



Zephyr

À LA CARTE MENU

<h2>BREAKFAST</h2> <p>Served 7 days a week from 9am - 11am</p>	<h2>AFTERNOON MENU</h2> <p>Served 7 days a week from 3pm - 6pm</p>
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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	QUINOA ^{BOWL} (GF) (V)	£16.25
Soy, ginger and chilli marinated grilled chicken with baby spinach, rocket leaves, spicy Thai dressing, rice noodles and peanuts (GF)		Quinoa, roasted mixed vegetables, rocket, orange, red onion, cherry tomato, pomegranate, pumpkin and sunflower seeds with orange dressing	
THE CLASSIC CHICKEN CAESAR ^{SALAD}	£16.00	ADD AVOCADO (GF) (V) (VG)	£2.75
Classic Caesar salad, served with soy and ginger marinated chicken and anchovies Available (GF)		ADD HALOUMI (GF) (V)	£2.75
(Please note: the dressing also contains anchovies)		ADD PRAWNS (GF)	£3.70
GRILLED TUNA ^{SALAD}	£25.00	SALMON & TUNA POKE ^{BOWL}	£20.00
Grilled tuna steak, cucumber, cherry tomatoes, rocket and carrot salad, spicy sichuan pepper dressing and roasted peanuts		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	STEAK SANDWICH	£17.25
Grilled haloumi, flat mushrooms, almonds, tomato chutney, avocado mayonnaise & gem lettuce served with mixed leaves & chips (V)		Soy and mirin marinated grilled steak with caramelised onions and mustard butter. Served in warm crusty bread with chips and salad	
CHICKEN FLAT BREAD	£16.25	THE ROYAL YACHT BURGER	£18.00
Soy and maple marinated grilled chicken thighs, red cabbage, chilli and carrot salad on a Lebanese flat bread, coconut sriracha		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)	
THE ZEPHYR CLUB SANDWICH	£17.50	LEG OF LAMB FLAT BREAD	£24.50
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		Yoghurt & cumin marinated grilled lamb, spiced flat bread, cucumber, pistachio, elderflower and mint	
BEEF WRAP	£14.50		
Spicy beef wrap with caramelised onion, honey and cheddar cheese. Served with mixed leaves and chips			

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

PIZZAS

CHILLI BEEF PIZZA	£18.00	MUSHROOM & TALEGGIO PIZZA	£18.00
Chilli beef and spicy chorizo pizza with oyster mushroom, tomato and mozzarella		Balsamic glazed mushroom, onions, mascarpone, taleggio, rocket and truffle oil	

Gluten free pizza bases available

STARTERS

CAULIFLOWER POPCORN (V) Cauliflower popcorn, tofu and 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, chilli 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, tomato and red onion salad, chilli and 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 and 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) Creamy Buffalo mozzarella, tomato, grapes, flat bread, olive oil, fennel and balsamic dressing	£19.75	OUR FAVOURITES Chilli squid, pork ribs, satay chicken skewers, crispy chilli beef and sushi	£43.50
ANTIPASTO (for two) Selection of cured meats, olives, grilled vegetables, figs, mozzarella, grilled sea salt focaccia and rocket parmesan salad <i>Available (GF)</i>	£24.50		

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 <i>Available (GF)</i>		CHATEAUBRIAND (recommended for two) Served with chips, onion rings, tomato, mushroom and mixed salad with a choice of sauces: <ul style="list-style-type: none">• Pepper• Diane• Béarnaise <i>Available (GF)</i>	£89.75
FILLET	£38.00		
SIRLOIN	£32.50		
RIB EYE	£28.50		
ADD 4 GRILLED TIGER PRAWNS	£5.00		

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 <i>Please ask your waiter for daily specials and special requirements</i> <i>Gluten Free available on request</i>
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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

CHEESECAKE	£11.25
Baked lotus biscoff cheesecake served with vanilla ice cream strawberry coulis and toasted nuts	
CHOCOLATE BROWNIE	£10.95
Warm rich chocolate and hazelnut brownie, salted caramel, honeycomb ice cream and mixed berries	
CRÈME BRÛLÉE	£9.75
Passion fruit crème brûlée with mango salsa	
OPERA CAKE	£11.00
Classic layered opera cake, raspberry coulis, candied cherries and vanilla ice cream	
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	
CHOCOLATE TEXTURES	£7.50
Layered chocolate jelly and mousse, oreo crumbs and chocolate ice cream	
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) Cauliflower popcorn, tofu and truffle dressing	£9.75	BAKED SWEET POTATO SMALL £10.95 LARGE £20.00 Baked sweet potato, spinach, chilli and peas in vegan peanut and coconut sauce (VG) (GF)
MISO AUBERGINES SMALL £11.50 LARGE £19.50 Baked aubergines with miso glaze, ginger and sesame (GF) (VG)		GRILLED CAULIFLOWER SMALL £12.50 LARGE £19.50 Grilled cauliflower steak, hazelnut dukkah and chimichurri, almond cream (VG) (GF)

MAINS

MUSHROOM RISOTTO Mixed mushroom risotto with parmesan, mascarpone cheese, truffle oil, rocket and pine kernels (V) (GF)	£22.00	ZEPHYR VEGAN PIZZA (VG) San Marazano tomato, oregano, almonds, red onions & courgettes with rocket, olive oil and garlic	£13.50
VEGAN SRI LANKAN CURRY Sri Lankan coconut curry with tomato, butternut squash and beans. served with steamed rice (VG) <i>Available (GF)</i>	£21.00	<i>Gluten free pizza bases available</i>	
HALOUMI & MUSHROOM CIABATTA Grilled haloumi, flat mushrooms, almonds, tomato chutney, avocado mayonnaise & gem lettuce served with mixed leaves & chips (V)	£15.50	QUINOA ^{BOWL} (GF) (V) Quinoa, roasted mixed vegetables, rocket, orange, red onion, cherry tomato, pomegranate, pumpkin and sunflower seeds with orange dressing	£16.25
MUSHROOM & TALEGGIO PIZZA Balsamic glazed mushroom, onions, mascarpone, taleggio, rocket and truffle oil (V) <i>Gluten free pizza bases available</i>	£18.00	ADD AVOCADO (GF) (V) (VG) ADD HALOUMI (GF) (V)	£2.75 £2.75
		BUFFALO MOZZARELLA (for two) Creamy Buffalo mozzarella, tomato, grapes, flat bread, olive oil, fennel and balsamic dressing	£19.75

SMOOTHIES & FRESH JUICES

SMOOTHIES

THE ANTIOXIDANT BERRY SMOOTHIE Mixed berries, banana, vanilla and oat milk	£6.50	GLOWING SKIN GREEN SMOOTHIE Pineapple, spinach, cucumber, avocado and coconut water	£6.50
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.		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.	
'HUNGRY FOR HEALTH' CACAO HEAVEN Avocado, banana, strawberries, Medjool dates, raw cacao powder and almond milk	£7.50	All juices and smoothies have been designed and certified by Nutritional Advisor Chantelle Spriggs from 'Hungry for Health' www.hungryforhealthjersey.co.uk	
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.			

JUICES

ORANGE JUICE Freshly squeezed orange juice	£3.50	THE IMMUNE REVIVER Fresh carrot, orange and turmeric	£6.00
COCONUT WATER Packed full of electrolytes and minerals to replenish and rehydrate after exercise	£3.50	THE GREEN CLEANSER Fresh spinach, cucumber, celery, apple, lime and mint	£6.00
THE DETOXIFIER Fresh beetroot, carrot, apple, ginger and lemon	£6.00		