

All day menu. Last orders 4pm

# Quick Bite Sandwich

| <b>Steak sandwich</b><br>Grilled steak, caramelised onion,<br>ciabatta, house salad, hand cut chips         | £9.95        |
|---|--------------|
| <b>Chicken sandwich</b><br>Grilled breast, crispy bacon, lettuce,<br>Dijon mayonnaise, salad, hand cut chip | <b>£9.95</b> |
| Smoked salmon &<br>prawn cocktail sandwich<br>Crème fraîche, ciabatta, petite salad,<br>hand cut chips      | £9.95        |
| <b>Vegetable burrito</b><br>Tortilla bread, cheddar, chickpeas,   | £8.95        |

sweet vegetables, tossed salad, hummus, hand chunky chips

## To Start

### FROM THE SEA

| Oak Smoked Scottish salmon   | £8.00 |
|--|-------|
| Jersey royals, asparagus, sour cream,<br>lemon, apple, herb oil                        |       |
| <b>Native crab cake</b><br>Fennel, crème fraîche, dill, lemon                          | £9.00 |
| <b>Prawn cocktail</b><br>Atlantic prawns, avocado, brandy,<br>thousand island dressing | £8.00 |
|  |       |

### **FROM THE LAND**

| <b>Scotch egg</b><br>Hen egg, black pudding, celeriac<br>remoulade, watercress          | £8.00 |
|---|-------|
| <b>Charcuterie</b><br>Cured meats, homemade terrine,<br>cheese, pickles, salad, chutney | £9.00 |
| Potted chicken liver parfait  | £8.00 |

Potted chicken liver parfait Apple chutney, pickles, crusty bread

### FROM THE EARTH

| Soup of the day                  |
|----------------------------------|
| Crusty bread, Jersey butter      |
| Cauliflower bahji                |
| Hummus, coriander, curry, chilli |

### **Platters & Salads** -

| <b>Seafood platter</b><br>Gambas, crab meat, smoked salmon,<br>prawn cocktail, potato salad, fennel                              | £15.00                |
|--|-----------------------|
| <b>Vegetarian mezze platter</b><br>Hummus, falafel, grilled vegetables,<br>flat bread, tapenade,tabbouleh                        | £13.00                |
| <b>Niçoise salad</b><br>Scottish smoked salmon, Jersey<br>royals, green beans, tomato,<br>hen egg, olives, onion                 | £13.00                |
| <b>Grilled goats' cheese</b><br>Garden salad leaves, tomato,<br>cucumber, olives, red onion, roasted<br>nuts, balsamic, croutons | £12.00                |
| Aromatic grilled chicken breast<br>Salad leaves, feta, olives, tomato,<br>red onion, cucumber, fennel, crispy ba                 | <b>£13.00</b><br>acon |

| La Mare Speciality<br>Bouley Bay scallops<br>Jersey royals, salad, pancetta,<br>pine kernels, extra virgin olive oil   | £15.00                                    |
|--|---|
| (24h notice)<br>Whole native lobster, south coast ch<br>crab, moules, whelks, prawn cockta<br>6 Grouville bay oysters & sauce<br>mignonette, Jersey royals, salad                              |   |
| vegetables, mushrooms, onion ring<br>peppercorn sauce, brandy jus  | JS,                                       |
| Jersey beef burger<br>Grilled bun, pickles, salad, cheddar,<br>onion compote, crispy bacon, chunky<br>Classic Bouillabaisse<br>Moules, prawns, squid, chunks of<br>fish, rouille, garden herbs | <b>£13.00</b><br>/ chips<br><b>£14.00</b> |

## The Main Event

| £8.00  | FROM THE SEA<br>Fish & chips<br>Atlantic cod, chunky mushy peas,<br>hand cut chips, tartar sauce                       | £13.00                   |
|--------|--|--------------------------|
| £9.00  | Sea bass fillet  | £16.00                   |
| £8.00  | Jersey royals, asparagus, tender<br>steam, garden herbs, yoghurt   |                          |
|        | <b>Seafood linguine</b><br>Prawn, squid, moules, chunks of fish,<br>garlic, parsley, parmesan, tomato pass             | <b>£14.00</b>            |
| £8.00  | Authentic red Thai prawn curry<br>Brassica & sweet vegetables, aromatic<br>jasmin rice, coriander, cashew nuts         | <b>£15.00</b>            |
| £9.00  | FROM THE LAND  |                          |
| £8.00  | <b>BBQ sticky ribs</b><br>Fullback baby ribs, honey, chilli,<br>chunky chips, corn on the cob                          | £14.00                   |
|        | <b>10oz Grilled aged rib eye steak</b><br>Triple cooked chips, field mushroom,<br>crispy onion, tomato, peppercorn sau | <b>£19.00</b>            |
| £7.00  | Slow cooked crispy belly of pork   | £16.00                   |
| £7.00  | Bubble & squeak, roasted apple,<br>crackling, grain mustard, cider jus   |                          |
|        | <b>Grilled breast of chicken £16.00</b><br>Leek & mushroom risotto, parmesan   |                          |
| £15.00 | Authentic red Thai chicken curry<br>Brassica & sweet vegetables, aromatic<br>jasmin rice, coriander, cashew nuts       | <b>£14.00</b>            |
| £13.00 | <b>Sunday roast beef</b> (Sunday only)<br>Roast potatoes, Yorkshire pudding,<br>thyme gravy, assiette of vegetables    | £17.00                   |
| £13.00 | FROM THE EARTH<br>Vegetable wellington<br>(Please allow 20 min)  | £14.00                   |
|        | Sweet vegetables, chickpeas, spinach<br>Authentic red Thai curry   | , crepe<br><b>£13.00</b> |
| £12.00 | Brassica & sweet vegetables,<br>aromatic jasmin rice, coriander,<br>cashew nuts, chilli                                | £13.00                   |
| £13.00 | Jersey royal potato gnocchi<br>Spinach, mushrooms, shallot, tomato   | £13.00                   |
| con    | parmesan, garlic   |                          |
|        |  |                          |

## Sweet End

| Black butter cheesecake   |                |
|---|----------------|
| Summer red berries, black butter ice cream, chocolate truffle   | £7.00          |
| <b>Chocolate mousse</b><br>Crispy caramel, chocolate ice cream,<br>summer berries                       | £7.00          |
| <b>Hot apple crumble</b><br>Local apples, raisins, crumble,<br>crème anglaise, brandy                   | £7.00          |
| Summer fruit tart<br>Seasonal exotic fruits, lime ice,<br>cream vanilla & chocolate crémeaux            | £7.00          |
| <b>Cheese board</b><br>British, continental, artisan cheeses,<br>apple chutney, grapes, celery, cracker | <b>£9.00</b>   |
| <b>Homemade ice cream and sorbets</b><br>Vanilla, chocolate, black butter,<br>fruit sorbets             | £6.00          |
| Sides   |                |
| Hand cut chunky chips   | £3.00          |
| House salad   | £3.00          |
|   |                |
| Bread & butter  | £1.00          |
| Bread & butter<br>Buttered Jersey royals  | £1.00<br>£3.00 |
|   |                |

### CREAM TEA

- £5.95
- Citrus scented raisin scones
- Clotted cream
- Raspberry jam or black butter
- Pot of coffee or tea

### Children's Menu Under 10's

| £6.50 |
|-------|
| £6.50 |
| £4.00 |
| £1.25 |
|       |