



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.

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

All prices are Goods and Services Tax inclusive.



Zephyr

Breakfast

Served from 9am until 11am

The Royal Yacht Full Zephyr Breakfast

Two eggs any style - poached, scrambled, fried or boiled
Pork sausage
Grilled back bacon
Black pudding
Sautéed mushrooms
Grilled tomatoes
Hash browns
Baked beans
Toast
Tea or coffee
£9.95

The Royal Yacht Express Breakfast

Bacon, egg, sausage, tomato, toast and tea or coffee – £7.10

Toast & Jam

Hot buttered toast with preserves and tea or coffee – £3.95

The Breakfast Bap

Bap filled with choice of bacon, sausage or 2 fried eggs -£5.25
£1.20 per additional filling

Eggs Benedict

Brioche, bacon, hollandaise sauce £9.00

Egg & Salmon

Scrambled eggs with smoked salmon and lemon - £9.75

Omelette

3 egg omelette with choice of bacon, cheddar cheese,
Ham, mushrooms, spinach, tomatoes, peppers and onions - £7.20

Fruit Fusion

A selection of melon and berries with pineapple,
Kiwi and fruit syrup - £7.20
With yoghurt - £7.85

Breakfast Cup

Muesli and granola mix with yoghurt and fresh fruit and berries
£6.75

Baker's Basket

A selection of homemade croissants, pain au chocolate
and fresh fruit Danish pastries - £6.05

The breakfast bap, the baker's basket and the hot beverages are also available for take away



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Zephyr Nibbles

Grilled tomato focaccia with red pepper and almond dip - £3.65

Tuscan mixed olives - £4.10

Spicy nuts - £ 2.45

Garlic bread with dips - £5.80

Zephyr Classics

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 and salad

£14.95 (10p is donated to the hotels chosen charity when you order this main)

The Royal Yacht 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 and salad - £13.85

Steak sandwich

Soy and mirin marinated grilled steak with caramelised onions and mustard butter, served in warm crusty bread with chips and salad - £13.95

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

Grilled brie and mozzarella panini; with caramelised onions, almonds and truffle oil. Served with mixed leaves and chips - £10.65 (V)

The Royal Yacht Caesar Salad

Classic Caesar salad, served with soy and ginger marinated chicken and anchovies

Starter £8.75 Main £12.20

Thai Chicken Salad

Soy, ginger and chilli marinated grilled chicken with baby spinach, rocket leaves, spicy Thai dressing, rice noodles and peanuts

Starter £8.75 Main £12.20

Crispy Chilli Beef

Chilli and ginger marinated fried beef, served on gem lettuce with sweet chilli sauce and Asian slaw

Starter £11.45 Main £18.80

Grilled Minute Steak

Grilled 6oz Sirloin steak with an Asian rice noodle salad, pickled vegetables, garlic crisps, mirin glaze with chilli, ginger and soy – £18.40

Add 4 grilled Tiger prawns - £4.00

All our sandwiches can be made with gluten free bread
All our chicken is marinated in soy sauce which contains gluten



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Starters

Soups

Roasted butternut squash soup with coconut milk - £6.50 **(V) (GF)**
Chicken or prawn laksa with shiitake mushrooms and rice noodles - £8.60
Won ton soup with prawn dumplings - £8.60

Sushi & Sashimi

Our selection of sushi and sashimi made from the freshest fish with pickled ginger, wasabi and soy sauce
6 pieces for - £11.00
12 pieces for - £18.95
18 pieces for - £28.15

Crab, Salmon and Prawn Salad

Crab salad with chilli & tarragon, salmon sashimi with red onion, lemongrass, tomato salsa, tempura prawns, croutons and mixed leaves -£13.95

Smoked Salmon, Crab and Gamba Salad

Crab salad with chilli, tarragon, smoked salmon with Avruga, gambas' with leaves and guacamole. - £13.95 **(GF)**

Oysters

Today's fresh oysters, served with coriander, chilli, cucumber, tomato and ponzu dressing salsa – per oyster £1.60, minimum 6 **(GF)**

Grilled oysters, sauté shallots, crispy bacon, spinach, cream and cheese sauce.
per oyster; £2.00

Seared Tuna

Chermoula marinated seared tuna, served with Hagan panzanella salad, pomegranate with beef, tomato basil dressing and croutons **(GF croutons available)**
Starter £14.15 Main £23.75

Chicken Skewers

Grilled chicken skewers, red onion, rice noodle, peanut salad with spicy coconut sauce.
Starter £8.75 Main £16.75

Chicken Wings

Chilli ginger marinated chicken wings, soy citrus glaze, with glass noodle salad £8.85

Mussels

Pot of mussels with white wine and garlic, cooked in cream sauce or lemongrass, chilli and lime leaf infused coconut milk **(GF)**
Starter £8.65 Main £13.95

Chilli Squid

Salt and pepper squid with roast garlic and chilli dressing and mixed salad
Starter £13.95 Main £23.55

