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# 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.

(V) Vegetarian  
(VG) Vegan  
(GF) Gluten Free

## Steaks

**Blue:** Seared on the outside, completely red through the inside.

**Rare:** Lightly charred on the outside, browned around the sides, bright red in the middle.

**Medium Rare:** Sides well browned, top and bottom caramelized with a pink centre.

**Medium:** Rich brown on the sides, charred top and bottom with a thick band of light pink through the middle.

**Medium Well:** A hint of pink in the very middle with a dark brown charred surface.

**Well Done:** Evenly brown on the outside and all the way through.

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.



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## Zephyr Classics & Sandwiches

### Chilli Squid

Salt and pepper squid with roast garlic and chilli dressing and mixed salad  
Small -£14.65 Large - £24.70

### Chicken Satay

Grilled chicken skewers with classic spicy Malay coconut and peanut sauce and pineapple salsa  
Small – £12.50 Large – £21.50

### Crispy Chilli Beef

Chilli and ginger marinated fried beef, served on gem lettuce with sweet chilli sauce and Asian slaw  
Small - £13.35 Large – £21.70

### Haloumi & Mushroom Ciabatta

Grilled haloumi, flat mushrooms, almonds, tomato chutney, avocado mayonnaise & gem lettuce served with mixed leaves & chips - £12.95 (V)

### 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 and salad - £15.20

### Steak sandwich

Soy and mirin marinated grilled steak with caramelised onions and mustard butter, served in warm crusty bread with chips and salad - £14.95

### The Royal Yacht Burger

220g 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 - £15.65  
*(10p is donated to the hotels chosen charity when you order this main)*

### Beef Wrap

Spicy beef wrap with caramelised onion, honey, sultanas and cheddar cheese served with mixed leaves and chips – £11.95

Please Note: All our sandwiches can be made with gluten free bread

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## Sushi

Chef's selection of special Zephyr mixed sushi

6 pieces - £13.20 12 pieces - £20.70 18 - pieces £30.15

Chefs's selection contains the following types:

**Nigiri** – Vinegared sushi rice topped with raw or cooked seafood

**Uramaki** – infamous Californian style inside out “Maki” roll.

**Futomaki** – Large roll of nori and rice stuffed with fish.

**Gunkan** – Sushi rice wrapped in nori and topped with fish or fish roe.

**Sashimi** – Fresh raw fish.

Please ask your waiter for daily specials and special requirements

Gluten Free available on request

## Salads & Poke Bowl

### Water Melon & Feta

Water melon, feta and preserved lemon with rocket and olive oil- £9.25 (V)(GF)

### Artichoke, Lemon & Almond

Herb marinated artichoke hearts with rocket, almonds, lemon, thyme and honey dressing  
£9.95 (VG)

### Burrata & Heritage Tomato

Creamy burrata cheese, heritage tomato, grilled grapes and rocket with fennel, balsamic and olive oil dressing served on a flat bread - £13.75 (V) (GF available)

### Quinoa

Quinoa, roasted mixed vegetables, rocket, orange, red onion, cherry tomato, pomegranate, pumpkin and sunflower seeds with orange dressing  
Avocado £15.75 (GF)(V)(VG) Prawn - £16.50 (GF) Haloumi - £15.75

### Thai Chicken Salad

Soy, ginger and chilli marinated grilled chicken with baby spinach, rocket leaves, spicy Thai dressing, rice noodles and peanuts  
Small - £9.95 Large -£13.95 (GF)

### The Classic Chicken Caesar Salad

Classic Caesar salad, served with soy and ginger marinated chicken and anchovies  
(Please note: the dressing also contains anchovies)  
Small - £9.95 Large - £13.95  
Available (GF)

### Salmon & Tuna Poke Bowl

Native Hawaiian poke with raw salmon, tuna, mango, edamame, cucumber, spring onions, sushi rice and cashew with soy, sesame and chilli dressing - £14.50



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## Breads & Olives

### Turkish Pide

Turkish style pizza with cheddar, parmesan and slow cooked egg yolk - £7.50

Garlic bread with dips - £6.50 (V)

Tuscan Mixed Olives - £4.75

## Soups

Wonton soup with prawn dumplings - £9.00

Chicken or prawn laksa with shiitake mushrooms and rice noodles - £9.00

## Starters

### Miso Aubergines

Baked aubergines with miso glaze, ginger and sesame - £10.25 (GF)(VG)

### Baked Sweet Potato

Baked sweet potato, spinach and peas in vegan peanut and coconut sauce  
£12.75(GF)(VG)

### Prawn Toast

Mixed prawn toast served on shredded gem lettuce with ginger and chilli jam - £10.95

### Thai Cakes

Prawn and crab Thai cakes served with sweet chilli sauce and wakame salad - £12.50

### Oysters

Locally sourced fresh Jersey oysters with Zephyr' yuzu granita  
£2.00 each (minimum 6 oysters)

or

Tempura oysters served with soy and ginger dip  
£2.00 each, (minimum 6 oysters)

### Mussels

Pot of mussels with white wine and garlic, cooked in cream sauce  
or lemongrass, chilli and lime leaf infused coconut milk (GF)  
Small - £10.75 Large - £17.25

### Duck Pancake

Confit duck served on warm Chinese pancake with cucumber, coriander and  
hoisin sauce - £14.30

### Pork ribs

Salt and pepper pork rib with lime juice, togarashi, spring onions, Asian slaw and ginger  
jam - £10.45

### Antipasto (for two)

Selection of cured meats, olives, grilled vegetables, figs, mozzarella, tomato bread and  
rocket parmesan salad - £18.50 Available (GF)

