

EST. 1946

# FROSTS

## LUNCH

Available daily from 11.30am - 3pm

### HOT MAIN COURSES

#### LEMON TEMPURA SEA BASS & CHIPS £11.25

#### FROSTS BEEF BURGER £11.25

Topped with Lettuce, Tomato, Cheddar Cheese, Gherkin and Apple & Tomato Chutney. Served with Chips & Coleslaw

#### SAUSAGE & MASH £11.25

Cumberland Sausages & Onion Gravy

#### RICOTTA & SPINACH RAVIOLI (V) £10.95

With Sage Butter

#### CHICKEN QUESADILLA £10.75

Served with Guacamole, Chips & Side Salad

#### FROSTS PAD THAI (VE) £9.25

Rice Noodles with Peppers, Pak Choi, Carrots & Mangetout

#### Add your favourite topping for £2...

Halloumi (GF), Fried Squid (DF), Lemon & Herb Chicken (GF, DF), Falafel (Ve, GF) or Prawns (GF, DF)

### SIDE DISHES

Chips (GF) £3.00, House Salad (V) (GF) or Coleslaw (GF) £2.00

### SALADS

#### FROSTS GARDEN SALAD £8.95

Mixed Leaf, Roasted Peppers, Tomato, Roasted Beetroot & Edamame Beans

#### ASIAN STYLE SALAD £8.95

Chinese Leaf, Shredded Carrot & Pickled Peppers

#### Add your favourite topping for £2

Halloumi (GF), Fried Squid (DF), Lemon & Herb Chicken (GF, DF), Falafel (Ve, GF) or Prawns (GF, DF)

### JACKET POTATOES £8.95

Served with Side Salad & House Dressing

#### PANANG CURRY (VE) (GF)

#### CHICKEN TIKKA (GF, DF)

#### TUNA MAYO & SWEETCORN (DF, GF)

#### PULLED PORK & BBQ (DF, GF)

#### VEGETARIAN LENTIL RAGU & FETA

(GF, VE Available)

### SANDWICHES £8.95

Served on Ciabatta Bread with Side Salad, House Dressing & Crisps

#### CHICKEN, BACON, LETTUCE & TOMATO

#### WARM FALAFEL, ROASTED PEPPERS & ONION CHUTNEY HUMOUS (VE)

#### TOASTED HAM, CHEESE & TOMATO

(DF Available)

#### BEEF, SAUERKRAUT & DIJON MAYO BAGEL (DF)

#### SMOKED SALMON, CREAM CHEESE, AVOCADO & TOMATO BAGEL

(DF Available)

### SOUP OF THE DAY (VE) £4.95

Served with Sourdough Croutons & Bread Roll

Add Crispy Bacon, Croutons or Cheese

(DF)- Dairy Free (V)-Vegetarian (GF)-Gluten Free (Ve)-Vegan

Please speak to the member of staff if you have any allergies before you order

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## SEASONAL DRINKS

### FRAPPES £3.95

(Choose from 'Unicorn Frappe', Chocolate, Salted Caramel or Pistachio)

### SMOOTHIES £3.95

**Strawberry Dream** - Strawberries & Banana  
**Berry Burst** - Strawberry & Blueberry  
**Sweet Melody** - Mango, Strawberries & Melon  
**Tropical Delight** - Peach, Passionfruit & Mango  
**Super Green** - Apple, Avocado, Spirulina, Basil & Spinach

### ICED COFFEE £3.95

(Choose from Vanilla, Salted Caramel or Hazelnut Iced Latte or Iced Mocha)

### COOLERS £2.95

(Choose from Passion Fruit & Mango, Strawberry & Cucumber, Peach Iced Tea or Still Lemonade)

### GRANITA (CRUSHED ICE) £2.95

(Choose from Strawberry or Watermelon)

## COLD DRINKS

### COKE, DIET COKE OR COKE ZERO £2.50

### SPARKLING OR STILL WATER £1.75

### SAN PELLEGRINO LEMON, BLOOD ORANGE OR SWEET ORANGE £2.50

### FRESH ORANGE OR APPLE JUICE £2.50

### FRANKLIN & SONS LEMONADES £2.70

(Choose from Elderflower, Dandelion & Burdock, Rhubarb, Raspberry or Cherry & Plum)

## CHILDREN'S

### SNACKS £1.10

(Choose from Pombeur Crisps, Sultanas, Squeezy Strawberry Jelly, Ham or Cheese Sandwich or Children's Yogurt)

### STRAWBERRY OR CHOCOLATE MILK, APPLE JUICE OR ORANGE JUICE £1.25

### INOCENT SMOOTHIES £1.95

## 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

### HOT CHOCOLATE £2.90

### LUXURY HOT CHOCOLATE £3.75

### ESPRESSO SHOT 60P

### SYRUP SHOT 50P

(Vanilla, Hazelnut, Gingerbread, Salted Caramel, Caramel, Peppermint)

### PREMIUM LOOSE LEAF TEA £2.75

**BLACK:** English Breakfast, English Breakfast Decaf, Earl Grey Flower, Peppermint Black, Darjeeling

**GREEN:** Gunpowder, Passionfruit Guava and Mango

**FRUITY:** Red Berries with Rose Petals, Lemongrass & Ginger, Frosts Blend

## ALCOHOLIC DRINKS

### NUA PROSECCO £20

### JULES FERAUD CHAMPAGNE £33

### PINOT GRIGIO BLUSH OR WHITE £16

### MONTEPULCIANO D'ABRUZZO £16

### PINOT GRIGIO 187ml £4.25

### CHILEAN MERLOT 187ml £4.25

### PROSECCO 200ml £5.50

### PERONI OR ADNAMS BEER £3.95

### CRANES CIDER £3.95

(Choose from Raspberry & Pomegranate, Blueberries & Apple or Cranberries)

## How to order...

1. Visit [frostsgardencentres.co.uk/order](https://frostsgardencentres.co.uk/order) or scan the QR code:
2. Place your order, referencing your table number and pay online
3. Sit back, relax and wait for your food to arrive!

