

# Breakfast

Served Mon - Sun, until 11.30am

<b>The Full Frostie</b> 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 and mixed white and brown toast <b>See additional items below!</b>	<b>£12.95</b>	<b>Selection of Danish pastries</b>	<b>£2.95</b>
<b>The Frostie Lite</b> 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	<b>£9.95</b>	<b>All butter croissant</b> Served with butter	<b>£2.95</b>
<b>The Veggie Frostie</b> <b>(V)</b> (VE Option) Vegetarian sausage, free-range fried egg, two hash browns, baked beans, roasted tomato, mushroom and one slice of white toast	<b>£9.75</b>	<b>Almond croissant</b>	<b>£2.95</b>
<b>Breakfast bap</b> Choose from: Free-range Bedfordshire pork sausage, dry cured bacon or vegan sausage <b>Add a free-range fried egg</b>	<b>£6.95</b>	<b>Blueberry muffin</b>	<b>£2.95</b>
<b>Filled breakfast bagel</b> Warm bagel filled with sausage, bacon, egg mayonnaise and mature cheddar	<b>£0.75</b>	<b>Toasted teacake</b> Served with butter	<b>£3.25</b>
<b>Vegetarian bagel</b> <b>(V)</b> (VE Option) Warm bagel filled with vegetarian sausage, field mushroom and mature cheddar	<b>£8.25</b>	<b>Add a preserve</b> Strawberry, raspberry, blackcurrant, orange marmalade or Marmite	<b>£0.95</b>
<b>Baked beans or free-range fried eggs on buttered sourdough toast</b>	<b>£8.25</b>	<b>Specials</b>	
<b>Toasted bloomer</b> White or brown toast (gluten-free or vegan also available)	<b>£7.25</b>	<b>Eggs Royale</b>	<b>£11.95</b>
<b>Pancake stack</b> Choose from: bacon and maple syrup or berries and yoghurt	<b>£8.25</b>	Toasted English muffin topped with poached eggs, Scottish smoked salmon, chive hollandaise and rocket	
<b>Yoghurt berry parfait</b> Greek yoghurt, fruit compote, granola, berries and honey	<b>£7.25</b>	<b>Eggs Benedict</b>	<b>£10.95</b>
	<b>£2.50</b>	Toasted English muffin topped with poached eggs, Woburn baked ham, chive hollandaise and rocket	
	<b>£7.95</b>	<b>Smashed avocado on sourdough toast</b>	<b>£10.95</b>
	<b>£5.95</b>	Smashed avocado on sourdough toast, thyme roasted cherry tomatoes on the vine, chilli and poached egg	
		<b>Add smoked salmon or streaky bacon</b>	<b>£2.95</b>
		<b>Pancake stack with Southern Fried chicken (V Option)</b>	<b>£10.95</b>
		Served with crispy streaky bacon, free-range fried egg, and maple syrup	
		<b>Toasted sourdough with creamy garlic wild mushrooms</b>	<b>£10.25</b>
		Served with thyme roasted cherry tomatoes and rocket	

## Additional items

Two bacon rashers, free-range Bedfordshire pork sausage, black pudding, vegetarian sausage, vegan sausage	<b>£1.80 each</b>
Two hash browns, baked beans, tomato, mushrooms, two free-range fried eggs	<b>£1.50 each</b>

EST. 1946  
**FROSTS**

### FOOD ALLERGIES AND INTOLERANCES

Please ask our helpful staff if you or a member of your party has a food allergy or a special dietary requirement. It is important that you inform a member of our team prior to placing your order. Whilst we have taken every care to ensure that allergens do not cross-contaminate, the food prepared here may have come into contact with one of the 14 allergens.

