# FROSTS

# Menu

**ROAST CROWN OF TURKEY** 

### Eggs Royale 10.95

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

### Eggs Benedict 9.65

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

### Vegetarian Muffin V 9.65

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

### The Full Frostie 11.95

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

### 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) 8.95

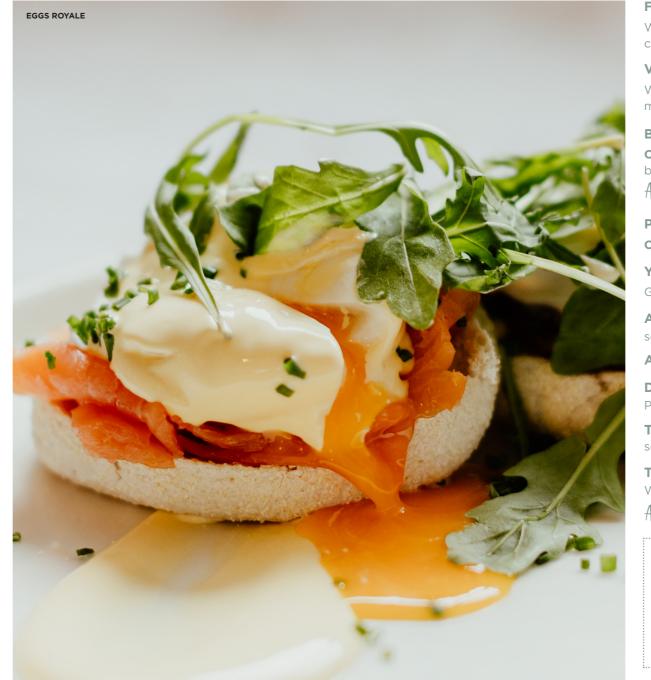
Vegetarian sausage, free-range fried egg, two hash browns, baked beans, roasted tomato and mushroom

**Baked Beans or Free-Range Fried Egg on buttered** Sourdough Toast 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** 

Orange Marmalade) 0.95 each



### Filled Breakfast Bagel 7.65

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

### Vegetarian Bagel V (VE AVAILABLE) 7.50

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

Breakfast Bap 5.65 **Choose From:** Free-range Bedfordshire pork sausage, dry cured bacon or vegan sausage VE Add a Free-Range Fried Egg 0.75

Pancake Stack 6.95

served with butter

Danish Pastries 2.95 Pain au chocolat | Cinnamon swirl

Toasted Teacake 3.25 served with butter

Add a preserve 0.95

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

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

**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

### Almond Croissant 2.95

### Toasted Bloomer 2.50

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

### **IMPORTANT DIETARY INFORMATION**

### V Vegetarian VE Vegan GF Gluten Free

### **HOT MAIN COURSES**

MONDAY - SATURDAY FROM 12PM

### Frosts Fish Pie 13.95

Creamy fish pie topped with mashed potato, festive red cabbage and vegetables

### Beef Bourguignon 13.95

Braised beef in red wine with button mushrooms, silverskin onions, mixed herbs served with creamy mash and festive red cabbage

### Glazed Ham, Fried Eggs & Chips (GF AVAILABLE) 12.95

Glazed ham, two free-range fried eggs with triple cooked chips and herbed garden peas

### Cajun Chicken Burger (VE AVAILABLE) 13.50

Panko-coated cajun chicken burger, chorizo jam mayonnaise, lettuce, tomato, gherkin with triple cooked chips and slaw

