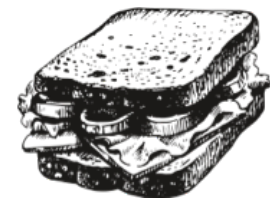




BREAKFAST

CLASSIC EGGS BENEDICT <i>gf</i>	£7.75
EGGS ROYALE <i>gf</i>	£8.75
GOURMET BREAKFAST	£9.95
GOURMET VEGETARIAN BREAKFAST <i>v</i> ..	£9.95
TURKISH EGGS <i>v gf</i>	£4.95
SMASHED AVOCADO <i>v gf</i>	£6.95
SMOKED SALMON AND SCRAMBLED EGGS <i>gf</i>	£9.25
THE DESIGNER OMELETTE	£6.75
SAVOURY FRENCH TOAST	£4.75



TIME SAVERS

SAUSAGE ROLL	£4.25
BACON ROLL.....	£3.95
BACON AND EGG ROLL	£4.25



AMERICAN PANCAKES

BERRIES AND MAPLE SYRUP	£6.95
BACON AND MAPLE SYRUP	£7.95
CREATE YOUR OWN!	£8.95

Ask your waiter for choices



LIGHT MEALS

TRADITIONAL ITALIAN MOZZARELLA ON FOCACCIA BREAD <i>v gf</i>	£8.75
TRADITIONAL GREEK FETA ON PITTA BREAD <i>v gf</i>	£8.75
VEGETARIAN CLUB SANDWICH <i>v</i>	£9.95
HOMEMADE HUMMUS WRAP <i>v gf</i>	£7.95
BACON, LETTUCE AND TOMATO <i>gf</i>	£10.75
CAJUN CHICKEN WRAP <i>gf</i>	£9.95
MOROCCAN LAMB WRAP <i>gf</i>	£9.95
GRILLED CHICKEN STRIPS WRAP <i>gf</i> ..	£8.75
CAESAR SALAD:	
CHICKEN <i>gf</i>	£12.50
SALMON <i>gf</i>	£15.50
PRAWN <i>gf</i>	£13.50
HALLOUMI <i>gf</i>	£12.50
CHEF'S MIXED SALAD <i>v gf</i>	£8.50
AVOCADO AND GREEN SALAD <i>v gf</i>	£9.95
CHOWDER - BEST FROM THE SEA.....	£8.50
VEGETABLE SOUP <i>v</i>	£5.70



SIDES

JERSEY ROYAL POTATOES.....	£2.75
HAND CUT CHIPS	£2.75
SWEET POTATO FRIES	£2.75
SAUTÉED SPINACH AND GARLIC.....	£2.75
DAUPHINOISE POTATOES	£2.75
MIXED GARDEN VEGETABLES	£2.75
GARLIC BREAD.....	£2.75



THE OCEAN

SCALLOPS <i>gf</i>	£14.95
SALMON - FROM THE GRILL	£15.50
MONKFISH SALTIMBOCCA	£21.50
SEABASS - FROM THE GRILL	£18.50
MUSSELS	£11.95
<i>Add pancetta</i>	£13.95
JERSEY OYSTERS..... 6	£8.50
..... 12.....	£15.00



TEA

PEPPERMINT	£2.50
LEMONGRASS AND GINGER	£2.50
GREEN TEA AND PEACH.....	£2.50
CAMOMILE	£2.50
EARL GREY	£2.50
ORGANIC REDBUSH.....	£2.50
REDBERRY	£2.50
DECAFINATED	£2.50
ENGLISH BREAKFAST.....	£2.50



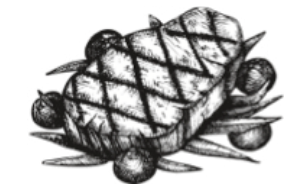
THE LAND

BEETROOT BURGER <i>v</i>	£11.95
HOUSE TOFU <i>v gf</i>	£8.50
CHEF'S HOMEMADE BURGER.....	£15.95
PERI-PERI CHICKEN BURGER	£11.75
HONEY SESAME CHICKEN	£11.25
BIANCO DI POLLO <i>gf</i>	£10.80
CARBONARA <i>gf</i>	£10.80



COFFEE AND HOT CHOCOLATE

ESPRESSO	<i>Single</i>	£2.00
	<i>Double</i>	£2.60
CAFÉ MACCHIATO	<i>Single</i>	£2.00
	<i>Double</i>	£2.60
AMERICANO		£2.40
CAPPUCCINO		£2.60
CAFÉ LATTE		£2.60
CAFÉ MOCHA.....		£3.10
ICED COFFEE		£3.90
HOT AND DARK CHOCOLATE		£3.00
<i>Add extra flavour to your drink</i>		£0.70



THE GRILL

SURF AND TURF <i>gf</i>	£19.95
RACK OF LAMB	£17.95
CHOICE OF STEAKS:	
12oz SIRLOIN.....	£22.50
8oz FILLET	£22.50
10oz RIB-EYE.....	£20.50
PORK CHOP	£14.50
Add sauces for £1.20 each:	
<i>Pepper, Hollandaise, béarnaise, café de Paris butter or BBQ.</i>	



AFTERNOON TEA

TRADITIONAL JERSEY AFTERNOON TEA FOR TWO	£19.50
<i>With a selection of pastries and sandwiches.</i>	
CREAM TEA FOR ONE.....	£8.50
<i>Two scones served with jam and clotted cream, with pot of tea for one.</i>	
<i>Add bubbles for only</i>	£6.50pp

OPEN DAILY 7:00 to 23:00
BREAKFAST 7:00 to 12:00

*v – vegetarian gf – gluten free available, just ask!
Jersey ingredients subject to seasonal availability.*

