

EST. 1946

FROSTS

Menu

SALT & PEPPER CHICKEN SALAD

EGGS ROYALE	£9.50
Toasted English Muffin topped with Poached Eggs, Scottish Smoked Salmon, Chive Hollandaise & Rocket	
EGGS BENEDICT	£9.00
Toasted English Muffin topped with Poached Eggs, Woburn Baked Ham, Chive Hollandaise & Rocket	
VEGETARIAN MUFFIN V	£9.00
Smashed Avocado, Field Mushroom on Toasted English Muffin with Chive Hollandaise & Rocket	
THE FULL FROSTIE	£8.95
Free-Range Bedfordshire Pork Sausage, 2 Rashers of Sweet Dry Cured Bacon, 2 Free-Range Eggs (Fried, Scrambled or Poached), 2 Hash Browns, Baked Beans, Roasted Tomato & Mushroom	
THE FROSTIE LITE	£6.95
Free-Range Bedfordshire Pork Sausage, Rasher of Sweet Dry Cured Bacon, Free-Range Egg (Fried, Scrambled or Poached), Hash Brown, Baked Beans, Roasted Tomato & Mushroom	
THE VEGGIE FROSTIE V	£6.95
Vegan Sausage, Free-Range Egg (Fried, Scrambled or Poached), Hash Brown, Baked Beans, Roasted Tomato & Mushroom	
BAKED BEANS OR FREE-RANGE EGG ON SOURDOUGH TOAST	£6.95
Choose From: Fried, Scrambled or Poached Egg	
PANCAKE STACK	£6.50
Choose From: Bacon & Maple Syrup or Berries & Yoghurt	
FILLED BREAKFAST BAGEL	£5.95
Warm Bagel Filled with Sausage, Bacon, Egg Mayonnaise & Mature Cheddar	



EGGS BENEDICT

VEGETARIAN BAGEL V	£5.95
Warm Bagel Filled with Vegetarian Sausage, Field Mushroom & Mature Cheddar	
BREAKFAST BAP	£4.95
Choose From: Free-Range Bedfordshire Pork Sausage, Sweet Dry Cured Bacon or Vegan Sausage VE	
Add a Free-Range Fried Egg for £1	
FRUIT BERRY CRUNCH	£4.95
Yoghurt, Granola, Fresh Berries & Honey	
CROISSANT	£2.25
All Butter or Almond	
DANISH PASTRIES	£2.25
Pain au Chocolat or Cinnamon Swirl	
TOASTED TEACAKE WITH BUTTER	£2.25
TOASTED BLOOMER	£2.00
White or Brown Toast (gluten free also available)	

Additional Items

Choose From:

2 Bacon Rashers, Free-Range Bedfordshire Pork Sausage, Black Pudding, Vegan Sausage VE, 2 Hash Browns, Baked Beans, Tomato, Mushrooms or 2 Free-Range Eggs (Fried, Scrambled or Poached) **£1.50 per portion**

Preserves or Marmalade **85p each**

IMPORTANT DIETARY INFORMATION

If you suffer from a food intolerance or food allergy, please let a member of the team know before placing your order.

V Vegetarian VE Vegan GF Gluten Free

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

HOT MAIN COURSES

MONDAY - SATURDAY 12PM - 3PM

CHICKEN KATSU CURRY BURGER £12.50

Chicken Burger with Katsu Curry Sauce in a Pretzel Bun, Coleslaw, Triple Cooked Chips & Sweet Chilli Ketchup (available as Vegan)

CUMBERLAND SAUSAGE £12.50

Woburn Cumberland Sausage Ring, Creamy Mashed Potato, Buttered Spring Greens, Crispy Onions & Red Wine Gravy (Vegan Sausages available)

LUXURIOUS SHEPHERD’S PIE £12.50

Slow Cooked Pulled Shoulder of Lamb, topped with Lamb Ragout, Cauliflower Cheese & Creamy Mashed Potato, Buttered Spring Green Beans (G/F)

FROSTS FISHCAKE £12.50

Atlantic Prawn & Salmon Fishcake served on a Chunky Tomato & Red Pepper Stew, topped with Salsa Verdi