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## Main Courses

### Mushroom Risotto

Mixed mushroom risotto with parmesan, mascarpone cheese, truffle oil, rocket and pine kernels - (V) (GF) £19.05

### Scallops and Gnocchi

Seared scallops, tarragon gnocchi, Jerusalem artichoke puree, shimeji mushrooms and herb oil - £25.95

### Cod & Sri Lankan Curry

Baked cod fillet in a light Sri Lankan coconut curry with seafood, tomato, butternut squash and beans served with steamed rice - £26.95 (GF)  
Vegetarian & Vegan option - £15.50

### Sea Bass

Pan roasted sea bass with rich lobster sauce, baby vegetables, Jersey Royals and tiger prawns - (GF) £26.95

Or

Served with buttered new potatoes and vegetables  
(GF) £26.30

### Turkish Salmon

Ras el hanout spiced baked salmon, Turkish ezme salad, romesco sauce and lime  
£25.65 (GF)

### Crab and Lobster Fettucini

Crab, lobster and prawn with gremolata, butter, fettucini pasta, cherry tomato, spinach and cashew nuts - £28.90

### 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 - £24.55

### Chicken Shawarma

North African spice and yoghurt marinated grilled chicken skewers, tomato, red onion and herb salad served on a flat bread - £20.50 (GF available)

### Thai Chicken Curry

Red Thai curry with new potatoes and basil, steamed rice and spicy prawn cracker  
£20.25

### Beef Rendang

Indonesian rich beef curry with coconut, steamed rice, prawn crackers, crispy shallots  
£19.40  
Available (GF)

### Asian Beef noodles

Stir fried egg noodles with bean sprouts, sweet peppers, red onions and shiitake mushrooms in oyster sauce with ginger, garlic and chilli - £19.10

### Korean Lamb

Korean gochujang glazed, grilled lamb chop with Lyonnaise potatoes and pickles  
£25.50  
(Gochujang is a traditional Korean chilli bean paste with complex hot pepper flavours)



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## Steaks

200g fillet or 300g sirloin steak cooked to your liking, served with chips, onions rings, cherry vine tomatoes, mushrooms and mixed leaves

Available (GF)

Sirloin - £28.95, Fillet £31.45

Add 4 grilled Tiger prawns - £4.45

## Pizzas

### Chilli Beef Pizza

Chilli beef and spicy chorizo pizza with oyster mushroom, tomato and mozzarella - £14.85

### Mushroom & Taleggio Pizza

Balsamic glazed mushroom, onions, mascarpone, taleggio, rocket and truffle oil - £15.25

Gluten free pizza bases available

## Sharing

### Our favourites

Chilli squid, pork ribs, satay chicken skewers, crispy chilli beef and sushi - £35.60

### Seafood Platter

(Only available during spring and summer months)

Jersey oysters, whole lobster and spider crab locally sourced from the beautiful Channel Island waters, with mussels, prawns and gambas, buttered Jersey Royals, lemon and dips  
£67.50

### Chateaubriand

Served with chips, onion rings, tomato, mushroom and mixed salad  
with a choice of sauces

Pepper

Diane

Béarnaise

(Recommended for two) - £61.95

Available (GF)

## Side Orders

Skinny fries with parmesan and truffle oil - £4.90 (V)

Chips (V) (VG)

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

Creamed potatoes (GF) (V)

Buttered mixed vegetables (GF) (V)

Tossed mixed salad (GF) (V)

Wild rocket and parmesan salad (V) (GF)

Stir fried Asian vegetables with oyster sauce, ginger and garlic (available GF)

Steamed rice (V) (GF)

Skinny fries (V)

Any of the above - £4.45



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## Desserts & Cheese

### Lemon Cheesecake

Vanilla and lemon cheesecake, lemon curd, almond crumbs, caramelised oranges and passion fruit sorbet - £9.15

### Brownie

Dark chocolate and hazelnut brownie, mixed berries and hazelnut ice cream – £9.15

### Chocolate Textures

Rich, decadent chocolate dessert with differing textures of dark and milk chocolate  
£9.90

### Fruit Choice

A delectable selection of refreshing, seasonal fruit – £7.45 (V) (VG) (GF)  
With fruit sorbet – £9.00

### Cheese Board

Selection of local, British and Continental cheeses served with chutney, dried apricots, grapes and quince jelly, warm bread and crackers - £10.35  
(Gluten free bread available)

### Selection of Ices

A choice of ice-creams and sorbets - £7.45(GF) (V)

## Coffee and mini desserts

Crème Brulée of the day – £6.05(GF)( V)

### Caramelised Banana

Caramelised banana, caramel sauce, almond crumbs and vanilla ice cream - £6.25

### Vanilla Ice Cream Affogato

One scoop of vanilla ice cream, Nutella and almond crumbs “drowned” with a shot of espresso - £5.25

### Cheese

A wedge of your choice of cheese, quince jelly and crackers - £6.10

### Mini Ices

One scoop of ice cream or sorbet with cashew nut praline  
Select from the following flavours  
Ice cream flavours: Chocolate; Vanilla; Strawberry;  
Sorbet flavours: Lemon, Mango, Strawberry and Raspberry - £4.85(V)(GF)

*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 - £2.85*

### Coffees

Espresso - £1.95

Double espresso - £2.75

Americano - £2.30

Large Americano - £2.60

Flat White - £2.30

Cappuccino - £2.95

De-caFFEinated coffee - £2.30

Ristretto - £1.95

Caffe latte - £2.95

Caffe Mocha - £2.95

Liquor coffee - £5.20

Hot Chocolate - £2.90

### Syrups

Chai  
Caramel  
Vanilla  
Cinnamon  
Hazelnut

*All syrups - £0.80*

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