**Adults require around 2000kcal per day • (V) Vegetarian • (VE) Vegan • (GF) Gluten-free • (N) Contains nuts**

# Lunch

Served Mon - Sun, until 3pm

## Jacket Potatoes

- Beef Chilli (VE Option)** £10.95  
Topped with beef chilli, sour cream, guacamole, tomato salsa, jalapeños and tortilla chips
- Beans & Cheese (VE Option)** £9.95  
Topped with baked beans and mature cheddar
- Tuna & Spring Onion Mayonnaise** £10.95
- Add cheese (VE Option)** £1.00

## Toasties

- Croque Monsieur** £10.95  
Mature cheddar and ham, mornay sauce, cheddar crust on white bloomer bread served with a choice of dressed salad garnish or triple cooked chips
- Add a free-range fried egg** £0.75
- Tuna & Spring Onion Mayonnaise** £10.95  
On white bloomer bread served with a choice of dressed salad garnish or triple cooked chips
- Brie & Cranberry Sauce** £9.95  
In a ciabatta roll
- Add bacon** £2.50

## Cold Sandwiches

- Tuna & Spring Onion Mayonnaise on Brown bloomer bread** £9.95
- Woburn Ham, Mature Cheddar and Sweet Pickle on White bloomer bread** £10.95
- Roasted Peppers & Courgettes with Mozzarella and Aioli on Brown bloomer bread** £9.95

## Soup

- Seasonal Vegetable Soup** £6.95  
Crème fraîche, bread & butter

## Sides

- Triple-Cooked Chips** £3.45
- Battered Onion Rings** £3.45
- Sweet Potato Fries** £3.95

## Salads

- Winter Garden Salad** £11.95  
Mixed leaf, cherry tomatoes, cucumber, pickled red onion, mixed peppers with a French dressing
- Roasted Butternut Squash** £12.50  
Chickpeas, kale, pickled red cabbage, toasted seeds and a french dressing
- Goat's Cheese, Toasted Walnuts & Beetroot Salad** £12.50  
Honey balsamic dressing

## Salad Toppers

- Battered Cauliflower Bites (VE)** £1.95
- Sliced Chicken Breast** £2.50
- Smoked Salmon** £2.50

## Hot Dishes

Served Mon - Sat, until 3pm

- Oven Roasted Salmon Fillet** £14.50  
Served with festive red cabbage, buttered new potatoes and a hollandaise sauce
- Woburn Ham, Egg & Chips (GF Option)** £13.95  
Sliced Woburn ham served with two fried free-range eggs, triple cooked chips and minted peas
- Frosts Smash Burger (VE Option)** £14.95  
6oz Woburn beef patty, American cheese, streaky bacon, gherkin, lettuce, and tomato served with triple cooked chips and coleslaw
- Fish & Chips** £13.95  
Ale battered cod, triple-cooked chips, mushy peas and homemade tartare sauce
- Christmas in a Pie** £14.95  
Available Mon - Sun. Served with festive red cabbage, roast potatoes and a roast gravy
- Butternut Squash, Spinach & Feta Pie** £13.95  
Available Mon - Sun. Served with buttered new potatoes and festive red cabbage

EST. 1946

# FROSTS

### FOOD ALLERGIES AND INTOLERANCES

Please ask our helpful staff if you or a member of your party has a food allergy or a special dietary requirement. It is important that you inform a member of our team prior to placing your order. Whilst we have taken every care to ensure that allergens do not cross-contaminate, the food prepared here may have come into contact with one of the 14 allergens.

**Adults require around 2000kcal per day • (V) Vegetarian • (VE) Vegan • (GF) Gluten-free • (N) Contains nuts**



# Christmas Lunch



Served Mon - Sun, 12pm - 3pm

---

One course £16.95

Two courses £18.95

## Mains

### Turkey Paupiette **GF**

Sage and onion stuffing and a pig in blanket

or

### Nut Roast

**All served with roast potatoes, festive red cabbage, roasted parsnip and carrot, chestnut buttered Brussels sprouts and a roast gravy**

## Desserts

### Christmas Pudding with Brandy Sauce (GF & VE available)

or

### Sticky Toffee Pudding with Toffee Sauce and Custard (GF available)



EST. 1946

# FROSTS

## FOOD ALLERGIES AND INTOLERANCES

Please ask our helpful staff if you or a member of your party has a food allergy or a special dietary requirement. It is important that you inform a member of our team prior to placing your order. Whilst we have taken every care to ensure that allergens do not cross-contaminate, the food prepared here may have come into contact with one of the 14 allergens.

