

EST. 1946

FROSTS



Menu

TOMATO, VEGETABLE & GOAT'S CHEESE TART

Breakfast

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

View allergen & nutritional information by scanning the QR code...



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 £9.50

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 £7.50

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** £7.50

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 £7.00

Choose From: Fried, Scrambled or Poached Egg

PANCAKE STACK £7.00

Choose From: Bacon & Maple Syrup or Berries & Yoghurt

FILLED BREAKFAST BAGEL £6.50

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 £5.50

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 **V** £5.50

Yoghurt, Granola, Fresh Berries & Honey

CROISSANT £2.50

All Butter or Almond

DANISH PASTRIES £2.50

Pain au Chocolat or Cinnamon Swirl

TOASTED TEACAKE WITH BUTTER £2.25

TOASTED BLOOMER £2.25

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

BARBECUED LAMB KOFTE

£12.50

BBQ Style Lamb Kofte marinated in Lemon, Garlic & Oregano, Served with Lemon Cous Cous & Roasted Vegetables, Side Salad, Mint Yoghurt & Hummus

PAN-ROASTED SEA BASS GF

£12.50

Pan-Roasted Sea Bass Fillet, Fennel, Orange & Watercress Salad & Provençale French Beans

TOMATO, VEGETABLE & GOAT'S CHEESE TART V

£12.50

Open Tart of Marinated Tomato, Courgette & Rocket, Roasted Red Pepper Salsa, Whipped Goat's Cheese & Tapenade Dressing

FROSTS BEEF BURGER

£12.50

Beef Patty topped with Pulled Pork Shoulder, Smoked Cheddar, Baby Gem & Sliced Tomato in a Pretzel Bun served with Crunchy Slaw, Triple Cooked Chips & BBQ ketchup

FROSTS VEGAN BURGER VE

£11.50

Crispy Onion Bhaji Burger, Mint Veganaise in a Pretzel Bun served with Crunchy Slaw, Triple Cooked Chips & Curried Ketchup

COD & CHIPS (AVAILABLE ON FRIDAY ONLY)

£12.50

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

PAN-ROASTED SEA BASS



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 VE

£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 VE

£8.95

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

TUNA & SPRING ONION MAYONNAISE

£8.95

Tuna & Spring Onion Mayonnaise, Mature Cheddar Topped with Prawn Crackers

BEANS & CHEESE V GF

£8.95

Baked Beans with Mature Cheddar



SOUPS

SERVED WITH BREAD

POTATO & WATERCRESS

£6.50

THAI SWEET POTATO & COCONUT **VE**

£6.50

SALADS MONDAY - SUNDAY 12PM - 3PM

FETA, WATERMELON & MINT SALAD **V** **VE**

£10.95

Feta, Watermelon & Mint with Rocket, Baby Spinach & Land Cress served with a Raspberry French Dressing

SMOKED SALMON SALAD **GF**

£10.95

Scottish Smoked Salmon with Lemon Dressed Baby Leaves & Rocket with Dill & Chive Potato Salad

FROSTS CAESAR SALAD

£8.95

Crispy Baby Gem Lettuce, Herbed Croutons, Shaved Parmesan Cheese topped with Caesar Dressing
(Can be Vegetarian & Gluten Free)

Add your choice of Topping £2.50 EACH

Chicken & Bacon (GF), Smoked Salmon (GF) or Herb Marinated Feta (GF)

COLD SANDWICHES

SERVED WITH DRESSED SALAD GARNISH & CRISPS

SMOKED SALMON

£8.95

Open Sandwich of Scottish Smoked Salmon, Dill & Chive Cream Cheese, Sliced Cucumber on Brown Bloomer Bread with Beetroot Chutney

CHICKEN, BACON & AVOCADO

£8.95

Chicken, Bacon & Crushed Avocado, Mixed Leaves served on a choice of White or Wholemeal Bloomer Bread

PLOUGHMAN'S **V**

£8.95

Mature Cheddar & Brie, Apple Chutney, Dijonnaise, Mixed leaves served on a choice of White or Wholemeal Bloomer Bread



SMOKED SALMON SANDWICH

HOT SANDWICHES

SERVED WITH DRESSED SALAD GARNISH & CRISPS

GREEK STYLE LAMB NAAN

£8.95

Slow Roasted Greek Style Lamb served in a soft Naan Bread topped with Feta Crumbs & Mint Yoghurt

