



Zephyr

À LA CARTE MENU

BREAKFAST

Served 7 days a week from 9am - 11am

AFTERNOON MENU

Served 7 days a week from 3pm - 6pm

BREADS & OLIVES

GARLIC BREAD WITH DIPS (V) £8.50
TUSCAN MIXED OLIVES £5.50

SOUPS

WONTON SOUP £10.95
With prawn dumplings
CHICKEN OR PRAWN LAKSA £10.95
With shiitake mushrooms and rice noodles

SALADS & BOWLS

THAI CHICKEN SALAD £16.00
Soy, ginger and chilli marinated grilled chicken with baby spinach, rocket leaves, spicy Thai dressing, rice noodles and peanuts (GF)

THE CLASSIC CHICKEN CAESAR SALAD £16.00
Classic Caesar salad, served with soy and ginger marinated chicken and anchovies Available (GF)
(Please note: the dressing also contains anchovies)

GRILLED TUNA SALAD £25.00
Grilled tuna steak, cucumber, cherry tomatoes, rocket and carrot salad, spicy sichuan pepper dressing and roasted peanuts)

QUINOA BOWL (GF) (V) £16.25
Quinoa, roasted mixed vegetables, rocket, orange, red onion, cherry tomato, pomegranate, pumpkin and sunflower seeds with orange dressing

ADD AVOCADO (GF) (V) (VG) £2.75
ADD HALOUMI (GF) (V) £2.75
ADD PRAWNS (GF) £3.70

SALMON & TUNA POKE BOWL £20.00
Native Hawaiian poke with raw salmon and tuna, mango, edamame, cucumber, spring onions, sushi rice and cashew with soy, sesame and chilli dressing

BIBIMBAP BOWL £23.75
Korean bibimbap with crispy fish fillet of the day, mushrooms, kimchee, cucumber, radish, fried eggs, sushi rice and spicy gochujang paste

ZEPHYR SANDWICHES & WRAPS

HALOUMI & MUSHROOM CIABATTA £15.50
Grilled haloumi, flat mushrooms, almonds, tomato chutney, avocado mayonnaise & gem lettuce served with mixed leaves & chips (V)

CHICKEN FLAT BREAD £16.25
Soy & maple marinated grilled chicken thighs, red cabbage, chilli and carrot salad on a Lebanese flat bread, coconut sriracha

THE ZEPHYR CLUB SANDWICH £17.50
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

BEEF WRAP £14.50
Spicy beef wrap with caramelised onion, honey and cheddar cheese. Served with mixed leaves and chips

STEAK SANDWICH £17.25
Soy and mirin marinated grilled steak with caramelised onions and mustard butter. Served in warm crusty bread with chips and salad

THE ROYAL YACHT BURGER £18.00
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
(10p is donated to the hotels chosen charity when you order this main)

LEG OF LAMB FLAT BREAD £24.50
Yoghurt & cumin marinated grilled lamb, spiced flat bread, cucumber, pistachio, elderflower & mint

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

PIZZAS

CHILLI BEEF PIZZA £18.00
Chilli beef and spicy chorizo pizza with oyster mushroom, tomato and mozzarella

MUSHROOM & TALEGGIO PIZZA £18.00
Balsamic glazed mushroom, onions, mascarpone, taleggio, rocket and truffle oil

Gluten free pizza bases available

STARTERS

CAULIFLOWER POPCORN (V) Cauliflower popcorn, tofu & truffle dressing	£9.75	MUSSELS Pot of mussels with white wine and garlic, cooked in cream sauce or lemon grass, chilli and lime leaf infused coconut milk (GF)	SMALL £13.00 LARGE £22.50
MISO AUBERGINES Baked aubergines with miso glaze, ginger and sesame (GF) (VG)	SMALL £11.50 LARGE £19.80	CHILLI SQUID Salt and pepper squid with roast garlic and chilli dressing and mixed salad	SMALL £15.25 LARGE £28.50
BAKED SWEET POTATO Baked sweet potato, spinach and peas in vegan peanut and coconut sauce (VG) (GF)	SMALL £10.95 LARGE £20.00	PORK RIBS Salt and pepper pork rib with lime juice, togarashi, spring onions and Asian slaw	£12.75
GRILLED CAULIFLOWER Grilled cauliflower steak, hazelnut dukkah and chimichurri, almond cream (VG) (GF)	SMALL £12.50 LARGE £19.50	CHICKEN WINGS Honey & chilli chicken wings served with lemon, soy & mirin dip, pickles & cucumber salad	£11.95
GOAT CHEESE, BEETROOT & PANCETTA Warm goat cheese with grilled courgettes, beetroot, crispy pancetta, honey & walnuts	£12.50	CHICKEN SATAY Grilled chicken skewers with classic spicy Malay coconut and peanut sauce and pineapple salsa	SMALL £11.75 LARGE £22.00
OYSTERS Locally sourced fresh Jersey oysters served with Zephyr' yuzu granita OR Mignonette sauce OR Tempura oysters served with soy and ginger dip	£2.30 each (minimum 6 oysters)	DUCK PANCAKE Confit duck served on warm Chinese pancake with cucumber, coriander and hoisin sauce	£17.25
THAI CAKES Prawn and crab Thai cakes served with sweet chilli sauce and wakame seaweed salad	£13.50	CRISPY CHILLI BEEF Chilli and ginger marinated fried beef, served on gem lettuce with sweet chilli sauce and Asian slaw	SMALL £12.25 LARGE £23.50