COD & CHIPS (AVAILABLE ON FRIDAY ONLY) £12.50

Beer Battered Cod, Triple Cooked Chips, Mushy Peas & Homemade Tartare Sauce

MUSHROOM LASAGNE £11.50

Three Mushroom Lasagne, Garlic Focaccia & Frosts Garden Salad

CHICKEN KATSU CURRY BURGER



SUNDAY ROAST 12PM - 3PM

Served with Frosts Homemade Yorkshire Pudding, Thyme Roasted Potatoes, Steamed Green Vegetables, Carrots, Cauliflower Cheese & Gravy

TRIO OF MEATS £15.50

SLOW ROASTED BEEF TOPSIDE £13.50

ROAST LOIN OF PORK WITH HOMEMADE STUFFING AND APPLE SAUCE £13.50

LEMON & THYME CHICKEN WITH HOMEMADE STUFFING £13.50

NUT ROAST  £12.50
Served with Thyme Roasted Potatoes, Steamed Green Vegetables, Carrots & Vegan Gravy

JACKET POTATOES SERVED WITH SIDE SALAD

MONDAY - SUNDAY 12PM - 3PM

CORONATION CHICKEN £8.95

Topped with Mango Chutney, mini Poppadoms, Onion, Tomato & Coriander

BEEF CHILLI £8.95

Topped with Mature Cheddar Cheese, Guacamole, Tortillas, Jalapeños, Salsa & Sour Cream

VEGAN CHILLI  £8.95

Topped with Vegan Cheese, Guacamole, Tortillas, Jalapeños & Salsa

PRAWNS £8.95

Atlantic Prawns in Marie Rose Sauce topped with Prawn Crackers

CHEESE & BEANS £8.95

Baked Beans with Mature Cheddar

SOUPS

SERVED WITH BREAD

- ASPARAGUS, PEA & MINT£6.50
- ROASTED TOMATO & BASIL GF V£6.50

SALADS MONDAY - SUNDAY 12PM - 3PM

- SALT & PEPPER CHICKEN SALAD£10.95
- Warm strips of Spiced Breaded Chicken served on dressed Mixed Leaves, shredded Pak Choy & Spring Vegetables finished with a Sesame Soy Dressing
- FROSTS FALAFEL BOWL GF V£10.95
- Sweet Potato Falafel, Hummus, Tomato, Red Onion & Coriander, Baba Ghanoush, dressed Rocket, Cucumber & Mint Yoghurt
- FROSTS CAESAR SALAD£8.95
- Crispy Baby Gem Lettuce, Herbed Croutons, Shaved Parmesan Cheese topped with Caesar dressing

Add your choice of Topping £2.50 EACH

Chicken & Bacon, Smoked Salmon or Herb Marinated Feta

COLD SANDWICHES

SERVED WITH DRESSED SALAD GARNISH & CRISPS

- SMOKED SALMON£8.75
- Scottish Smoked Salmon, Dill & Chive Cream Cheese, Sliced Cucumber on Brown Bloomer Bread
- SHAVED ROAST BEEF£8.75
- Shaved Rare Roast Beef, Red Onion Marmalade, dressed Watercress on Sourdough
- SWEET POTATO FALAFEL WRAP V£8.75
- Sweet Potato Falafel Wrap with Houmous, Mixed Peppers & Mixed Leaves



HOT SANDWICHES

SERVED WITH DRESSED SALAD GARNISH & CRISPS

- GREEK STYLE LAMB NAAN£8.75
- Slow Roasted Greek Style Lamb served in a soft Naan Bread topped with Feta Crumbs & topped with Mint Yoghurt
- HAM & CHEESE CIABATTA£8.75
- Woburn Honey Roasted Ham, Cheddar, Emmental & Brie served in a Ciabatta Roll
- CHICKEN & BACON BLT£8.75
- Chicken, Bacon, Lettuce & Tomato served on Bloomer Bread

SIDE DISHES

- TRIPLE COOKED CHIPS£3.00
- SWEET POTATO FRIES£3.25
- CAJUN SPICED WEDGES£3.00

Cakes & Desserts

CAKES

VICTORIA SPONGE	£3.95
CARROT	£3.95
COFFEE	£3.95
CHOCOLATE FUDGE VE	£3.95
ORANGE, LEMON & LIME (dairy free) GF	£3.95
COURGETTE & AVOCADO (dairy free) GF	£3.95

