

Lunch

STARTERS

- V** **Jersey Crab & Greenland Prawn Cocktail** **10.50**
(2 Wheat,3,4,14 Malt Vinegar) - Gluten Free Available
Dressed over crisp Romain lettuce & avocado, Marie Rose sauce, brown bread & butter
- G** **Parma Ham & Fig** (7) **10**
Parma Ham With Roasted Fig, Rocket & Blue Cheese Salad
- V** **Jersey Variety Tomato & Burrata Tart** (2 Wheat, 4, 7) **10.50**
G A baked tomato tart on puff pastry, topped with creamy Burrata & Pumpkin seeds
- Scottish Smoked Salmon** (2 Wheat,4,5,7,9,14 Spirit Vinegar) **12**
Horseradish crème fraiche, leaves, lemon, buttered brown bread
- Moules served with Crusty Bread** (2 Wheat, 8) Gluten Free Available **13**
Choice of Marinière (1,8,14) **or** A la crème (1, 8, 7, 14)

SALADS

- Caesar Salad** (2 Wheat, 4, 5, 7) - Gluten Free Available **12**
Crisp Cos lettuce tossed in the traditional dressing with garlic, anchovy & Parmesan cheese, topped with crunchy sourdough croutons
Add King Prawns (3) **+7** or Chargrilled Chicken **+6**
- G** **Half Jersey Lobster & Atlantic Prawn** (3,4,14 Vinegar) **50**
Salad Leaves, Aioli, French Fries
- Poke Bowl** (2 Durum Wheat,10 Walnut,14 Vinegar) **14**
Mixed Bean & Tomato Salad, Beetroot & Walnut Hummus, Herby Cous-Cous, Avocado, Pickled Veg, Toasted Spiced Seeds, Green Sauce
Add King Prawns (3) **+7** or Chargrilled Chicken **+6**
- Authentic Greek Salad with Pitta Bread** **15.50**
(2 Wheat,7) Gluten Free & Vegan Available
Feta cheese, cucumber, bell peppers, tomatoes, red onion, olives, oregano & olive oil



Vegan



Vegetarian



Gluten Free

Allergens

1 Celery	2 Cereals containing gluten	3 Crustaceans	4 Eggs	5 Fish	6 Lupin	7 Milk
8 Molluscs	9 Mustard	10 Nuts	11 Peanuts	12 Sesame seeds	13 Soya	14 Sulphur Dioxide

All ingredients may not be listed for this menu, should you need more information about allergens, please ask a member of our front of house team.

Lunch

SANDWICHES

All served on Granary Bloomer or Sourdough Bread, served with a garnish of mixed salad & Side Winder fries. GF available

Smoked Salmon, Cucumber & Dill Cream Cheese **18**
(2 Wheat, 5, 7, 9, 14 White Wine)

Greenland Prawn Marie Rose **15**
(2 Wheat, 3, 4, 7)

Tuna, sweetcorn & mayonnaise **12**
(2 Wheat, 4, 5, 7)

V Hummus, Grilled Mediterranean Vegetables & sumac **11**
(2 Wheat, 12)

Jersey Crab Meat, Lemon & Herb Crème Fraiche **18**
(wheat, 3, 7, 9, 14 White Wine Vinegar)

Coronation Chicken **11**
(2 Wheat, 12)

KID'S CORNER

G Junior Fish & Chips (5) **7.50**

Chicken Bites with Side Winder Fries **7.50**

Spaghetti Bolognaise **7.50**

Grilled Chicken Breast served with peas **7.50**

Cheeseburger with Side Winder Fries (2 Wheat, 7) **7.50**

Baked Jacket Potato with choice of: **7.50**

Cheese n Beans (7)

Tuna & Sweetcorn Mayonnaise (4, 5)

Prawn Cocktail (3, 4, 5)



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MAINS

Bay Burger (2 Wheat, 4, 7, 14) 20

Hand pressed & seasoned Jersey beef, Eden bun, Jack cheese, Bourbon bacon jam, Jersey tomato & Lollo Blondo lettuce, house slaw, fries

Moving Mountains Burger (2 Wheat, Barley, Oat) Gluten Free Available 16

Vegan Burger Patty, Seasonal Slaw, Sweet Chilli, Vegan Mayo, Seeded Bun, French Fries

Chicken Shawarma (2 Wheat, 4, 12) 18

Marinated & grilled chicken breast wrapped in a Khobez with hummus, Fattoush salad, fries & garlic sauce

Sirloin Steak Gros Pain (2 Wheat, 7) 21.50

Slices of grilled beef sirloin in a crusty bread sandwich spread with garlic & parsley butter. Accompanied with a garnish salad & French Fries

