



THE  
**MOORINGS**  
HOTEL AND RESTAURANT

**APERIO** – food to share with drinks

**Salted Chicken Crackling** £4

**Nocellara Olives** (VG) £6 **so, sd**

**Smoked almonds** (VG) £6 **so, sd**

**Biltong** House-made, coriander spiced air-dried beef £8

**Potted shrimps** sourdough toast £8.50 **d, cr, g**

**Whelk Fritters** parsley and caper mayo £8 **mo, d, e, g, m**

**Grouville cockle popcorn**, chilli salt, malt vinegar £7 **mo, sd, g, d**

**Vegan Antipasti** Hummus, lemon, olive oil, flaky salt, Smoked aubergine and garlic dip, Charred artichokes, Pickled chilies, Caper berries; Seeded Knekkebrød (VG) £19 **so, sd, g, se, n**

**BREADS**

**Warm Sourdough, Nordic Rye & Knekkebrød** (Norwegian crisp bread with fennel), Jersey butter £5.50 **g, d, se**

**FIRST COURSES**

**Grouville Oysters**

Natural/ shallot vinaigrette/ lemon. £2/ oyster **mo, sd**

Florentine – spinach & lemon butter sauce £3/ oyster **mo, sd, d, e**

Rockefeller – Jersey butter, garden herbs, breadcrumbs £3.50/ oyster **d, g, mo**

**Minted Pea & Coconut Soup** £8 **c, n, sd**

**Burrata** £11.50 **d**

Heritage tomatoes, rocket, basil, olive oil, Balsamic

**Soupe de poisson** £8.50 **d, mo, g, f, cr, sd, m**

Classic French-inspired fish soup, Gruyère, rouille & croutons

**Chicken liver parfait** £9 **d, e, g, s, c, sd, m**

Chicken crackling, toasted sourdough, cornichons

**Galette croquante** £13.50 **cr, e, g, d, f**

Chancre Crab, Madras curry, crispy galette, avocado

**Prawn Cocktail** £11.50 **cr, e, g, d, f, m**

North Atlantic prawns, Crevettes Rose, crisp lettuce, avocado, Marie Rose

**Grouville hand-dived scallops** £3 per scallop **d, g, mo**

Confit garlic, coral powder, Jersey butter, dunking bread

**Squid - Crisp fried spiced** **f, g, d, p, n, sd, m, so** or **Grilled** £12.50 **f, d, p, n, sd, m, so**

Hot sauce, Batavian Endive

**Moorings house smoked salmon** £12.50 **f, d**

Capers, red onion, crème fraîche

**Allergens in BOLD:**

C- Celery; G – Cereals containing Gluten/ Wheat; CR - Crustaceans; E - Egg; F – Fish; L – Lupin; D – Dairy/ Milk products; MO – Molluscs; M – Mustard; N – Nuts; P – Peanuts; SE – Sesame seeds; SO – Soya; SD – Sulphur Dioxide (V) = Vegetarian (VG)= Vegan

The Moorings is now a cashless business, we accept all major credit and debit cards except American Express.

All prices are fully inclusive of service & GST at 5%

If you wish to reward the team, please feel free to do so, all gratuities will be shared equally in full

## MAINS

### Plat du Jour £15

Daily Lunch special available Wednesday to Saturday lunchtime

## VEGAN

**Minted Pea & Coconut Soup** £8 **c, N, SD**

**Vegan Antipasti** Hummus, lemon, olive oil, flaky salt, Smoked aubergine and garlic dip, Charred artichokes, Pickled chilies, Caper berries; Seeded Knekkebrød (VG) £19 **SO, SD, G, SE, N**

**Swiss-style Gemischter Salat** £9/ £16 **c, N, SD**

Beetroot, Carrot, Leaves, Corn, Potato, Radish, Cucumber, Celeriac remoulade, Vegan Yoghurt dressing (VG)

**Baked & grilled celeriac & field mushroom**

Tamarind Gravy, roasted garlic butter £19.50 **G, c, SD**

**Khao Soi** £18.50 **(VG) SD, c**

Homage to Chiang Mai's famous Thai noodle curry with spring vegetables

Add the following for non-vegan... **Giant Tiger prawn** +£8 **CR** / **Chicken** +£5

## MEAT & GRILLS

**Aged Beef**, frites & 1 sauce of your choice

Madagascar peppercorn **D, SD, c** / Jersey garlic and herb butter "Maitre d'Hotel" **D**

**Rump** 240g £24.50 **D, G, S, c, M, SD**

**Sirloin** 240g £28.50 **D, G, S, c, M, SD**

**Biefstuk** – Pan fried Fillet with mushroom & Brandy butter sauce 180g £39 **D, G, S, c, M, SD**

Potato Croquette

**Southern Fried Chicken** £17 **D, E, G, S, M, SD**

Homage to Martha Lou, Charleston; collard greens, frites, hot sauce

## FISH & SEAFOOD

**Line caught catch of the day** 180g - £29 **D, G, F**

Simply grilled local line caught fillet, braised endive, lemon & chive beurre blanc **D, SD** or plain grilled with charred lemon to squeeze

**Fish mixed grill for 2** 360g £58 **D, G, F**

Simply grilled line caught fillets of fish to share, braised endive, lemon & chive beurre blanc **D, SD** or Plain grilled with charred lemon to squeeze

**Grilled spiced Giant Tiger prawns** 2 £26 / 3 £31 **CR, SO, SD**

Tomato pilaf, lemon butter

## SIDES

Jersey Royals with butter & mint £6.00 **D** - Potato Croquettes **D, G** - £6 - Frites £4.50

Sauté potatoes with confit garlic £4.50 - Sweet potato fries £4.50

Smoked potato mousseline (decadent mash) £6 **D**

**D** - Leaf spinach £6 **D** - Char grilled Broccoli with toasted seeds **SD** - £5 **D** Spring vegetable selection £6 **D** - Petits pois £5 **D** - Batavian Endive Salad £5 **M** Tomato pilaf £4.50

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