Pork Ribs

Pork ribs with teriyaki sauce and Asian slaw - £8.85



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Main Courses

Beef Koftas

Cardamom and cumin marinated beef served with flat bread, Israeli couscous, red cabbage salad and mint chutney –£18.85

Veal Escalope

Escalope of veal dipped in egg and parmesan, and sautéed in garlic butter, served with lemon buttered linguine with cherry tomatoes, courgettes and rocket salad – £22.95

Steaks

8oz Fillet or 12oz sirloin steak cooked to your liking, served with chips, onions rings, vine ripened cherry tomatoes and mushroom

Sirloin - £26.95

Fillet - £28.95

Add 4 grilled Tiger prawns £4.00

Fillet of Beef

Pan roasted beef fillet served on a bed of mashed potato, roasted brioche, sautéed spinach, mushrooms, foie gras and jus - £33.65

Scallops

Pan seared local scallops with soba noodles, beansprouts, soy beans, gambas served in a Vietnamese broth with mint and lime - 22.50

Sea Bass

Pan roasted fillet of sea bass with tiger prawns, mussels, cherry tomato. Bok choy, mangetout, rice noodles served with coconut broth and coriander oil £23.95 (GF)

Or

Pan roasted fillet of sea bass, new potatoes and vegetables or any other side dish of your choice (GF)
£23.95

Salmon

Roast fillet of salmon with spinach, green beans, sweet potato mash, with a Spanish chorizo, chilli and mango salsa with cherry tomato and lime - £21.95 (GF)

Lobster Tagliatelle

Lobster, prawn & crab tagliatelle with tomato, chilli, cashew nuts, tarragon, lemon butter and spinach - £22.50

Asian noodles

Stir fried beef and egg noodles with bean sprouts, sweet peppers, red onions and Shiitaki mushrooms in oyster sauce with ginger, garlic and chilli

Beef - £16.75

Prawns - £16.45

Chicken - £15.90

Rump of Lamb

Pan roasted lamb rump served with rösti potato, bacon and onions, broad beans, green beans, baby carrots and a mint jus - £23.80 (GF)

Mushroom Risotto

Mixed mushroom risotto with parmesan, mascarpone cheese, truffle oil, rocket and pine kernels - £16.45 (V) (GF)



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Chilli Beef Pizza

Chilli beef and spicy chorizo pizza with oyster mushroom, tomato and mozzarella - £14.15

Tuscan Pizza

Sun-blushed tomatoes and buffalo mozzarella pizza, topped with rocket leaves and parmesan cheese - £12.85, with parma ham: - £14.75

Gluten free pizza base available

Beef Rendang

Indonesian rich beef curry with coconut, steamed rice and prawn crackers - £16.75

Thai Prawn Curry

Red Thai prawn curry with new potatoes and basil, steamed rice and spicy prawn crackers
Prawns - £18.95, Chicken -£18.35, Beef -£18.95

Sharing dishes

Duck

Pan roasted duck breast glazed with honey and Chinese five spice served with Thai red curry sauce, Asian vegetables and steamed rice

For 1 - £20.95

For 2- £35.95

Chateaubriand

Served with chips, onion rings, tomato, mushroom and mixed salad with a choice of our sauces (Recommended for two) £53.50

Pepper

Diane

Béarnaise

Roast Sirloin

32oz (1.00kg) sirloin, roasted and served with mashed potatoes, gravy and roasted winter vegetables (Recommended for three) £71.90 (GF)

Trio of Lamb

Pan roasted rump of lamb, lamb cutlet and lamb skewers served with sautéed potatoes, green beans, spinach, baby carrots and jus (Recommended for two) £47.50 (GF)

Zephyr Tasting Platter – to share

Crispy chilli squid with roast chilli nam jim, chicken skewers with peanut sauce. Thai grilled prawn salad, mixed sushi with soy, pickled ginger and wasabi, and seared tuna. Rocket and parmesan salad with pomegranate dressing (Recommended for two) £47.40

Side Orders

Chips (V)

Buttered new potatoes (Jersey Royals when in season) (V) (GF)

Creamed potatoes (V) (GF)

Buttered mixed vegetables (V) (GF)

Tossed mixed salad (V)(GF)

Wild rocket and parmesan salad (V) (GF)

Stir fried Asian vegetables with oyster sauce, ginger and garlic

Steamed rice (V) (GF)

Garlic bread

Any of the above- £4.25



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Healthy Choices

Crudités

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

Gazpacho

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

Sushi & Sashimi

Made from the freshest fish with pink ginger, wasabi, and soy sauce - £10.50 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 Tart

Served with raspberry sorbet - £7.65

Apple Vanilla Cheesecake

Apple compote and vanilla ice cream - £9.15

Sticky Toffee Pudding

Sticky toffee pudding with butterscotch sauce and vanilla ice cream - £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 - £8.95
(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 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
Decaffeinated coffee - £2.20
Ristretto - £1.80
Caffe latte - £2.80
Liquor coffee - £4.85

Syrups

Chai
Caramel
Vanilla
Cinnamon
Hazelnut

All syrups - £0.75