**Adults require around 2000kcal per day • (V) Vegetarian • (VE) Vegan • (GF) Gluten-free • (N) Contains nuts**

# Cakes & Desserts

Served all day

## Cakes

Victoria Sponge	£4.95
Carrot Cake	£4.95
Coffee & Walnut	£4.95
Chocolate Ganache <b>VE</b>	£4.95
Chocolate & Ginger <b>GF</b>	£4.95
Courgette & Avocado <b>GF DF</b>	£4.95
Lemon, Raspberry & Hibiscus <b>VE GF</b>	£4.95
Toasted Teacake Served with butter	£3.25

## Traybakes

Triple Chocolate Brownie	£3.95
Bakewell Tart	£3.95
Fruit, Nut & Chocolate Flapjack <b>VE GF</b>	£3.95
Apple Crumble Slice <b>VE</b>	£3.95
Biscoff Rocky Road	£3.95
Stollen <b>GF</b>	£3.95
Crumble Topped Mince Pie	£3.95
Mince Pie <b>VE GF</b>	£3.95

## Hot Desserts

Served Mon - Sun, 12pm - 3pm	
Christmas Pudding <b>VE GF</b>	£6.95
Served with Brandy sauce	
Sticky Toffee Pudding <b>GF</b>	£6.95
Served with toffee sauce and custard	

## Cold Desserts

Toffee Fudge Cheesecake	£6.95
Coffee & Caramel Slice	£6.95
Chocolate & Orange Tiramisu	£6.95
Raspberry & White Chocolate Slice	£6.95

## Scones

Choice of plain, fruit or cheese, served with butter	£2.95
Fruit scone available as gluten-free or vegan	
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	£0.95
Strawberry, Raspberry, Blackcurrant, Orange marmalade, Marmite	
Clotted cream	£1.10

EST. 1946

# FROSTS

## FOOD ALLERGIES AND INTOLERANCES

Please ask our helpful staff if you or a member of your party has a food allergy or a special dietary requirement. It is important that you inform a member of our team prior to placing your order. Whilst we have taken every care to ensure that allergens do not cross-contaminate, the food prepared here may have come into contact with one of the 14 allergens.

**Adults require around 2000kcal per day • (V) Vegetarian • (VE) Vegan • (GF) Gluten-free • (N) Contains nuts**

# Drinks

Served all day

## Hot Drinks

	Regular	Large
Americano	£3.20	£3.45
Latte	£3.40	£3.65
Chai Latte		£4.50
Matcha 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	
Iced Latte		£3.65
Breakfast Tea	£2.65	
Premium Loose Leaf Tea	£3.15	
English breakfast tea, Decaf English breakfast tea, Earl grey tea, Camomile, Peppermint black, Pure peppermint, Darjeeling, Japanese sencha, Ginger & apple, Ceylon orange pekoe		
Hot Chocolate (VE Option)	£3.45	£3.75
Luxury Hot Chocolate		£5.00
Flake, whipped cream and marshmallows		
Additional Espresso Shot		£0.75
Syrup Shot		£0.75
Caramel, Vanilla, Hazelnut, Salted Caramel, Toffee, Honeycomb, Gingerbread, Sugar-Free Caramel, Sugar-Free Vanilla, Sugar-Free Hazelnut		

## Winter Warmers

Bakewell Latte		£4.85
Gingerbread & Cream Latte		£4.85
Banoffee Hot Chocolate		£4.85
Mint Hot Chocolate		£4.85
Black Forest Hot Chocolate		£4.85
Luxury Hot Chocolate		£4.65

