



---

# 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

## Zephyr Nibbles

Grilled tomato focaccia with red pepper and almond dip - £3.80

Tuscan mixed olives - £4.10

Spicy nuts - £ 2.45

Garlic bread with dips - £6.10

## 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 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 - £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 - £14.65

### 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 Classic Chicken Caesar Salad

Classic Caesar salad, served with soy and ginger marinated chicken and anchovies (please note: the dressing also contains anchovies)

Small - £9.20    Large - £12.80

### Thai Chicken Salad

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

Small - £9.20    Large - £12.80

### Crispy Chilli Beef

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

Small - £12.00    Large - £19.75

### Grilled Minute Steak

Grilled 6oz Sirloin steak with an Asian rice noodle salad, pickled vegetables, garlic crisps, mirin glaze with chilli, ginger and soy – £19.30

Add 4 grilled Tiger prawns - £4.20

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



Zephyr

## Starters

### Soups

Wonton soup with prawn dumplings - £9.00  
Chicken or prawn laksa with shiitake mushrooms and rice noodles - £9.00  
Spinach soup served with poached egg and truffle oil - £7.30

### Sushi & Sashimi

Our selection of sushi and sashimi made from the freshest fish with pickled ginger, wasabi and soy sauce  
6 pieces for - £12.00  
12 pieces for - £18.95  
18 pieces for - £28.15

### Cured Salmon, Crab and Gamba

Marinated salmon with Dijon mustard and dill served with chilli and tarragon crab salad, gambas, horseradish crème fraiche, orange and pomegranate - £14.35

### Asian Prawn Salad

Marinated prawn cocktail with shallots, chillies and coriander served with Asian salad, mango, avocado, onions, glass noodles and Chinese cabbage - £14.35

### Oysters

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

Grilled oysters, sauté shallots, crispy bacon, spinach, cream, and cheese sauce.  
per oyster, minimum 6 £2.00

### Cold Tuna

Marinated tuna loin with Dijon mustard, coriander seeds, Szechuan pepper, and sesame seeds served with a Moroccan style couscous with apricots, chick peas, pistachio, chillies, pomegranate and cucumber yoghurt salad  
Small - £14.75    Large - £23.95

### Chicken Skewers

Grilled chicken skewers, red onion, rice noodle, peanut salad with spicy coconut sauce.  
Small - £9.20    Large - £17.60

### Chicken Wings

Chilli ginger marinated chicken wings, soy citrus glaze, with glass noodle salad - £9.25

### Mussels

Pot of mussels with white wine and garlic, cooked in cream sauce or lemongrass, chilli and lime leaf infused coconut milk (GF)  
Small - £9.15    Large - £14.65

### Chilli Squid

Salt and pepper squid with roast garlic and chilli dressing and mixed salad  
Small - £13.95    Large - £23.55

### Pork Ribs

Pork ribs with teriyaki sauce and Asian slaw £9.25

All prices are Goods and Services Tax inclusive.



Zephyr

## 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 - £24.10

### Steaks

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

Sirloin - £28.15

Fillet - £29.95

Add 4 grilled Tiger prawns - £4.20

### 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 and prawn kiosa served in a Vietnamese broth with mint and lime - 23.60

### Sea Bass

Pan roasted sea bass served with lobster bisque, beurre blanc, baby vegetables, Jersey Royals and tiger prawns - £25.10

Or

Served with new potatoes and vegetables, or any other side dish of your choice- £25.10

### Lobster Tagliatelle

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

### Asian noodles

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

Beef - £17.55

Prawns - £17.30

Chicken - £16.70

### Chicken Supreme

Pan roasted chicken supreme served with mashed potato seasoned with truffle oil, asparagus, sauté mushrooms and jus - £19.90

### Mushroom Risotto

Mixed mushroom risotto with parmesan, mascarpone cheese, truffle oil, rocket and pine kernels - £17.25 (V) (GF)

### Seafood Risotto

Tiger prawns, squid, crab meat, mussels and baby prawns in a rich tomato sauce with avruga - £21.75

### 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

All prices are Goods and Services Tax inclusive.



---

## Zephyr

### Beef Rendang

Indonesian rich beef curry with coconut, steamed rice and prawn crackers - £17.55

### Thai Curry

Red Thai 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 - £22.00

For 2 - £37.75

### Chateaubriand

Served with chips, onion rings, tomato, mushroom and mixed salad with a choice of our sauces (Recommended for two) - £56.10

Pepper

Diane

Béarnaise

### Roast Sirloin

32oz (1.00kg) sirloin, roasted, served with mashed potatoes, roasted vegetables and gravy (Recommended for three) - £69.50 (GF)

### Rack of Lamb

Pan roasted rack of lamb and lamb skewers served with sautéed potatoes, green beans, spinach, baby carrots and jus (Recommended for two) - £49.80 (GF)

### 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

## 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

Prawn crackers with plum sauce

Steamed rice (V) (GF)

Garlic bread

*Any of the above - £4.25*



---

Zephyr

## 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 celery and crème fraiche - £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)



Zephyr

## 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](http://www.hungryforhealthjersey.co.uk)**



Zephyr

## 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, 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*





---

Zephyr

## 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-caFFEinated coffee - £2.20  
Ristretto - £1.80  
Caffe latte - £2.80  
Liquor coffee - £4.85

### Syrups

Chai  
Caramel  
Vanilla  
Cinnamon  
Hazelnut

*All syrups - £0.75*