



Zephyr

We like to think we cater for all tastes but if there is a dish that you would like that is not on our menu please ask your waiter and we will endeavour to accommodate your requests.

Please be aware that there could be nut traces in some of the ingredients used in the preparation of our menus. If you have any dietary requirements please inform your waiter.

As our wines come from a selection of small producers and chateaux some vintages may vary.

An optional service charge of 10% will be added to the bill for groups of ten or more.

All prices are Goods and Services Tax inclusive.



Zephyr

Afternoon Menu

Served from 3pm until 6pm

Tapas

Tuscan mixed olives - £4.10

Spicy nuts - £2.45

Goat's cheese and roasted pepper bruschetta - £4.95

Parma ham with sweet pepper, sultanas and aubergine relish - £5.50

Beef parcels with tomato chutney - £4.75

Feta cheese, red onions, olives and parsley salad - £4.50

Paprika potatoes in tomato sauce - £4.00

Tiger prawn tempura with teriyaki sauce - £6.10

Bean, chorizo and potato stew in tomato sauce - £4.75

Duck spring rolls with plum sauce - £4.00

Squid, Spanish chorizo and roasted pepper - £4.75

Classic tomato, garlic and basil bruschetta - £4.00

Veal fritter with lime aioli - £4.00

Garlic bread with dips - £6.10

Create your own Tapas Platter of five items from the selection above
and only pay for four.

Zephyr Tasting Platter – to share

Chicken skewers with peanut Satay sauce, crispy chilli beef with sweet chilli sauce, chilli squid with roast chilli Nam Jim, Thai chicken salad with lime and chilli dressing and rolled sushi of the day with soy and wasabi - £34.90

Mussels

Pot of mussels with white wine, garlic and cream
£9.15 - small £14.65 - large

Prawn Platter

8 herb and garlic marinated grilled tiger prawns, French shrimps and 4 tempura prawns with lime aioli, cumin rouille and buttered new potatoes - £18.80

Antipasto

Selection of cured meats served with rocket and parmesan salad, sunblushed tomatoes and olives £12.90



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Afternoon Menu *(Continued...)*

Served from 3pm until 6pm

The Royal Yacht Cream Tea

A pot of freshly brewed tea of your choice, served with scones,
Jersey clotted cream and preserves - £6.90

The Royal Yacht Full Afternoon Tea

A pot of freshly brewed tea of your choice and

Sandwiches with:

Smoked salmon with lemon and chive butter

Egg mayonnaise with rocket salad

Cucumber, cream cheese and tomato

York ham with English mustard

Selection of mini afternoon pastries

Selection of English cakes and tea breads

Warm scones with preserves and Jersey clotted cream

£17.50 per person; or £26.95 per person including a glass of house champagne and some fresh strawberries

The Royal Yacht Burger

8oz beef burger served in a sesame bun with sweet cured bacon, cheddar cheese, tomato, gem lettuce, Portobello mushroom and avocado mayonnaise, served with chips - £14.95
(10p is donated to the hotels chosen charity when you order this main)

The Zephyr Club Sandwich

Sandwich filled with grilled breast of chicken, sweet cured back bacon, spicy chorizo sausage, lettuce, slow-roasted tomatoes and avocado mayonnaise
served with chips - £13.85

Beef Panini

Chilli and ginger marinated beef with caramelised onions, peppers, honey and cheddar cheese
served with mixed leaves and chips - £10.85

Cheese Panini (V)

Grilled Brie and cheddar panini with caramelized onions, almonds and truffle oil.
Served with mixed leaves and chips - £10.65

Sirloin

10oz Sirloin steak cooked to your liking, served with chips and salad - £28.15



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Healthy Choices

Crudités

Raw vegetable sticks served with houmous - £6.65 (GF)

Gazpacho

Beef tomato, pepper, cucumber and oregano cold Spanish soup (GF)
Served with croutons and crème fraîche - £7.60

Sushi & Sashimi

Made from the freshest fish with pink ginger, wasabi, and soy sauce - £12.00 for 6 pieces

Chicken & Orange Salad

Warm chicken served with orange, pomegranate and coriander and rocket salad - £9.25 (GF)

Quinoa Salad

Served with cherry tomato, red onion, cucumber, rocket salad, pumpkin
and sunflower seeds, apricots, olive oil, lime coriander (GF)

