



THE  
**MOORINGS**  
HOTEL AND RESTAURANT

**À LA CARTE MENU**

**APERERO & BREADS – food to share with drinks**

**French & Norwegian Bread basket** - Baguette, Campaillou & Knekkebrød - £5.50 **G, D, E, SE**

**Salted Chicken Crackling** £4.25

**Roast Chorizo**, chipotle BBQ sauce £8

**Nocellara Olives (VG)** £6 **SD**

**Smoked almonds (VG)** £6.25 **SD, N**

**Pheasant Goujons** **G, D, E**, Korean ketchup £10.50

**Fish Goujons** **G, D, E, F**, £10.50 Homemade tartare

**Giant Roasted Salted Corn** £5.25

**Grouville cockle popcorn**, chilli salt, £8.25 **MO, SD, G, D**

**Vegan Mediterranean Antipasti Board** £19 **SO, SD, G, SE, C, M, N**

Hummus, Melitzanosalata, Tapenade & Muhammara with crudités, seeded Knekkebrød & flatbread.  
Char grilled artichokes, piquillo peppers, sun blush tomatoes, Mediterranean olives, Borettane onions, cornichons, caper berries

**FIRST COURSES**

**Grouville Oysters**

Natural / Mignonette / lemon £2.50/ oyster **MO, SD**

Florentine – spinach & Hollandaise £3/ oyster **MO, SD, D, E**

Rockefeller – Jersey butter, spinach, garden herbs, breadcrumbs £3.50/ oyster **D, G, MO**

**Warming Winter Vegetable Soup** – £8.25 **C, SO**

Vegan, changes daily - Crusty sourdough, Vegan butter or Jersey butter **D**

**Roast butternut squash salad** - £11.50 **D, SE, SO**

Crumbled Feta, baby spinach, crisp green leaves, cranberries, toasted pumpkin, sesame & sunflower seeds, Dijon mustard & honey dressing

**Soupe de poisson** £12 **D, MO, G, F, CR, SD, M**

Classic fish soup, rouille, croutons & Gruyère,

**Chicken liver parfait** £12.50 **D, E, G, S, C, SD, M**

Chicken crackling, toasted Campaillou, Knekkebrød apple & onion chutney, cornichons

**Galette croquante** £16.50 **CR, E, G, D, F**

Chancre crab, Madras curry, crispy galette, avocado, apple & coriander

**Prawn & Avocado cocktail** £12.50 **CR, E, D, F, M**

North Atlantic prawns, crevettes roses, avocado, crisp lettuce, spiced Marie Rose

**Grouville hand-dived scallops** £3.75 per scallop **D, G, MO**

Confit garlic, coral powder, Jersey butter, dunking bread

**Baby Squid - Crisp fried spiced** **G, D, N, SD, SE, MO, SO** or **Grilled** £13 **SE, MO, SD, SO**

Asian slaw, sesame, soy, coriander & chilli dip

**The Moorings house smoked salmon** £13 **F, D, G**

Capers, red onion, crème fraîche, Lefse - Norwegian flatbread

**Peri-peri chicken livers** £12.50 **D, G, SD**

Rich Cognac sauce, crispy onions, Campaillou toast

**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

## PLAT DU JOUR

£15 Daily Lunch special available Wednesday to Saturday lunchtime

### STEAKS

**Rib eye - 240g** £30

Frites or Pommes Aligot & 1 sauce of your choice - Madagascar peppercorn **D, SD, C** / Béarnaise **D, SD, C**, Garlic & herb Jersey butter "Maitre d'Hotel" **D**, Truffle Hollandaise £1.75 **D, SD, C SD**

**Moorings Surf 'n' Turf - Add Grouville Hand Dived Scallops** **D, MO** £3.25 per scallop

**Biefstuk** – 200g beef fillet mushrooms, cognac, beurre noisette & cream sauce, potato croquettes £39 **D, M, SD**

### MEAT & GRILLS

**Kjøttkaker** – £15.00 **D, M, SD**

Norwegian meatballs, rich gravy, pea purée, mash

**Wild Pheasant Schnitzel** – £17.50 **D, E, G, S, M, SD**

Green beans, sauté potatoes, caper & lemon butter sauce

**Wild Pheasant Schnitzel Holstein** - £19.50 Fried Happy Hens egg & anchovy

**Venison & wild mushroom casserole** - £27 **D, M, SD**

New potatoes, braised red cabbage, cranberry sauce

### FISH & SEAFOOD

**Line caught catch of the day** 180g - £32 **D, G, F** – Local fish whenever possible

**Simply grilled** line caught fillet, pea purée, samphire, Hollandaise sauce **D, SD**

*Or Plain grilled* with charred lemon to squeeze

**Grilled Fruits de Mer** - £35 **D, G, F, MO, CR**

Grilled catch of the day, king prawn, scallops & mussels, baby spinach, lemon and turmeric cream sauce

**Moules Frites** - £19.00 **D, CR**

Mussels, shallots, white wine, Jersey cream, parsley

**Malaysian coconut seafood curry** - £28.50 **F, CR**

Seared scallops, grilled king prawn & catch of the day, mange tout peas, red peppers  
Jasmine rice, chapati flatbread

### VEGAN

**Roast Shawarma Cauliflower Steak & King Oyster Mushroom** £19.50 (**VG**) **SD, C, SE**

Spiced avocado, coriander & garlic sauce, Pomegranate, herb dressing & chapati flatbread

**Spiced Tofu coconut curry** - £18.50

Red pepper, spinach, broccoli, mange tout peas, coconut, Jasmine rice & chapati flatbread

### SIDES

**Pommes Aligot (Cheesy whipped potatoes)** - £6.50 **D** - **Frites** £5.25

**Truffle Frites** with Grano Padano **D** £6.75 - **Sweet potato fries** £5.25

**New potatoes** with butter & mint £5.25 **D** **Sauté potatoes** with confit garlic £5.50

**Leaf spinach** £6 **D** – **Autumn vegetable** selection £6 **D** - **Char grilled Broccoli** with toasted seeds **SD** £5

**Green beans** with garlic £5 **Petits pois** £5 **D** – **Crisp Green salad** Dijon vinaigrette & radishes £5.00 **M**

**Asian slaw** £6 **SE, SO** - **Tomato salad**, red onion, coriander & lime dressing £5.00

**Salade Folle** French beans, sun-blush tomatoes, white truffle dressing, Gruyère **D** £8.50

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