICE	£2.50
FRANKLIN & SONS SOFT DRINKS (Variety of flavours available)	£2.70

CHILDREN'S DRINKS

APPLE JUICE CARTON	£1.25
ORANGE JUICE CARTON	£1.25
CHOCOLATE MILKSHAKE CARTON	£1.25
STRAWBERRY MILKSHAKE CARTON	£1.25
INNOCENT SMOOTHIES	£1.95
CHILDREN'S HOT CHOCOLATE	£2.50
BABYCCINO	50P

ALCOHOLIC DRINKS

LAGER	£3.95
ALE	£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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