

— EST. 1946 —
FROSTS



Menu

KOREAN BBQ CAULIFLOWER BITES

- Eggs Royale11.95

Toasted English muffin topped with poached eggs, Scottish smoked salmon, chive hollandaise and rocket
- Eggs Benedict10.95

Toasted English muffin topped with poached eggs, Woburn baked ham, chive hollandaise and rocket
- Vegetarian MuffinV10.95

Smashed avocado, field mushroom on toasted English muffin with chive hollandaise and rocket
- The Full Frostie12.95

Two free-range Bedfordshire pork sausages, two rashers of dry cured bacon, two free-range fried eggs, two hash browns, baked beans, roasted tomato, mushroom & mixed white and brown toast

See additional items below!
- The Frostie Lite9.95

Free-range Bedfordshire pork sausage, rasher of dry cured bacon, free-range fried egg, two hash browns, baked beans, roasted tomato, mushroom and one slice of brown toast
- The Veggie FrostieV (VE AVAILABLE)9.75

Vegetarian sausage, free-range fried egg, two hash browns, baked beans, roasted tomato, mushroom and one slice of white toast
- Baked Beans or Free-Range Fried Eggs on buttered Sourdough ToastV7.25



- Breakfast Bap6.95

Choose From: Free-range Bedfordshire pork sausage, dry cured bacon or vegan sausageVE

Add a free-range fried egg0.75
- Pancake Stack7.95

Choose From: Bacon and maple syrup | Berries and yoghurt
- Yoghurt Berry Parfait5.95

Greek yoghurt, fruit compote, granola, berries and honey
- All Butter Croissant2.95

Served with butter
- Almond Croissant2.95
- Blueberry Muffin2.95
- Selection of Danish Pastries2.95
- Toasted Teacake3.25

Served with butter
- Toasted Bloomer2.50

White or brown toast (gluten free or vegan also available)
- Add a preserve0.95

Additional Items

Choose From:

Two Bacon Rashers | Free-Range Bedfordshire Pork Sausage
Black Pudding | Vegetarian Sausage | Vegan SausageVE

1.80 per portion

2 Hash Browns | Baked Beans | Tomato | Mushrooms
2 Free-Range Fried Eggs1.50 per portion

Preserves or Marmalade (Strawberry | Raspberry | Blackcurrant
Orange Marmalade | Marmite)0.95 each

IMPORTANT DIETARY INFORMATION

Please speak to our team when you order if you have any allergies or intolerances. We cannot guarantee that any of our dishes are 100% allergen free.

VVegetarianVENVeganGFGluten FreeDFDairy Free

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

- Smashed Avocado on Sourdough Toast

10.95

Smashed avocado on sourdough toast, thyme roasted cherry tomatoes on the vine, chilli and poached egg

Add smoked salmon or streaky bacon 2.95
- Bubble & Squeak Potato Cake

V

10.95

Served with thyme roasted cherry tomatoes, a free-range fried egg and hollandaise sauce
- Pancake Stack with Southern Fried Chicken

(

V

 AVAILABLE)

10.95

Served with crispy streaky bacon, free-range fried egg, and maple syrup
- Croque Monsieur

10.95

Mature cheddar and ham, mornay sauce, cheddar crust on white bloomer bread served with a choice of dressed salad garnish or triple cooked chips

Add a free-range fried egg 0.75
- Toasted Sourdough with Creamy Garlic Wild Mushrooms

V

VE

10.25

Served with thyme roasted cherry tomatoes and rocket

SANDWICHES

- Chicken & Emmental Ciabatta

(

V

VE

 AVAILABLE)

10.95

Roasted chicken breast, Emmental cheese, tomato chutney on ciabatta bread served with cherry tomatoes & cucumber and a choice of baby salad leaves or triple cooked chips
- BBQ Jackfruit Wrap

V

VE

9.95

BBQ glazed jackfruit with apple coleslaw in a tortilla wrap served with cherry tomatoes, cucumber and a choice of baby salad leaves or triple cooked chips



- Prawn, Lemon & Dill Cream Cheese Sandwich

10.95

Prawns mixed with a lemon & dill cream cheese on brown bloomer bread served with cherry tomatoes, cucumber and baby salad leaves or triple cooked chips

HOT MAIN COURSES

- Frosts Fish Pie

(

GF

 AVAILABLE)