Add your choice of topping

Bacon 1.80 | Cheese 1.00 | Jalapeños 0.60 | Onion Rings 1.50

### CHRISTMAS LUNCH MONDAY - SUNDAY FROM 12PM

1 COURSE 16.95 | 2 COURSES 19.95 (Your choice of a cup of Butternut Squash & Carrot Soup or Frosts Christmas Pudding)

### ROAST CROWN OF TURKEY GF 16.95

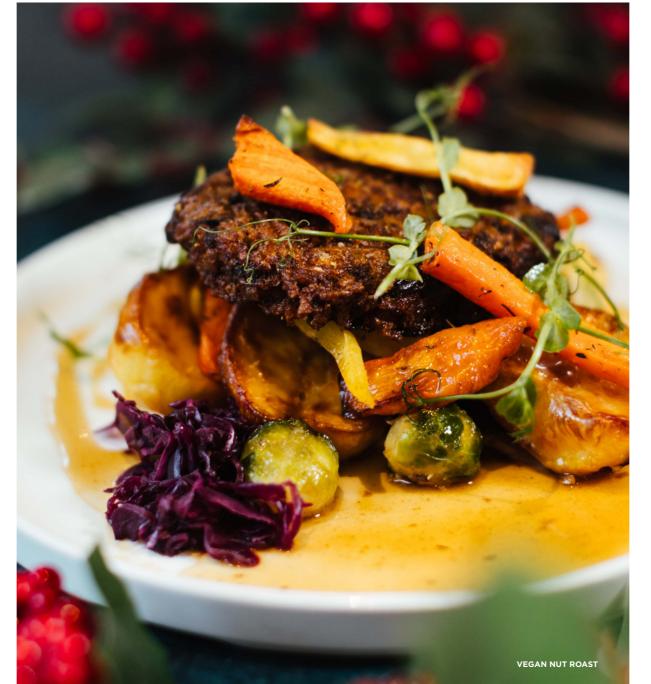
Hertfordshire turkey, cranberry stuffing, pig in blanket served with thyme roast potatoes, braised red cabbage, honey roasted carrots & parsnips, brussel sprouts with chestnut butter served with turkey gravy

### VEGAN NUT ROAST V G 16.95

Vegan nut roast served with roast potatoes, carrots, parsnips, festive red cabbage and vegan chestnut buttered brussels, finished with a roast gravy

### FROSTS CHRISTMAS PUDDING 4.95

Frosts Christmas Pudding with Brandy Sauce ( v GF option available)



### SHARING BOARD

### Frosts Ploughman's for one 11.95 | for two 21.95

Pork pie, chicken liver pâté, Frosts sausage roll, coleslaw, mature cheddar, stilton, pickles, salad and crusty bread

Beef Chilli 10.95 Add Cheese 1.00

Add Vegan Cheese 1.00

MONDAY - SATURDAY FROM 12PM

### JACKET POTATOES Served with side salad

MONDAY - SUNDAY FROM 12PM

### Coronation Chicken 10.95

Topped with mango chutney, onion, tomato and coriander

Topped with guacamole, salsa and sour cream

### Vegan Chilli VE 10.95

Topped with guacamole and salsa

### Tuna & Spring Onion GF 10.95

Topped with tuna mayonnaise & spring onion

### Beans & Cheese V GF (VE AVAILABLE) 10.50

Topped with baked beans & mature cheddar

### Gluten free options are available, please ask your server.

### SALADS

### Frosts Garden Salad VE 11.25

Mixed leaves, tomato, cucumber, mixed herbs, carrot & courgette ribbons, shaved broccoli florets, radish, homemade pickled red onion, roasted pumpkin & sunflower seeds and French dressing

### Add your choice of Topping 3.25 EACH

Roast beef with horseradish | Red onion & goats cheese tart with beetroot salsa | Roasted vegetable & mozzarella tart with beetroot salsa | Quiche Lorraine

### Chicken Caesar Salad 11.25

Crispy baby gem leaves, creamy Caesar dressing, croutons, shaved parmesan, white anchovy fillets topped with chicken

### Add bacon 1.80

### **SANDWICHES**

Served with dressed salad garnish & triple cooked chips

Tuna Mayonnaise & Spring Onion 11.95 Tuna mayonnaise & spring onion in brown bloomer bread

### Egg, Cress & Cucumber V 11.25

Egg, cress and cucumber served in a baguette

### Roast Beef 11.95

Rare roast beef, red onion marmalade, mayonnaise, sliced tomato and rocket in white bloomer bread

Gluten free sandwich options are available, please ask your server.



### HOT SANDWICHES

### **Croque Monsieur** 11.95

Add Bacon 1.80

your server.