Lone Star Chicken Tikka Masala Curry (2 Wheat, 7) 24

Basmati Rice, Naan Bread, Mango Chutney, Raita, Coriander

Crab & Prawn Linguini (2 Durum Wheat Semolina, 3, 7) 23

Linguini Pasta, Crab, Prawns, Red Chilli, Coriander, Spring Onion, Lemon, Garlic Butter

Conchiglie Verde (2 Wheat, 4, 7, 10) Gluten Free Available 19

Pasta shells tossed in pesto sauce with tenderstem broccoli, spinach, peas & asparagus, topped with Parmesan shavings

Fish & Chips (4, 5, 14) 18

Beer battered Cod or Hake (subject to availability) Chips, mushy peas, beer pickled onion, chunky tartar

Hooked & Cooked (5) Market Price

Today's local catch, simply seasoned and flash grilled to maintain the natural essence of the sea. Served with your choice of two side dishes from the menu.



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Dinner

STARTERS

-  **Bajan Fish Cakes** (2 Wheat, 3, 4, 5, 7, 9) **14**
Made to a recipe of The Lone Star including, ginger, lemon, sweet red pepper & Granny Smith
-  **Classic Caesar Salad** (2 Wheat, 4, 5, 7) Gluten Free Available **9**
Crisp Cos lettuce tossed in the traditional dressing with garlic, anchovy & Parmesan cheese, topped with crunchy sourdough croutons
Add Chargrilled Chicken **+6**
-  **Lone Star Coconut Crushed Jumbo Shrimp** (2 Wheat, 3, 4, 9, 14 Vinegar) **14**
Mango & Lime Chilli Sauce, Herb Salad
-  **Moules served with Crusty Bread** (2 Wheat, 8) Gluten Free Available **13**
Choice of Marinière (1, 8, 14) **or** A la crème (1, 8, 7, 14)
- Summer Strawberry Gazpacho** (mc 14) **11.50**
A chilled refreshing blend of Jersey grown bell peppers, tomatoes, cucumbers & strawberries, a hint of garlic & spring onion, Balsamic & Olive oil.

MAINS

- Charcoal Grilled Scottish Ribeye Steak** **32**
Crispy Fried Onion, Salad, French Fries
Peppercorn Sauce (2 Wheat, 7, 14 Wine) **OR**
Béarnaise Sauce (2 Wheat, 7, 14 Wine) **OR**
Garlic Butter (7)
-  **Chicken Shawarma** (2 Wheat, 4, 12) **18**
 Marinated & grilled chicken breast wrapped in a Khobez with hummus, Fattoush salad, fries & garlic sauce



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Dinner

MAINS (CONTINUED)

-  **Lone Star Chicken Tikka Marsala Curry** (2 Wheat,7) **24**
Basmati Rice, Naan Bread, Mango Chutney, Raita, Coriander
-  **Hooked & Cooked** (5) **Market Price**
Today's local catch, simply seasoned and flash grilled to maintain the natural essence of the sea. Served with your choice of two side dishes from the menu.
-  **Grilled Half a Jersey Lobster and Peeled Gambas with Garlic Butter** (3,4,7,14 Vinegar) **50**
French Fries, Green Salad, Aioli
- Crab & Prawn Linguini** (2 Durum Wheat Semolina,3,7) **22**
Linguini Pasta, Crab, Prawns, Red Chilli, Coriander, Spring Onion, Lemon, Garlic Butter
-  **Conchiglie Verde** (2 Wheat, 4, 7, 10) Gluten Free Available **19**
Pasta shells tossed in pesto sauce with tenderstem broccoli, spinach, peas & asparagus, topped with Parmesan shavings

SIDES

-  **Green Beans** **5**
-  **Tenderstem Broccoli** **5**
-  **Corn on the Cob** **5**
-  **Summer Garden Mixed Salad** **5**
-  **Heritage Tomato Salad** **5**
-  **House Slaw** **5**
-  **Chips** **5**
-  **Truffle & Parmesan Fries** (7) **5**
-  **Jersey Royals** (7) **5**



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Cocktails

COSMOPOLITAN

11.50

Absolute Vodka, Triple Sec, Cranberry Juice, and Freshly Squeezed Lime Juice

FRENCH MARTINI

11.50

Absolut Raspberry Vodka, Chambord, Freshly Pressed Pineapple Juice, Lemon Juice and Fresh Raspberries

DARK'N STORMY

11.50

Captain Morgan Dark & Spiced Rum, Fresh Lime Juice, Gomme Syrup, Fever Tree Ginger Beer

MOSCOW MULE

11.50

Absolut Vodka, Fresh Lime Juice, Fever Tree Ginger Beer

MOJITO

11.00

Bacardi White Rum, Fresh Lime Juice, Fresh Mint, Brown Sugar, Soda Water

PIÑA COLADA

12.00

Bacardi White Rum, Malibu, Coconut Puree, Pineapple Juice

BRAMBLE

11.50

Bombay Sapphire Gin, Freshly Squeezed Lemon Juice and Sugar Syrup, Topped With Blackberry Liqueur

OLD NAVY

12.00

Captain Morgan Spiced Rum, Dark Rum, Disaronno, Sugar Syrup, and Freshly Pressed Lime and Pineapple Juice.