MAINS

MUSHROOM RISOTTO Mixed mushroom risotto with parmesan, mascarpone cheese, truffle oil, rocket and pine kernels (V) (GF)	£22.00	CRISPY FISH FILLET Crispy fish fillet of the day, fish croquette, almond and red pepper purée, cauliflower rice, chilli & herb oil	£28.50
SCALLOPS Seared Jersey scallops, slow cooked soy glazed pork belly, Jerusalem artichokes, mushrooms, parsnip crisps (GF available)	£29.50	THAI PORK CURRY Slow cooked soy glazed pork neck fillets, classic red Thai curry, potato, pineapple, aubergines, pak choy, steamed rice and prawn crackers (GF available)	£24.75
PAN ROASTED SEA BASS Served with Jersey Royals and baby vegetables (GF)	£29.00	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	£23.25
ADD LOBSTER SAUCE & TIGER PRAWNS	£3.50	BEEF RENDANG Indonesian rich beef curry with coconut, steamed rice, prawn crackers, crispy shallots Available (GF)	£23.50
PLAICE & SRI LANKAN CURRY Baked plaice fillet in a light Sri Lankan coconut curry with seafood, tomato, butternut squash and beans served with steamed rice Available (GF)	£32.50	KOREAN LAMB Korean gochujang glazed, grilled lamb chop with lyonnaise potatoes and pickles (Gochujang is a traditional Korean chilli bean paste with complex hot pepper flavours)	£29.50
VEGETARIAN & VEGAN OPTION AVAILABLE	£21.00	VEAL 10oz veal chop with pancetta and truffle jus & sautéed potatoes, baked onion	£30.00
CRAB AND PRAWN LINGUINE Crab and prawn with gremolata, butter, linguine pasta, cherry tomato, spinach, cashew nuts and avruga caviar	£29.25		
SEAFOOD LINGUINE Baby squid, tiger prawns and sword fish, San Marzano tomato sauce with garlic, parsley, lemon and chilli	£27.50		
GRILLED LOBSTER Grill Jersey lobster & gambas with herb butter, lemon and sautéed potatoes (Jersey Royals when in season)	HALF 35.00 WHOLE 60.00		

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

SHARING

BUFFALO MOZZARELLA (for two) **£19.75**

Creamy Buffalo mozzarella, tomato, grapes, flat bread, olive oil, fennel and balsamic dressing

ANTIPASTO (for two) **£24.50**

Selection of cured meats, olives, grilled vegetables, figs, mozzarella, grilled sea salt and rocket parmesan salad

Available (GF)

OUR FAVOURITES **£43.50**

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

STEAKS

200g FILLET, 300g SIRLOIN OR 250g RIB EYE STEAK COOKED TO YOUR LIKING

Served with chips, onions rings, cherry vine tomatoes, mushrooms and mixed leaves *Available (GF)*

FILLET **£37.00**

SIRLOIN **£34.25**

RIB EYE **£28.50**

ADD 4 GRILLED TIGER PRAWNS **£5.00**

CHATEAUBRIAND (recommended for two) **£89.75**

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

• Pepper

• Diane

• Béarnaise

Available (GF)

SIDES

Chips (V) (VG)	£5.00	Steamed rice (V) (GF)	£5.00	Tossed mixed salad (GF) (V)	£5.00
Skinny fries (V)	£5.00	Mixed vegetables (GF) (V)	£5.00	Wild rocket and parmesan salad (V) (GF)	£5.00
Skinny fries with parmesan and truffle oil (V)	£6.00	Stir fried Asian vegetables with oyster sauce, ginger and garlic (available GF)	£5.00		
New potatoes (GF) (V) (Jersey Royals when in season)	£5.00				
Creamed potatoes (GF) (V)	£5.00				

Jersey Royals served when in season

SUSHI

CHEF'S SELECTION OF SPECIAL ZEPHYR MIXED SUSHI

6 PIECES | **£16.00**

12 PIECES | **£28.50**

18 PIECES | **£38.00**

Chef'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

Due to the current supply chain constraints, certain items on this menu may not always be available

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 châteaux 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.