15.95

Traditional fish pie with a parsley white wine sauce, topped with creamy mash and cheddar crumb served with buttered greens
- Korean BBQ Cauliflower Bites

V

13.95

BBQ cauliflower bites served with coconut rice, kale, pickled carrots, mooli and a mirin dressing
- Chicken Supreme

GF

(

VE

 AVAILABLE)

14.50

Pan-fried chicken supreme on a bubble & squeak potato cake served with creamy wild mushroom sauce and seasonal vegetables
- Woburn Ham, Egg & Chips

(

GF

 AVAILABLE)

13.95

Sliced Woburn ham served with two fried free-range eggs, triple cooked chips and minted peas
- Frosts Smash Burger

(

VE

 AVAILABLE)

14.95

6oz Woburn beef patty, American cheese, streaky bacon, gherkin, lettuce, and tomato served with triple cooked chips and coleslaw

Fish & Chips (available Friday only)

13.95

Ale battered cod, triple cooked chips, mushy peas and homemade tartare sauce

SHARING BOARD

- Frosts Charcuterie Board

For one 12.95 | For two 23.95

Hartgrove coppa ham, wild venison chorizo, fennel & pepper salami, brie, mature cheddar, pickles, chutney, cherry tomatoes, fresh crusty bread & butter

Lunch

SUNDAY ROAST

Served with Frosts homemade Yorkshire pudding, thyme roasted potatoes, buttered cabbage & kale, roasted root vegetable, sage & onion stuffing and gravy


- Quartet of meats 21.00
- Roast lamb 17.50
- Slow roasted Bedfordshire beef topside 16.00
- Roast loin of pork with stuffing & apple sauce 15.50
- Lemon and thyme chicken 15.50
- Nut roast  14.50

Served with thyme roasted potatoes, buttered cabbage & kale, roasted root vegetables and vegan gravy

JACKET POTATOES

Served with side salad
MONDAY - SUNDAY FROM 12PM

- Prawn Marie Rose 10.95
- Topped with prawns in a Marie Rose sauce & prawn crackers

- Beef Chilli ( AVAILABLE) 10.95
- Topped with beef chilli, sour cream, guacamole, tomato salsa, jalapeños and tortilla chips
- Add cheese 1.00

- Beans & Cheese   ( AVAILABLE) 9.95
- Topped with baked beans and mature cheddar

Gluten free options are available, please ask your server.

CHICKPEA, KALE & BUTTERNUT SQUASH SALAD




SALADS

MONDAY - SUNDAY FROM 12PM

- Chickpea, Kale & Butternut Squash Salad   12.50
- Chickpeas, kale, pickled red cabbage, roasted butternut squash, toasted seeds with a thyme vinaigrette

- Fig, Goat's Cheese & Pecan Salad   12.50
- ( AVAILABLE)
- Honey roasted figs, goat's cheese crumb, rocket, toasted pecans with a maple balsamic dressing

- Three-Grain Coronation Couscous Salad  13.95
- Three-grain couscous with dried apricots, sultanas, red pepper, courgette, pickled red onion, baby leaves and a Coronation yoghurt dressing

Add your choice of topping to any of our salads
Pan-roasted chicken supreme 2.50 | Poached salmon 2.50 | Crispy tofu 1.95

SOUP

MONDAY - SUNDAY FROM 12PM

- Soup Of The Day   6.95
- Served with bread ( AVAILABLE)

SIDE DISHES

( AVAILABLE)
MONDAY - SUNDAY FROM 12PM

- Triple Cooked Chips  3.45
- Sweet Potato Fries  3.95
- Frosts Garden Salad 3.25
- Panko Onion Rings 3.45
- Cajun Spiced Wedges 4.95
- Served with sour cream and tomato salsa