SOUP

Butternut Squash & Carrot Soup VE GF 6.95

Sweet Potato Fries VE 3.50

Cajun Spiced Wedges VE 4.95 Served with sour cream and salsa

Mature cheddar & ham, mornay sauce, cheddar crust on white bloomer bread served with dressed salad garnish & triple cooked chips

### Add a Free-Range Fried Egg 0.75

### Brie & Cranberry V 10.95

Somerset brie and cranberries in ciabatta served with dressed salad garnish & triple cooked chips

### Herb Roasted Peppers & Aubergine VE 10.95

Herb roasted peppers and aubergine, vegan cheddar and citrus alioli in ciabatta served with dressed salad garnish & triple cooked chips

### Festive Sandwich & Soup 12.95

Turkey, bacon and cranberry sandwich served on white bread with a cup of butternut squash & carrot soup

### Vegan & gluten free sandwich options are available, please ask

### Served with bread (GF AVAILABLE)

### SIDE DISHES (GF AVAILABLE)

Triple Cooked Chips VE 3.25

Onion Rings 3.50

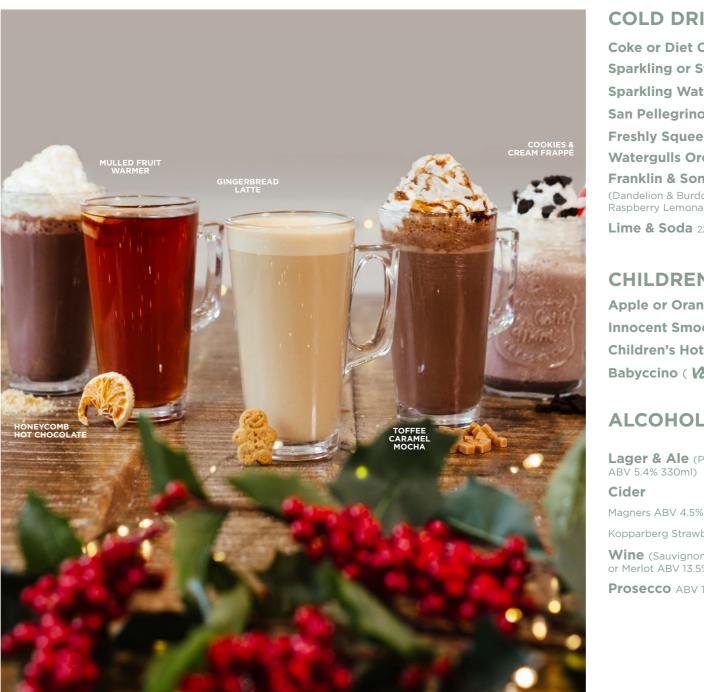
Pigs in Blankets with Cranberry Ketchup 4.95

## Prinks

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
Single Espresso	2.35	
Double Espresso	2.80	
Breakfast Tea	2.65	
<b>Premium Loose Leaf Tea</b> (English Breakfast   Earl Grey   Gunpowder   Peppermint Black   Red Berries & Rose Petals   Lemon & Ginger)	3.15	
Hot Chocolate	3.45	3.75
Luxury Hot Chocolate (with flake, whipped cream & marshmallows)		5.00
Espresso Shot	0.75	
Syrup Shot (Caramel   Vanilla   Hazelnut)	0.75	

FREE milk alternatives available Almond, Oat, Coconut or Soya





### **COLD DRINKS**

Coke or Diet C Sparkling or S Sparkling Wat San Pellegrind **Freshly Squee** Watergulls Or Franklin & Son (Dandelion & Burde Raspberry Lemona Lime & Soda 2

### **CHILDREN'S DRINKS**

Apple or Oran Innocent Smo Children's Hot Babyccino ( V

### **ALCOHOLIC DRINKS**

Lager & Ale (P ABV 5.4% 330ml) Cider Magners ABV 4.5% Kopparberg Strawk Wine (Sauvignor

Prosecco ABV

Coke 330ML	3.15
Still Water 330ML	2.55
ter 750ML	4.55
<b>Soft Drinks</b> (Lemon   Blood Orange) 330ML	3.15
zed Orange Juice 500ML	4.95
chard Apple Juice 500ML	4.95
<b>ns Soft Drinks</b> 275ML ock   Ginger Beer   Elderflower Lemonade   ade   Rhubarb Lemonade)	3.15
225ML	2.95

nge Juice Carton 200ML	1.65
oothies 150ML	2.65
t Chocolate (with whipped cream & marshmallows)	2.95
E AVAILABLE)	1.25

Peroni ABV 5% 330ml or Brewdog IPA	4.50
% 330ml	4.50
vberry & Lime Cider ABV 4% 500ml	4.95
on Blanc ABV 12%, Zinfandel Rosé ABV 10% 5%) 187ml	4.50
/ 11% 200ml	6

# FROSTS 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.



FROSTS
Santa's
Santa's
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# Food Market

Gift Card

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