## Cold Drinks

Coca-Cola, Diet Coke or Coke Zero 330ml	£3.15
Sparkling or Still Water 330ml	£2.55
San Pellegrino Soft Drinks 330ml Lemon, Blood Orange	£3.15
Freshly Squeezed Orange Juice 250ml	£3.95
Watergulls Orchard Apple Juice 250ml	£3.95
Franklin & Sons Soft Drinks 275ml Ginger Beer, Elderflower Lemonade, Raspberry Lemonade, Rhubarb Lemonade	£3.15
Lime & Soda 225ml	£2.95

## Children's Drinks

Juice Carton 200ml Apple or Orange	£1.65
Innocent Smoothies 150ml Orange, Mango & Pineapple, Raspberry, Apple & Strawberry	£2.65
Children's Hot Chocolate Whipped cream and marshmallows	£2.95
Babyccino (VE Option)	£1.25

## Alcohol

Please ask a member of staff for our alcoholic drink listing

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

FREE milk alternatives available  
Oat, Coconut or Soya



EST. 1946

# FROSTS

### FOOD ALLERGIES AND INTOLERANCES

Please ask our helpful staff if you or a member of your party has a food allergy or a special dietary requirement. It is important that you inform a member of our team prior to placing your order. Whilst we have taken every care to ensure that allergens do not cross-contaminate, the food prepared here may have come into contact with one of the 14 allergens.

Adults require around 2000kcal per day • (V) Vegetarian • (VE) Vegan • (GF) Gluten-free • (N) Contains nuts

# Alcoholic Drinks

Served all day

## Ales, Beers, Lagers & Ciders

<b>Hornes Brewery Triple Goat IPA ABV 5%</b> 500m	<b>£4.95</b>
<b>Hornes Brewery Triple Goat Pale Ale ABV 3.9%</b> 500ml	<b>£4.95</b>
<b>Hornes Pilsner ABV 4.5%</b> 500ml	<b>£4.95</b>
<b>Saxby's Original Cider ABV 5%</b> 500ml	<b>£4.95</b>
<b>Saxby's Strawberry Cider ABV 5%</b> 500ml	<b>£4.95</b>
<b>Free Damm Alcohol-Free Lager</b> 330ml	<b>£3.95</b>

## Red Wine

	125ml Small glass	250ml Large glass	750ml Bottle
<b>The Guv'nor ABV 14%</b> Grenache Tempranillo, Spain, juicy, medium bodied	<b>£4.95</b>	<b>£7.25</b>	<b>£16.95</b>
<b>Little Eden ABV 14%</b> Pinot Noir, Australia, rich, complex and medium-bodied	<b>£4.95</b>	<b>£7.25</b>	<b>£16.95</b>

## White Wine

	125ml Small glass	250ml Large glass	750ml Bottle
<b>Parini ABV 10.5%</b> Pinot Grigio, Italy, dry and round, full yet fresh and lively	<b>£4.95</b>	<b>£7.25</b>	<b>£16.95</b>
<b>Petal &amp; Stem ABV 12.5%</b> Sauvignon Blanc, New Zealand, fruit flavours of guava and passion fruit	<b>£4.95</b>	<b>£7.25</b>	<b>£16.95</b>

## Rosé Wine

	125ml Small glass	250ml Large glass	750ml Bottle
<b>Parini ABV 11.5%</b> Pinot Grigio, Rosato delle Venezie, Italy, dry, elegant rosé	<b>£4.95</b>	<b>£7.25</b>	<b>£16.95</b>

## Bubbles

	175ml Glass	750ml Bottle
<b>Prosecco ABV 11%</b> Italy, sparkling extra dry	<b>£5.95</b>	<b>£19.00</b>
<b>Mini Prosecco Bottle</b> 200ml		<b>£6.95</b>

EST. 1946

# FROSTS

### FOOD ALLERGIES AND INTOLERANCES

Please ask our helpful staff if you or a member of your party has a food allergy or a special dietary requirement. It is important that you inform a member of our team prior to placing your order. Whilst we have taken every care to ensure that allergens do not cross-contaminate, the food prepared here may have come into contact with one of the 14 allergens.

**Adults require around 2000kcal per day • (V) Vegetarian • (VE) Vegan • (GF) Gluten-free • (N) Contains nuts**