DESSERTS & CHEESE

STRAWBERRY CHEESECAKE	£11.25
White chocolate and strawberry cheesecake with almond crumbs. Served with vanilla ice cream	
CHOCOLATE BROWNIE	£10.95
Warm rich chocolate and hazelnut brownie, salted caramel, honeycomb ice cream & mixed berries	
CRÈME BRÛLÉE	£9.75
Passion fruit crème brûlée with mango salsa	
PAVLOVA	£10.50
Light meringue, mixed berry compote & raspberry sorbet	
SELECTION OF FRESH FRUIT	£8.50 SERVED WITH A FRUIT SORBET £9.90
A delectable selection of refreshing, seasonal fruit (GF) (VG) (V)	
THE ROYAL YACHT CHEESE BOARD	£13.00
Selection of local, British and Continental cheeses served with chutney, grapes and quince jelly, warm bread and crackers (Gluten free bread available)	
SELECTION OF ICES	£8.50
A choice of ice-creams and sorbets (GF) (V)	

MINI DESSERTS

Served with a hot drink of your choice

CHURROS	£6.95
Churros with cinammon, sugar and salted caramel	
COCONUT CAKE	£6.50
Coconut cake, caramel and walnuts	
CITRUS POSSET	£7.25
Classic lemon posset, lemon curd, citrus compote with shortbread	
CHEESE	£6.95
A wedge of your choice of cheese, quince jelly and crackers	
VANILLA ICE CREAM AFFOGATO	£6.95
One scoop of vanilla ice cream, Nutella and nut praline “drowned” with a shot of espresso	
MINI ICES	£5.50
One scoop of ice cream or sorbet with cashew nut praline	

TEAS & COFFEES

ALL TEAS SOLD BY THE POT	£3.00	ESPRESSO	£2.10
BLACK TEAS		DOUBLE ESPRESSO	£2.90
English breakfast Assam Earl Grey Decaffeinated		AMERICANO	£2.45
GREEN TEA		LARGE AMERICANO	£2.75
China Green Tea		FLAT WHITE	£2.45
HERBAL TEAS / INFUSIONS		CAPPUCCINO	£3.10
Chamomile Peppermint Rooibos		DECAFFEINATED COFFEE	£2.45
LOOSE TEAS / TISANE		RISTRETTO	£2.10
Aromatic Ginger Tisane Fresh Mint		CAFFE LATTE	£3.10
		CAFFE MOCHA	£3.10
		LIQUOR COFFEE	£6.20
		HOT CHOCOLATE	£3.05
		SYRUPS	£0.95
		Chai, caramel, vanilla, cinnamon, hazelnut	

ESPRESSO MARTINI £12.00

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

VEGAN & VEGETARIAN

STARTERS

CAULIFLOWER POPCORN (V) £9.75
Cauliflower popcorn, tofu & truffle dressing

MISO AUBERGINES SMALL £11.50 | LARGE £19.50
Baked aubergines with miso glaze, ginger and sesame
(GF) (VG)

BAKED SWEET POTATO SMALL £10.95 | LARGE £20.00
Baked sweet potato, spinach and peas in vegan
peanut and coconut sauce (VG) (GF)

GRILLED CAULIFLOWER SMALL £12.50 | LARGE £19.50
Grilled cauliflower steak, hazelnut dukkah and chimichurri,
almond cream (VG) (GF)

MAINS

MUSHROOM RISOTTO £22.00
Mixed mushroom risotto with parmesan, mascarpone cheese,
truffle oil, rocket and pine kernels (V) (GF)

VEGAN SRI LANKAN CURRY £21.00
Sri Lankan coconut curry with tomato, butternut squash and
beans. served with steamed rice (VG)
Available (GF)

HALOUMI & MUSHROOM CIABATTA £15.50
Grilled haloumi, flat mushrooms, almonds,
tomato chutney, avocado mayonnaise & gem
lettuce served with mixed leaves & chips (V)

MUSHROOM & TALEGGIO PIZZA £18.00
Balsamic glazed mushroom, onions, mascarpone,
taleggio, rocket and truffle oil (V)
Gluten free pizza bases available

ZEPHYR VEGAN PIZZA (VG) £13.50
San Marazano tomato, oregano, almonds, red onions &
courgettes with rocket, olive oil and garlic
Gluten free pizza bases available

QUINOA BOWL (GF) (V) £16.25
Quinoa, roasted mixed vegetables, rocket, orange, red onion,
cherry tomato, pomegranate, pumpkin and sunflower seeds
with orange dressing

ADD AVOCADO (GF) (V) (VG) £2.75
ADD HALOUMI (GF) (V) £2.75

BUFFALO MOZZARELLA (for two) £19.75
Creamy Buffalo mozzarella, tomato, grapes, flat bread, olive
oil, fennel and balsamic dressing

SMOOTHIES & FRESH JUICES

SMOOTHIES

THE ANTIOXIDANT BERRY SMOOTHIE £6.50
Mixed berries, banana, vanilla & 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.

'HUNGRY FOR HEALTH' CACAO HEAVEN £7.50
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.

GLOWING SKIN GREEN SMOOTHIE £6.50
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.

All juices and smoothies have been designed and certified by
Nutritional Advisor Chantelle Spriggs from 'Hungry for Health'
www.hungryforhealthjersey.co.uk

JUICES

ORANGE JUICE £3.50
Freshly squeezed orange juice

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

THE DETOXIFIER £6.00
Fresh beetroot, carrot, apple, ginger and lemon

THE IMMUNE REVIVER £6.00
Fresh carrot, orange and turmeric

THE GREEN CLEANSER £6.00
Fresh spinach, cucumber, celery, apple, lime & mint