

— EST. 1946 —
FROSTS



Menu

FROSTS FISH PIE

Breakfast

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

Eggs Royale 11.95

Toasted English muffin topped with poached eggs, Scottish smoked salmon, chive hollandaise and rocket

Eggs Benedict 10.95

Toasted English muffin topped with poached eggs, Woburn baked ham, chive hollandaise and rocket

Vegetarian Muffin V 10.95

Smashed avocado, field mushroom on toasted English muffin with chive hollandaise and rocket

The Full Frostie 12.95

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 Lite 9.95

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 Frostie V (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 Toast V 7.25

Additional Items

Choose From:

Two Bacon Rashers | Free-Range Bedfordshire Pork Sausage
Black Pudding | Vegetarian Sausage | Vegan Sausage VE
1.80 per portion

2 Hash Browns | Baked Beans | Tomato | Mushrooms
2 Free-Range Fried Eggs 1.50 per portion

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



Filled Breakfast Bagel 8.25

Warm bagel filled with sausage, bacon, egg mayonnaise and mature cheddar

Vegetarian Bagel V (VE AVAILABLE) 8.25

Warm bagel filled with vegetarian sausage, field mushroom and mature cheddar

Breakfast Bap 6.95

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

Add a free-range fried egg 0.75

Pancake Stack 7.95

Choose From: Bacon and maple syrup | Berries and yoghurt

Yoghurt Berry Parfait 5.95

Greek yoghurt, fruit compote, granola, berries and honey

All Butter Croissant 2.95

Served with butter

Almond Croissant 2.95

Blueberry Muffin 2.95

Selection of Danish Pastries 2.95

Toasted Teacake 3.25

Served with butter

Toasted Bloomer 2.50

White or brown toast (gluten free or vegan also available)

Add a preserve 0.95

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.

V Vegetarian VE Vegan GF Gluten Free DF Dairy 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



KOREAN BBQ CAULIFLOWER BITES

- 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 Monday - Saturday)

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

- Curried Cauliflower Soup with Crispy Chickpeas   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
Freshly Squeezed Orange Juice	250ML	3.95
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

All our alcoholic drinks are available to buy from our Food Market

ALES, BEERS, LAGERS & CIDERS

Hornes Brewery Triple Goat IPA	ABV 5% 500ML	4.95
Hornes Brewery Triple Goat Pale Ale	ABV 3.9% 500ML	4.95
Hornes Pilsner	ABV 4.5% 500ML	4.95
Saxby’s Original Cider	ABV 5% 500ML	4.95
Saxby’s Strawberry Cider	ABV 5% 500ML	4.95
Free Damm Alcohol Free Lager	330ML	3.95

See overleaf for our wine selection...

Wines & Bubbles

All our alcoholic drinks are available to buy from our Food Market.

RED WINES

The Guv’nor
Grenache Tempranillo, Spain, juicy, medium bodied ABV 14%

Little Eden
Pinot Noir, Australia, rich, complex and medium-bodied ABV 14%

WHITE WINES

Parini
Pinot Grigio, Italy, dry and round, full yet fresh and lively ABV 10.5%

Petal & Stem
Sauvignon Blanc, New Zealand, fruit flavours of guava and passion fruit ABV 12.5%

ROSÉ WINE

Parini
Pinot Grigio, Rosato delle Venezie, Italy, dry, elegant rosé ABV 11.5%

BUBBLES

Prosecco
Italy, sparkling extra dry ABV 11%

Small
glass
125ml

Large
glass
250ml

Bottle
750ml

4.95

7.25

16.95

4.95

7.25

16.95

4.95

7.25

16.95

4.95

7.25

16.95

4.95

7.25

16.95

Glass
175ml

Bottle
750ml

5.95

19.00

Cakes & Desserts

COLD DESSERTS

Lemon Meringue Slice

6.95

Black Forest Gateau

6.95

Vanilla, Honey & Fig Cheesecake

6.95

Loaded Doughnut

6.95

Italian Tiramisu

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

Carrot

4.95

Coffee & Walnut

4.95

Chocolate Ganache 

4.95

Cappuccino 

4.95

Lemon, Raspberry & Hibiscus  

4.95

Courgette & Avocado  

4.95

TOASTED TEACAKE

3.25

Served with butter

TRAYBAKES

Triple Chocolate Brownie

3.95

Bakewell Tart

3.95

Fruit, Nut & Chocolate Flapjack  

3.95

Apple Crumble Slice 

3.95

Biscoff Rocky Road

3.95

Caramel Shortbread 

3.95

Pecan & Pretzel Flapjack 

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

0.95

(Strawberry | Raspberry | Blackcurrant Orange marmalade | Marmite)

Clotted cream

1.10

Add a scoop of vanilla ice cream 2.50 each



High Tea

Treat yourself to our indulgent Frosts High Tea, served daily from 2pm. No reservations needed - it's the perfect way to pamper your palate without the booking hassle.



NEW

Lily Pots Pottery Painting

Unleash your creativity at Lily Pots, the brand-new pottery painting studio at Frosts!

For more info or to book, visit frostsgardencentres.co.uk



frostsgardencentres.co.uk