

EST. 1946

# FROSTS



# Menu

# Breakfast

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

## Eggs Royale 11.95

Toasted English muffin topped with poached eggs, Scottish smoked salmon, chive hollandaise and rocket

## Eggs Benedict 10.95

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 12.95

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 & 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) 9.75

Vegetarian sausage, free-range fried egg, two hash browns, baked beans, roasted tomato, mushroom and one slice of white toast

## 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 8.25

Warm bagel filled with sausage, bacon, egg mayonnaise and mature cheddar

## Vegetarian Bagel **V** ( **VE** AVAILABLE) 8.25

Warm bagel filled with vegetarian sausage, field mushroom and mature cheddar

## Breakfast Bap 6.95

**Choose From:** Free-range Bedfordshire pork sausage, dry cured bacon or vegan sausage **VE**

*Add a free-range fried egg 0.75*

## Pancake Stack 7.95

**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

## Blueberry Muffin 2.95

## Selection of Danish Pastries 2.95

## 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 our team when 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.

**Smashed Avocado on Sourdough Toast 10.95**

Smashed avocado on sourdough toast, thyme roasted cherry tomatoes on the vine, chilli and poached egg

*Add smoked salmon 2.95*

**Chorizo Hash with Fried Eggs GF 10.95**

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

**Pancake Stack with Southern Fried Chicken 10.95**  
(V AVAILABLE)

Pancakes, Southern fried chicken served with maple syrup and a free-range fried egg

**Croque Monsieur 10.95**

Mature cheddar and ham, mornay sauce, cheddar crust on white bloomer bread served with dressed salad garnish or triple cooked chips

*Add a free-range fried egg 0.75*

**Courgette Frittata V 10.95**

Courgette frittata served with cherry tomatoes, capers, salsa, chives and sour cream

*Add toast 2.50*

**SANDWICHES**

**Egg Mayonnaise Open Sandwich V 9.95**

Free-range egg mayonnaise on crusty brown bread, topped with grated Red Leicester & spring onions, served with cherry tomatoes and baby salad leaves or triple cooked chips

**Halloumi & Avocado Naan Bread V 10.95**

Grilled halloumi & avocado, harissa charred peppers, pomegranate and dressed rocket, served with garden salad or triple cooked chips



COURGETTE FRITTATA

**Tuna Melt 9.95**

Tuna and grated cheese on white bloomer served with dressed salad garnish or triple cooked chips

**HOT MAIN COURSES**

**Pan-fried Seabass 15.95**

Pan-fried seabass, sweet potato & cucumber salad, caramelised lime, sesame seeds, soy and mirin dressing

**Greek Moussaka GF 14.50**

Beef & lamb ragout layered with potatoes and aubergine, Greek salsa, Feta and herb salad

**Frosts Chicken Curry (VE GF AVAILABLE) 13.95**

Pan-roasted chicken supreme, Bombay potato and baby spinach, crunchy mango slaw and Indian chilli sauce

**Woburn Ham, Egg & Chips (GF AVAILABLE) 13.95**

Sliced Woburn ham served with 2 fried free-range eggs, triple cooked chips and minted peas

**Frosts Smash Burger (VE AVAILABLE) 13.95**

6oz Woburn beef patty, American cheese, gherkins, lettuce & tomato served with triple cooked chips and coleslaw

**Fish & Chips (available Monday - Saturday) 13.95**

Ale battered cod, triple cooked chips, mushy peas and homemade tartare sauce

**SHARING BOARD**

**Frosts Ploughman's For one 12.95 | For two 23.95**

Mature cheddar, Brie, Woburn ham, sausage roll, pork pie, piccalilli, pickles, coleslaw, cherry tomatoes, apple, fresh crusty bread and butter

# Lunch

## SUNDAY ROAST

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

**Quartet of meats 21.00**

**Roast lamb 17.50**

**Slow roasted Bedfordshire beef topside 16.00**

**Roast loin of pork with stuffing & apple sauce 15.50**

**Lemon and thyme chicken 15.50**

**Nut roast  14.50**

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 coronation chicken, coriander, red onion & tomato salad and poppadom

**Beef Chilli ( AVAILABLE) 10.95**

Topped with beef chilli, sour cream, guacamole, tomato salsa, jalapeños and tortilla chips

**Add cheese 1.00**

**Beans & Cheese   ( AVAILABLE) 9.95**

Topped with baked beans and mature cheddar

*Gluten free options are available, please ask your server.*

WATERMELON & FETA SALAD



## SALADS

MONDAY - SUNDAY FROM 12PM

**Watermelon & Feta Salad   ( AVAILABLE) 12.50**

Watermelon, Feta, crispy radicchio, mint dressing, orange and baby spinach

**Heritage Tomato & Mozzarella Salad   12.50**  
( AVAILABLE)

Heritage tomatoes, mozzarella, gazpacho dressing, crispy basil and black olive crumb

**Salmon Nicoise Salad  13.95**

Poached salmon, saffron new potatoes, black olives, cherry tomatoes, french beans, free-range egg and lemon dressing

## SOUP

MONDAY - SUNDAY FROM 12PM

**Sweetcorn & Cumin with Garlic and Chilli Oil   6.95**

Served with bread ( AVAILABLE)

## SIDE DISHES ( AVAILABLE)

MONDAY - SUNDAY FROM 12PM

**Triple Cooked Chips  3.45**

**Sweet Potato Fries  3.95**

**Frosts Garden Salad 3.25**

**Onion Rings 3.45**

**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
Filter Coffee	3.00	3.25
Double Espresso	2.80	
Iced Latte	3.65	
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 ( <b>VE</b> AVAILABLE)	3.45	3.75
Luxury Hot Chocolate <small>(with flake, whipped cream &amp; marshmallows)</small>		5.00
Additional Espresso Shot	0.75	
Syrup Shot <small>(Caramel   Vanilla   Hazelnut   Salted Caramel   Toffee   Honeycomb   Spiced Chai   Gingerbread   White Chocolate   Orange)</small> <small>Sugar-free also available</small>	0.75	