Prawns - £13.80

Chicken - £13.10

Haloumi - £13.75

Mozzarella, Tomato and Avocado

Buffalo mozzarella and mixed heritage tomatoes, herbs, olive oil and lemon - £8.90 (GF)



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Fresh Juices

The Detoxifier

(Fresh beetroot, carrot, apple, ginger and lemon)

Support your body's detox systems with this juice! Beetroots are a wonderful tonic for the liver and purify the blood. Lemons have an alkalising and PH balancing effect on the body - £5.00

The Immune Reviver

(Fresh carrot, orange, and turmeric)

Boost your immune system and stop germs in their tracks with this juice! Oranges are one of the best sources of vitamin C to fight or prevent germs and turmeric is Mother Natures' most powerful anti – inflammatory - £5.00

The Green Cleanser

(Fresh spinach, cucumber, celery, apple, lime and mint)

Cleanse all the cells in your body with this phytonutrient rich green juice. Cucumber and celery provide a boost of electrolytes to hydrate and cleanse the body - £5.00

Coconut Water

Packed full of electrolytes and minerals to replenish and rehydrate after exercise - £3.50

Smoothies

The Antioxidant Berry Smoothie

(Mixed berries, banana, vanilla and oat milk)

Destroy free radicals in your body with this antioxidant rich smoothie! Berries are a powerhouse of nutrients and bananas provide a great source of fibre - £5.50

The 'Hungry for Health' Cacao Heaven Smoothie

(Avocado, banana, strawberries, Medjool dates, raw cacao powder and almond milk)

Enjoy all the health benefits of raw cacao in this heavenly smoothie! Raw cacao is the highest source of magnesium in the world which will keep your heart healthy, reverse the effects of stress and boost your energy levels - £6.50

The Glowing Skin Green Smoothie

(Pineapple, spinach, cucumber, avocado, and coconut water)

Get glowing skin and strong shiny hair with this vitamin and mineral loaded smoothie! Spinach is a great source of vitamin K and folate which gives you a clear complexion and fewer dark circles. Avocado is nature's perfect healthy fat to improve skin tone and reduce fine lines - £5.50

All juices and smoothies have been designed and certified by Nutritional Advisor Chantelle Spriggs from 'Hungry for Health'

www.hungryforhealthjersey.co.uk



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Desserts & Cheese

Lemon and Passionfruit Tart

Lemon and passionfruit tart served with mango sorbet - £7.65

Apple Vanilla Cheesecake

Apple compote and vanilla ice cream - £9.15

Chocolate Tart

Chocolate tart served with fresh raspberries, tarragon ice cream and raspberry and strawberry sorbet - £8.50

Fruit Platter

A decadent selection of fruits with fruit syrup - £6.85 (GF)

Selection of Ices

A choice of homemade ice-creams and sorbets - £6.90 (GF)

Cheese Board

Selection of local, British and Continental cheeses served with crackers - £9.40
(Gluten free bread available)

Coffee and mini desserts

Crème brûlée of the day - £5.45



Mini dark chocolate brownie, butterscotch, nut praline and vanilla ice cream - £6.55



One scoop of ice cream or sorbet with cashew nut praline
Ice cream flavours, Chocolate; Vanilla, Strawberry
Sorbet flavours, Lemon or Mango - £4.60 (GF)



A wedge of your choice of cheese (Mature Cheddar, Brie, Blue Cheese) with quince jelly and crackers - £6.25

All mini desserts are served with your choice of coffee



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Teas & Coffees

Black Teas

English breakfast
Assam
Earl Grey
Decaffeinated

Green Tea

China Green Tea

Herbal Teas/ Infusions

Chamomile
Peppermint
Rooibos

Loose Teas/ Tisane

Aromatic Ginger Tisane
Fresh Mint
Orange Tisane

All teas sold by the pot - £2.70

Coffees

Espresso - £1.80
Double espresso - £2.50
Cappuccino - £2.80
De-cafeinated coffee - £2.20
Ristretto - £1.80
Caffe latte - £2.80
Liquor coffee - £4.85

Syrups

Chai
Caramel
Vanilla
Cinnamon
Hazelnut

All syrups - £0.75