

EST. 1946

# FROSTS



# Menu

# 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

## Chorizo Hash with Fried Eggs 9.95

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

## 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 7.65

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 Cake 13.95

Salmon, cod & crayfish fish cake with tartare hollandaise, served on a garden salad

### Beetroot Bourguignon **VE** **GF** 13.95

Beetroot, mushrooms and chestnuts with gnocchi in a red wine and herb sauce served with crusty bread

### Glazed Ham, Fried Eggs & Chips **GF** AVAILABLE) 12.95

Glazed ham, two free-range fried eggs with triple cooked chips and herbed garden peas

### Beef Burger ( **VE** AVAILABLE) 13.50

Beef burger topped with streaky bacon, Monterey Jack cheese, lettuce, tomato, gherkin in a pretzel bun with triple cooked chips and slaw

*Add your choice of topping 0.60 each*

Jalapeños | Sour cream | Salsa

### 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

### Fish & Chips (available Friday only) 13.95

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

## 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

BEETROOT BOURGIGNON



## SUNDAY ROAST

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

### Trio of meats 16.95

### Slow roasted beef topside 15.50

### Roast loin of pork with stuffing & apple sauce 15.25

### Lemon and thyme chicken 15.25

### Nut roast **VE** 14.25

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 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 and spring onion

### Beans & Cheese **V** **GF** ( **VE** AVAILABLE) 10.50

Topped with baked beans and 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

### Stilton, Pear & Walnut Salad £11.50

Stilton, pear and crispy bacon with walnut dressing

## SANDWICHES

Served with dressed salad garnish & triple cooked chips

### Prawn Marie Rose 11.95

Prawn Marie Rose with cucumber in brown bloomer bread

### Egg & Cress **V** 11.25

Egg and cress 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.*



STILTON, PEAR & WALNUT SALAD

## 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

### Tuna Melt 10.95

Tuna mayonnaise mixed with spring onion, mature cheddar in white bloomer bread served with dressed salad garnish & triple cooked chips

### Tandoori Chicken Naan 10.95

Tandoori chicken pieces, mango chutney, mint yoghurt in a folded naan served with dressed salad garnish & triple cooked chips

### 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

*Vegan & gluten free sandwich options are available, please ask your server.*

## SOUP

### Cream of Mushroom & Chive **VE** **GF** 6.95

Served with bread (**GF** AVAILABLE)

### Sandwich & Soup 13.95

Ham, tomato and pickle sandwich served on white bread with a cup of cream of mushroom & chive soup

## SIDE DISHES (**GF** AVAILABLE)

### Triple Cooked Chips **VE** 3.25

### Sweet Potato Fries **VE** 3.50

### Onion Rings 3.50

### 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
Single Espresso	2.35	
Double Espresso	2.80	
Breakfast Tea	2.65	
Premium Loose Leaf Tea	3.15	
<small>(English Breakfast   Earl Grey   Gunpowder   Peppermint Black   Red Berries &amp; Rose Petals   Lemon &amp; Ginger)</small>		
Hot Chocolate	3.45	3.75
Luxury Hot Chocolate		5.00
<small>(with flake, whipped cream &amp; marshmallows)</small>		
Espresso Shot	0.75	
Syrup Shot <small>(Caramel   Vanilla   Hazelnut)</small>	0.75	



**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
Spiced Apple		4.25



CHAI LATTE

HONEYCOMB  
HOT CHOCOLATE

SPICED APPLE

## COLD DRINKS

Coke, Diet Coke or Coke Zero 330ML	3.15
Sparkling or Still Water 330ML	2.55
Sparkling Water 750ML	4.55
San Pellegrino Soft Drinks <small>(Lemon   Blood Orange)</small> 330ML	3.15
Freshly Squeezed Orange Juice 500ML	4.95
Watergulls Orchard Apple Juice 500ML	4.95
Franklin & Sons Soft Drinks 275ML	3.15
<small>(Dandelion &amp; Burdock   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 &amp; Pineapple   Raspberry, Apple &amp; Strawberry)</small>	
Children's Hot Chocolate <small>(with whipped cream &amp; marshmallows)</small>	2.95
Babyccino (  AVAILABLE)	1.25

## ALCOHOLIC DRINKS

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

	Bottle 500ml
<b>ALES, BEERS, LAGERS &amp; CIDERS</b>	
Hornes Brewery Triple Goat IPA ABV 5%	4.95
Hornes Brewery Triple Goat Pale Ale ABV 3.5%	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 12%

## BUBBLES

### Le Altane Prosecco

Italy, sparkling extra dry ABV 11%

	Small glass 125ml	Large glass 250ml	Bottle 750ml
<b>The Guv'nor</b>	4.95	7.25	16.95
<b>Portillo</b>	4.95	7.25	16.95
<b>Naturalys</b>	4.95	7.25	16.95
<b>Petal &amp; Stem</b>	4.95	7.25	16.95
<b>Parini</b>	4.95	7.25	16.95
	Glass 175ml		Bottle 750ml
<b>Le Altane Prosecco</b>	5.95		19.00

# THE MARKET

EATERY • DELI • BAKERY • BUTCHER



The Market is our destination for all things foodie at Frosts Woburn Sands.

Like the food in The Market? Why not enjoy it in our eatery?

## High Tea

Treat yourself to our indulgent **NEW** 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)



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