TRAYBAKES

CHOCOLATE BROWNIE	£2.65
ROCKY ROAD	£2.65
FRANGIPANE	£2.65
CARAMEL SHORTBREAD	£2.65
FRUIT, NUT & CHOCOLATE FLAPJACK GF VE	£2.65
BLUEBERRY BAKEWELL VE	£2.65
LEMON DRIZZLE SLICE GF	£2.65

COOKIES

TRIPLE CHOCOLATE	£2.00
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MUFFINS

TRIPLE CHOCOLATE	£2.40
BLUEBERRY	£2.40
LEMON & WHITE CHOCOLATE	£2.40



RASPBERRY, WHITE CHOCOLATE
& PISTACHIO CHEESECAKE

GLAZED LEMON TART WITH
CHANTILLY CREAM & FRESH BERRIES

Cakes & Desserts

COLD DESSERTS

VANILLA & GINGER PANA COTTA WITH RHUBARB COMPOTE	£3.95
RASPBERRY, WHITE CHOCOLATE & PISTACHIO CHEESECAKE	£3.95
GLAZED LEMON TART WITH CHANTILLY CREAM & FRESH BERRIES	£3.95

CREAM CAKES

£3.95

CHOCOLATE ÉCLAIR
JAM & CREAM SCONE

SCONES


PLAIN	£2.40
FRUIT (gluten free also available)	£2.40
CHEESE	£2.40

CREAM & JAMS

CLOTTED CREAM	£1.00
RASPBERRY	85p
BLACKCURRANT	85p
STRAWBERRY	85p

HOT DRINKS

AMERICANO	from £2.70
LATTE	from £2.90
CAPPUCCINO	from £2.90
FLAT WHITE	£2.90
MOCHA	from £3.00
SINGLE ESPRESSO	£1.90
DOUBLE ESPRESSO	£2.35
TEA	£2.10
PREMIUM LOOSE LEAF TEA (Variety of flavours available)	£2.75
HOT CHOCOLATE	£2.90
LUXURY HOT CHOCOLATE	£3.75
ESPRESSO SHOT	60P
SYRUP SHOT (Variety of flavours available)	50P



Soya, Almond, Oat or Coconut Milk on request at no extra cost.

SEASONAL DRINKS

FRAPPE (Choose from ‘Unicorn Frappe’, Chocolate, Salted Caramel or Pistachio)	£3.95
SMOOTHIES (Choose from Mango, Strawberry & Banana or Summer Fruits)	£3.95
ICED COFFEE (Choose from Vanilla Iced Latte or Iced Mocha)	£3.95
COOLERS (Choose from Passion Fruit & Mango, Strawberry & Cucumber, Peach Iced Tea or Still Lemonade)	£2.95
GRANITA (CRUSHED ICE) (Choose from Strawberry or Watermelon)	£2.95



COLD DRINKS

COKE OR DIET COKE	£2.50
SPARKLING OR STILL WATER	£1.75
SAN PELLEGRINO SOFT DRINKS (Lemon or Blood Orange)	£2.50
FRESH ORANGE OR APPLE JUICE	£2.50
FRANKLIN & SONS SOFT DRINKS (Variety of flavours available)	£2.70

CHILDREN’S DRINKS

APPLE JUICE CARTON	£1.25
ORANGE JUICE CARTON	£1.25
CHOCOLATE MILKSHAKE CARTON	£1.25
STRAWBERRY MILKSHAKE CARTON	£1.25
INNOCENT SMOOTHIES	£1.95
CHILDREN'S HOT CHOCOLATE	£2.50
BABYCCINO	50P

ALCOHOLIC DRINKS

LAGER	£3.95
ALE	£3.95
CIDER (Variety of flavours available)	£3.95
WINE (WHITE, ROSÉ OR RED) 187ml	£4.25
PROSECCO 200ml	£5.50

If you feel that the service you received today deserves recognition through a gratuity, rest assured that the team receive 100% and it's shared equally amongst them.

Afternoon Tea

Enjoy the delights of a Frosts Afternoon Tea in our beautiful restaurants. All homemade and served to your table, set with stunning linen and china.

Book online at
frostsgardencentres.co.uk



Well Sourced, Cooked Well

Where possible we source all of our free-range meat, eggs and vegetables locally, including tender Bedfordshire Beef and delicious Whipsnade Pork.



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frostsgardencentres.co.uk