**FREE milk alternatives available**  
Oat, Coconut or Soya

## SEASONAL DRINKS

Pistachio Frappe		4.95
Smoothie of the week		4.50
Dragon Fruit & Mango Cooler		3.60
Add mango boba	1.20	
Watermelon Iced Green Tea		3.60
Add mango boba	1.20	



PISTACHIO FRAPPE

DRAGON FRUIT & MANGO COOLER

WATERMELON ICED GREEN TEA

## COLD DRINKS

Coke, Diet Coke or Coke Zero 330ML	3.15
Sparkling or Still Water 330ML	2.55
San Pellegrino Soft Drinks (Lemon   Blood Orange) 330ML	3.15
Freshly Squeezed Orange Juice 250ML	3.95
Watergulls Orchard Apple Juice 250ML	3.95
Franklin & Sons Soft Drinks 275ML <small>(Ginger Beer   Elderflower Lemonade   Raspberry Lemonade   Rhubarb Lemonade)</small>	3.15
Lime & Soda 225ML	2.95

## CHILDREN'S DRINKS

Apple or Orange Juice Carton 200ML	1.65
Innocent Smoothies 150ML <small>(Orange, Mango &amp; Pineapple   Raspberry, Apple &amp; Strawberry)</small>	2.65
Children's Hot Chocolate <small>(with whipped cream &amp; marshmallows)</small>	2.95
Babyccino ( <b>VE</b> AVAILABLE)	1.25

## ALCOHOLIC DRINKS

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

## ALES, BEERS, LAGERS & CIDERS

Hornes Brewery Triple Goat IPA ABV 5% 500ML	4.95
Hornes Brewery Triple Goat Pale Ale ABV 3.9% 500ML	4.95
Hornes Pilsner ABV 4.5% 500ML	4.95
Saxby's Original Cider ABV 5% 500ML	4.95
Saxby's Strawberry Cider ABV 5% 500ML	4.95
Free Damm Alcohol Free Lager 330ML	3.95

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%

### Little Eden

Pinot Noir, Australia, rich, complex and medium-bodied ABV 14%

## WHITE WINES

### Parini

Pinot Grigio, Italy, dry and round, full yet fresh and lively ABV 10.5%

### 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 11.5%

## BUBBLES

### Le Altane Prosecco

Italy, sparkling extra dry ABV 11%

	Small glass 125ml	Large glass 250ml	Bottle 750ml
<b>RED WINES</b>			
<b>The Guv'nor</b> Grenache Tempranillo, Spain, juicy, medium bodied ABV 14%	4.95	7.25	16.95
<b>Little Eden</b> Pinot Noir, Australia, rich, complex and medium-bodied ABV 14%	4.95	7.25	16.95
<b>WHITE WINES</b>			
<b>Parini</b> Pinot Grigio, Italy, dry and round, full yet fresh and lively ABV 10.5%	4.95	7.25	16.95
<b>Petal &amp; Stem</b> Sauvignon Blanc, New Zealand, fruit flavours of guava and passion fruit ABV 12.5%	4.95	7.25	16.95
<b>ROSÉ WINE</b>			
<b>Parini</b> Pinot Grigio, Rosato delle Venezie, Italy, dry, elegant rosé ABV 11.5%	4.95	7.25	16.95
<b>BUBBLES</b>			
<b>Le Altane Prosecco</b> Italy, sparkling extra dry ABV 11%		Glass 175ml 5.95	Bottle 750ml 19.00

# Cakes & Desserts

## COLD DESSERTS

Summer Berry Cheesecake with Hot Chocolate Crumb	6.95
British Strawberries & Cream	6.25
Pistachio Cannoli	6.95

## HOT DESSERT

(SERVED 12-3PM)

Strawberry and White Chocolate Bread & Butter Pudding Served with custard	6.95
Warm Chocolate Brownie Served with chocolate sauce & ice cream	6.95

## CAKES

Victoria Sponge	4.95
Carrot	4.95
Coffee & Walnut	4.95
Chocolate Ganache <b>VE</b>	4.95
Biscoff <b>VE</b>	4.95
Orange Polenta	4.95
Courgette & Avocado <b>GF</b>	4.95

## TOASTED TEACAKE

served with butter

3.25

## TRAYBAKES

Triple Chocolate Brownie	3.95
Apricot & Almond Frangipane	3.95
Fruit, Nut & Chocolate Flapjack <b>VE GF</b>	3.95
Blackcurrant & Apple Slice	3.95
Coconut Slice <b>VE</b>	3.95
Rocky Road	3.95

## SCONES

Choice of plain, fruit or cheese, served with butter (fruit scone available as gluten free or vegan)	2.95
Raspberry & White Chocolate Scone	3.50
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 or Marmalade (Strawberry   Raspberry   Blackcurrant Orange marmalade)	0.95

Add a scoop of vanilla ice cream 2.50 each



## High Tea

Treat yourself to our indulgent Frosts High Tea, served daily from 2pm. No reservations needed - it's the perfect way to pamper your palate without the booking hassle.



**NEW**

## Lily Pots Pottery Painting

Unleash your creativity at Lily Pots, the brand-new pottery painting studio at Frosts!

For more info or to book visit [frostsgardencentres.co.uk](http://frostsgardencentres.co.uk)



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