

EST. 1946

FROSTS



Menu

SPRING RISOTTO

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** 9.65

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

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 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**



Filled Breakfast Bagel 7.95

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

Vegetarian Bagel **V** (**VE** AVAILABLE) 7.95

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 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.

Smashed Avocado on Sourdough Toast 10.95

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

Chorizo Hash with Fried Eggs GF 10.95

Fried new potatoes, chorizo, chorizo jam topped with two fried eggs and harissa ketchup

Bacon, Brie & Mushroom filled Croissant 10.95

Freshly baked flaky butter croissant filled with bacon, brie and mushroom served with dressed salad garnish or triple cooked chips

Croque Monsieur 10.95

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

Add a Free-Range Fried Egg 0.75

SANDWICHES

Egg Mayonnaise Open Sandwich V 9.95

Free-range egg mayonnaise on crusty brown bread, topped with grated Red Leicester & spring onions, served with cherry tomatoes and baby salad leaves or triple cooked chips

Halloumi & Avocado Naan Bread V 10.95

Grilled halloumi & avocado, harissa charred peppers, pomegranate and dressed rocket, served with garden salad or triple cooked chips

Tuna Melt 9.95

Tuna and grated cheese on white bloomer served with dressed salad garnish or triple cooked chips



HOT MAIN COURSES

Spring Risotto V GF 12.95

Arborio rice, asparagus, peas & broad beans finished with mint pesto and parmesan

Add your choice of topping

Pan-roasted chicken supreme **2.50** | Poached salmon **2.50** | Crispy tofu **1.95**

Traditional Shepherd's Pie GF 13.95

English lamb & vegetable ragu topped with creamy cheddar mash served with a medley of spring vegetables

Woburn Ham, Egg & Chips (GF AVAILABLE) 13.95

Sliced Woburn ham served with 2 fried free-range eggs, triple cooked chips and minted peas

Beef Burger (VE AVAILABLE) 13.95

Woburn beef patty, dry cured streaky bacon, Montrey jack cheese, lettuce, tomato & gherkin in a pretzel bun, served with triple cooked chips and coleslaw

Add your choice of topping 0.60 each

Jalapeños | Sour cream | Salsa

Oriental Noodle Bowl V (VE AVAILABLE) 12.95

Rice noodles, edamame beans, carrots, bok choy, roasted flat mushrooms, spring onions, pickled daikon radish, cucumber, chilli soya and lime broth

Add your choice of topping

Pan-roasted chicken supreme **2.50** | Poached salmon **2.50** | Crispy tofu **1.95**

Beef Lasagne 13.95

Bedfordshire Beef bolognese layered with pasta sheets and cheese sauce served with rocket & parmesan

Fish & Chips (available Monday - Saturday) 13.95

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

Lunch

SUNDAY ROAST

Served with Frosts homemade Yorkshire pudding, thyme roasted potatoes, green vegetables, carrots, cauliflower cheese, herb and 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, green vegetables, carrots and vegan gravy

JACKET POTATOES

Served with side salad

MONDAY - SUNDAY FROM 12PM

Coronation Chicken 10.95

Topped with coronation chicken, coriander, red onion & tomato salad and poppadom

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.



SALADS

MONDAY - SUNDAY FROM 12PM

Chicken Caesar Salad 13.95

Free-range Woburn chicken breast, shaved parmesan, white anchovies, creamy Caesar dressing, crispy bacon and croutons

Asparagus & Feta Salad   11.95

Shaved asparagus, crumbled feta, baby leaves, cherry tomatoes radish and sun-dried tomato dressing

Salmon Nicoise Salad  13.95

Poached salmon, saffron new potatoes, black olives, cherry tomatoes, french beans, free-range egg and lemon dressing

SOUP

MONDAY - SUNDAY FROM 12PM

Pea, Mint & Courgette   6.95

Served with bread ( AVAILABLE)

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

Onion Rings 3.45

Cajun Spiced Wedges 4.95

Served with sour cream and 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	
Breakfast Tea	2.65	
Premium Loose Leaf Tea	3.15	
<small>(English Breakfast Earl Grey Gunpowder Peppermint Black Red Berries & Rose Petals Lemon & Ginger)</small>		
Hot Chocolate	3.45	3.75
Luxury Hot Chocolate		5.00
<small>(with flake, whipped cream & marshmallows)</small>		
Additional Espresso Shot	0.75	
Syrup Shot <small>(Caramel Vanilla Hazelnut)</small>	0.75	
<small>Sugar-free also available</small>		



FREE milk alternatives available
Oat, Coconut or Soya

SEASONAL DRINKS

White Chocolate Mocha		4.95
Salted Caramel Hot Chocolate		4.95
Dragon Fruit & Mango Cooler		3.60



SALTED CARAMEL
HOT CHOCOLATE

WHITE CHOCOLATE
MOCHA

DRAGON FRUIT &
MANGO COOLER

COLD DRINKS

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

CHILDREN'S DRINKS

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

ALCOHOLIC DRINKS

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

	Bottle 500ml
ALES, BEERS, LAGERS & CIDERS	
Hornes Brewery Triple Goat IPA ABV 5%	4.95
Hornes Brewery Triple Goat Pale Ale ABV 3.9%	4.95
Hornes Pilsner ABV 4.5%	4.95
Saxby's Original Cider ABV 5%	4.95
Saxby's Strawberry Cider ABV 5%	4.95

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%

Portillo

Malbec, Mendoza, Argentina, fresh and fruity with a touch of vanilla ABV 14%

WHITE WINES

Naturalys

Organic Chardonnay, France, dry with citrus notes ABV 13%

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

Le Altane 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

Vanilla, Rhubarb & Ginger Cheesecake	6.95
Fresh Raspberry Cream & Berry filled White Chocolate Éclair	6.95
Lemon Meringue Tart	6.95
Dark Chocolate Mousse with Honeycomb & Orange Crème Fraîche	6.95
3 Mini Desserts Apricot & Pistachio Blondie, Apple & Rhubarb Crumble Tart & French Macaron	6.95

HOT DESSERT

(SERVED 12-3PM)

Sticky Toffee Pudding Served with custard (GF available)	6.95
Apple & Rhubarb Crumble Served with custard (GF available)	6.95
Warm Chocolate Brownie Served with chocolate sauce & ice cream	6.95

CAKES

Victoria Sponge	4.95
Carrot	4.95
Coffee & Walnut	4.95
Chocolate Fudge VE	4.95
Lemon Drizzle	4.95
Ginger Cake GF	4.95
Blueberry & Banana VE	4.95

TOASTED TEACAKE served with butter	3.25
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TRAYBAKES

Triple Chocolate Brownie	3.95
Apricot & Almond Frangipane	3.95
Fruit, Nut & Chocolate Flapjack VE GF	3.95
Lemon & Pistachio Shortbread filled with Toffee Caramel	3.95
Rocky Road	3.95
Coconut, Raspberry & Chocolate Macaroon GF	3.95

SCONES

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



Gift Cards

Whatever the occasion, a Frosts gift card will make the perfect gift!

Buy in-store or online at [frostsgardencentres.co.uk](https://www.frostsgardencentres.co.uk)