Drinks

HOT DRINKS

	Regular	Large
Americano	3.20	3.45
Latte	3.40	3.65
Chai Latte		4.50
Cappuccino	3.40	3.65
Flat White	3.40	
Mocha	3.60	3.85
Filter Coffee	3.00	3.25
Double Espresso	2.80	
Iced Latte		3.65
Breakfast Tea	2.65	
Premium Loose Leaf Tea	3.15	
(English Breakfast Earl Grey Gunpowder Peppermint Black Red Berries & Rose Petals Lemon & Ginger)		
Hot Chocolate ( AVAILABLE)	3.45	3.75
Luxury Hot Chocolate		5.00
(with flake, whipped cream & marshmallows)		
Additional Espresso Shot	0.75	
Syrup Shot	0.75	
(Caramel Vanilla Hazelnut Salted Caramel Toffee Honeycomb Spiced Chai Gingerbread White Chocolate Orange Sugar-Free Caramel, Sugar-Free Vanilla, Sugar-Free Hazelnut)		



FREE milk alternatives available

Oat, Coconut or Soya

SEASONAL DRINKS

Golden Hot Chocolate	4.95
S’mores Mocha	4.95
Pumpkin Latte	4.95
Pear & Blackberry Warmer	4.25



COLD DRINKS

Coke, Diet Coke or Coke Zero	330ML	3.15
Sparkling or Still Water	330ML	2.55
San Pellegrino Soft Drinks	(Lemon Blood Orange) 330ML	3.15
Orange Juice	250ML	2.50
Watergulls Orchard Apple Juice	250ML	3.95
Franklin & Sons Soft Drinks	275ML	3.15
(Ginger Beer Elderflower Lemonade Raspberry Lemonade Rhubarb Lemonade)		
Lime & Soda	225ML	2.95

CHILDREN’S DRINKS

Apple or Orange Juice Carton	200ML	1.65
Innocent Smoothies	150ML	2.65
(Orange, Mango & Pineapple Raspberry, Apple & Strawberry)		
Children’s Hot Chocolate	(with whipped cream & marshmallows)	2.95
Babyccino ( AVAILABLE)		1.25

ALCOHOLIC DRINKS

Lager & Ale	(Peroni ABV 5% 330ml or Brewdog IPA ABV 5.4% 330ml)	4.50
Cider		
Magners ABV 4.5% 330ml		4.50
Kopparberg Strawberry & Lime Cider ABV 4% 500ml		4.95
Wine	(Sauvignon Blanc ABV 12%, Zinfandel Rosé ABV 10% or Merlot ABV 13.5%) 187ml	4.50
Prosecco	ABV 11% 200ml	6.00

Cakes & Desserts

COLD DESSERTS

Tiramisu	6.95
Sherry Trifle	6.95
Glazed Fruit Tart	6.95
Pumpkin Spiced Cheesecake	6.95

HOT DESSERT

(SERVED 12-3PM)

Golden Syrup Sponge Pudding	6.95
Served with custard	
Warm Chocolate Brownie	6.95
Served with chocolate sauce & ice cream	

CAKES

Victoria Sponge	4.95
Lemon Drizzle	4.95
Carrot	4.95
Coffee & Walnut	4.95
Chocolate Ganache VE	4.95
Cappuccino GF	4.95
Lemon, Raspberry & Hibiscus VE GF	4.95
Courgette & Avocado GF DF	4.95

TOASTED TEACAKE	3.25
Served with butter	

TRAYBAKES

Triple Chocolate Brownie	3.95
Bakewell Tart	3.95
Fruit, Nut & Chocolate Flapjack VE GF	3.95
Apple Crumble Slice VE	3.95
Biscoff Rocky Road	3.95
Caramel Shortbread GF	3.95
Pecan & Pretzel Flapjack VE	3.95

SCONES

Choice of plain, fruit or cheese, served with butter (fruit scone available as gluten free or vegan)	2.95
Cream Scone	4.65
Choice of plain or fruit with strawberry preserve & clotted cream	
Savoury Scone	4.65
Cheese scone with cream cheese & red onion marmalade	
Preserves or Marmalade (Strawberry Raspberry Blackcurrant Orange marmalade Marmite)	0.95
Clotted cream	1.10

Add a scoop of vanilla ice cream 2.50 each



Afternoon Tea

WITH A HOME-MADE MENU AND EVERYTHING WAITRESS SERVED TO YOUR TABLE, ENJOY THE BRITISH TRADITION OF AFTERNOON TEA.

Pre-booking is essential. Book online at frostsgardencentres.co.uk.



Gift Cards

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a Frosts gift card will make
the perfect gift!

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frostsgardencentres.co.uk



Frosts Pumpkin Patch at Willington

5th-31st October

(open daily from 26th October)

For more information visit
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