HAM & CHEESE CIABATTA

£8.95

Woburn Honey Roasted Ham, Cheddar, Emmental & Brie served in a Ciabatta Roll

CHICKEN & BACON BLT

£8.95

Chicken, Bacon, Lettuce & Tomato served on Bloomer Bread

ROASTED VEGETABLE CIABATTA **VE**

£8.95

Roasted Vegetables, Vegan Pesto, Vegan Cheddar Served in a Ciabatta Roll

SIDE DISHES

TRIPLE COOKED CHIPS

£3.25

SWEET POTATO FRIES

£3.50

CAJUN SPICED WEDGES

£3.25

Cakes & Desserts

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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

TRIPLE CHOCOLATE BROWNIE	£2.80
ROCKY ROAD	£2.80
FRANGIPANE	£2.80
CHOCOLATE CARAMEL SHORTBREAD	£2.80
FRUIT FLAPJACK VE	£2.80
FRUIT & ALMOND SLICE VE	£2.80
LEMON DRIZZLE SLICE GF	£2.80

COOKIES

TRIPLE CHOCOLATE	£2.00
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MUFFINS

TRIPLE CHOCOLATE	£2.50
BLUEBERRY	£2.50
RASPBERRY & WHITE CHOCOLATE	£2.50
TOASTED TEACAKE WITH BUTTER	£2.25

LEMON MERINGUE POSSET WITH LEMON CURD,
CHANTILLY CREAM & SAVOIARDI BISCUIT



BANOFFEE CHEESECAKE WITH CHANTILLY
CREAM, CHOCOLATE SAUCE & BANANA CHIPS

GLAZED SUMMER FRUIT TART

COLD DESSERTS

BANOFFEE CHEESECAKE WITH CHANTILLY CREAM, CHOCOLATE SAUCE & BANANA CHIPS	£3.95
LEMON MERINGUE POSSET WITH LEMON CURD, CHANTILLY CREAM & SAVOIARDI BISCUIT	£3.95
GLAZED SUMMER FRUIT TART	£3.95
TRIPLE CHOCOLATE & RASPBERRY ÉCLAIR	£3.95
STRAWBERRY JAM & CHANTILLY CREAM SCONE	£3.95
FRESH STRAWBERRIES & CREAM	£3.95

SCONES

PLAIN	£2.50
FRUIT (gluten free also available)	£2.50
CHEESE	£2.50

CREAM & JAMS

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

Drinks

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HOT DRINKS

AMERICANO	from £2.80
LATTE	from £3.00
CAPPUCCINO	from £3.00
FLAT WHITE	£3.00
MOCHA	from £3.10
SINGLE ESPRESSO	£2.00
DOUBLE ESPRESSO	£2.45
TEA	£2.20
PREMIUM LOOSE LEAF TEA (Variety of flavours available)	£2.85
HOT CHOCOLATE	£3.00
LUXURY HOT CHOCOLATE	£3.85
ESPRESSO SHOT	70P
SYRUP SHOT (Variety of flavours available)	60P



Milk alternatives available on request

Almond, Oat or Coconut +20p | Soya free of charge

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 Dragon 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	£2.70
SPARKLING OR STILL WATER	£1.95
SAN PELLEGRINO SOFT DRINKS (Lemon or Blood Orange)	£2.70
FRESH ORANGE OR APPLE JUICE	£2.70
FRANKLIN & SONS SOFT DRINKS (Dandelion & Burdock, Orange & Grapefruit, Cherry & Plum, Ginger Beer, Elderflower Lemonade, Raspberry Lemonade & Rhubarb Lemonade)	£2.70

CHILDREN'S DRINKS

APPLE JUICE CARTON	£1.35
ORANGE JUICE CARTON	£1.35
CHOCOLATE MILKSHAKE CARTON	£1.35
STRAWBERRY MILKSHAKE CARTON	£1.35
INNOCENT SMOOTHIES	£1.95
CHILDREN'S HOT CHOCOLATE	£2.50
BABYCCINO	60P

ALCOHOLIC DRINKS

LAGER	£4.50
ALE	£4.50
CIDER (Variety of flavours available)	£4.50
WINE (WHITE, ROSÉ OR RED) 187ml	£4.50
PROSECCO 200ml	£6.00

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.

Wanting to soak up the sunshine?

Our restaurant garden is calling your name! Enjoy some delicious food and refreshing drinks in our outdoor seating area.



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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