

EST. 1946

FROSTS



Menu

ROAST CROWN OF TURKEY

Breakfast

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

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 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) **0.95 each**

EGGS ROYALE



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

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

Danish Pastries 2.95

Pain au chocolat | Cinnamon swirl

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 your server before 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

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

Lunch

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 GF 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)



VEGAN NUT ROAST

SHARING BOARD

MONDAY - SATURDAY FROM 12PM

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

JACKET POTATOES Served with side salad

MONDAY - SUNDAY FROM 12PM

Coronation Chicken 10.95

Topped with mango chutney, onion, tomato and coriander

Beef Chilli 10.95

Topped with guacamole, salsa and sour cream

Add Cheese 1.00

Vegan Chilli VE 10.95

Topped with guacamole and salsa

Add Vegan Cheese 1.00

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

V

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.



ROAST BEEF SANDWICH

HOT SANDWICHES

- Croque Monsieur

11.95

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
- Add Bacon

1.80

- 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 your server.

- SOUP

Served with bread (

GF

 AVAILABLE)

- Butternut Squash & Carrot Soup

VE

GF

6.95
- ## SIDE DISHES (GF AVAILABLE)
- Triple Cooked Chips

VE

3.25
- Sweet Potato Fries

VE

3.50
- Onion Rings

3.50
- Cajun Spiced Wedges

VE

4.95

Served with sour cream and salsa
- Pigs in Blankets with Cranberry Ketchup

4.95



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
Single Espresso	2.35	
Double Espresso	2.80	
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	3.45	3.75
Luxury Hot Chocolate		5.00
(with flake, whipped cream & marshmallows)		
Espresso Shot	0.75	
Syrup Shot	0.75	
(Caramel Vanilla Hazelnut)		



FREE milk alternatives available

Almond, Oat, Coconut or Soya

SEASONAL DRINKS

Honeycomb Hot Chocolate	4.95
Gingerbread Latte	4.95
Toffee Caramel Mocha	4.95
Cookies and Cream Frappé	4.95
Spiced Apple	4.25
Mulled Fruit Warmer	4.25
Mulled Wine	4.95
ABV 5.5%, 300ml	



COLD DRINKS

Coke or Diet Coke	330ML	3.15
Sparkling or Still Water	330ML	2.55
Sparkling Water	750ML	4.55
San Pellegrino Soft Drinks	(Lemon Blood Orange) 330ML	3.15
Freshly Squeezed Orange Juice	500ML	4.95
Watergulls Orchard Apple Juice	500ML	4.95
Franklin & Sons Soft Drinks	275ML	3.15
(Dandelion & Burdock 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
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

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AFTERNOON TEA



SCAN TO
BOOK



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.

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Step inside our enchanting winter wonderland, where you'll be greeted by Snowball Sammy & the playful elves as they take you on a magical journey through Santa's Grotto.

For more info and to book tickets visit
FROSTSGARDENCENTRES.CO.UK



SCAN TO
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TICKETS

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a Frosts gift card will make
the perfect gift!

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Food Market

Take a trip to foodie paradise
and explore the delights of our
Food Market. The perfect place
to pick up your weekly fruit and
veg, locally sourced meat or
deli delights!



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