PASSION FRUIT MARTINI

13.00

Absolute Vanilla Vodka, Passionfruit Liqueur, Freshly Pressed Pineapple Juice, Fresh Lemon Juice, Passionfruit Puree and Vanilla Syrup, served With a 50ml Shot Of Prosecco.

MARGARITA

11.50

Jose Cuervo Tequila, Triple Sec, Fresh Lime Juice, Salt Rim

Alcohol-Free

BLUEBERRY MOSCOW MULE 7.00

Muddled Fresh Blueberries, Mint, Freshly Squeezed
Lime Juice Topped with Fever Tree Ginger Beer

MANGO BELLINI 7.00

Freshly Squeezed Orange Juice, Mango Puree Topped
with Fever Tree Soda Water & Lemonade

VIRGIN MOJITO 7.00

Fresh Lime Juice, Fresh Mint Fever Tree Lemonade,
Club Soda & Sugar Syrup

ELDERFLOWER SPRITZ 7.00

Elderflower Pressé, Fever Tree Lemonade,
Soda & Mint Leaves



Hot Drinks

TEA SELECTION

English Breakfast	3.10
Earl Grey	3.30
Green	3.30
Peppermint	3.30

COFFEE SELECTION

All coffees available as decaffeinated.

Americano	3.40
Espresso	3.30
Double Espresso	3.60
Cappuccino	3.60
Latte	3.70

Soft Drinks & Mixers

FEVER TREE SELECTION 200ML

Tonic Water	2.95
Light Tonic Water	2.95
Mediterranean Tonic Water	2.95
Ginger Ale	2.95
Ginger Beer	2.95
Elderflower Tonic	2.95
Soda Water	2.95
Lemonade	2.95

SOFT DRINKS

Coca Cola (200ml)	2.80
Diet Coca Cola (200ml)	2.80
J2O Apple & Mango (275ml)	3.45
J2O Orange & Passion Fruit (275ml)	3.45
J2O Apple & Raspberry (275ml)	3.45
Britvic 55 (200ml)	3.45
Britvic Orange (150ml)	2.85
Britvic Tomato Juice (150ml)	2.95
Red Bull (250ml)	4.55
Cordial Dash	0.80

WATER

Hildon Still / Sparking (330ml)	2.50
Hildon Still / Sparking (750ml)	4.50

Spirits

RUM 25ML

Bacardi Superior	4.00
Captain Morgan Dark Rum	4.10
Captain Morgan Spiced Rum	4.20

THE CHANNEL ISLANDS LIQUOR CO 25ML

Indica Rum	5.90
Indica Spiced Rum	5.80

CARIBBEAN RUM 25ML

Kraken Spiced Rum	4.70
Malibu	4.00

WHISKY

Famous Grouse	4.00
John Jameson	4.10

BOURBON 25ML

Jack Daniel's	4.30
Bulleit Bourbon	5.80

CANADIAN 25ML

Canadian Club	4.00
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SHOTS 25ML

Tequila Rose	4.00
Jose Cuervo Blanco	4.50
Jägermeister	4.00
Sambuca	4.00

Spirits

GIN 25ML

Bombay Sapphire	4.10
Hendrick's	5.10
Tanqueray No. 10	5.15
Whitley Neill Pink Grapefruit	4.15
Whitley Neill Rhubarb & Ginger	4.15
Pink Gin	4.00
Non-Alcoholic Gin	3.50

HOME GROWN JERSEY GIN

SEA LIFE

Sea Life Hibiscus & Lime	4.80
Sea Life Old Tom: Orange Infused	4.80

WHEADON'S GIN

Yuzu, Lemongrass & Green Tea	4.75
Rock Samphire & Pink Grapefruit	4.75
Pink Granite	4.60

VODKA 25ML

Absolut	4.10
Belvedere	6.15
Grey Goose	5.65

LIQUEURS 25ML

Disaranno	4.00
Arches Peach Schnapps	4.00
Bailey's Irish Cream (50ml)	5.10
Chambord Raspberry Liqueur	4.00
Cointreau	4.15
Limoncello (50ml)	5.60
Tia Maria	4.50
Campari	4.80

Beer & Cider

BOTTLED BEERS

Corona 4.5% (330ml)	5.00
Peroni 5.1% (330ml)	5.10
Brewdog Punk IPA (330ml)	5.90

ALCOHOL FREE BEER

Heineken 0% (330ml)	4.25
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DRAUGHT BEERS

	1/2 Pint	Pint
Estrella Damm 4.6%	3.10	6.30

CIDERS

Thatchers Gold (500ml)	6.95
Old Mout Cider (500ml)	6.80