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# LA TERRASSE

## DAY MENU

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MENU SUBJECT TO CHANGE WITHOUT PRIOR NOTICE.  
A DISCRETIONARY 10% SERVICE CHARGE WILL BE APPLIED TO ALL CHECKS.  
PRICES ARE IN GBP AND INCLUSIVE OF THE CURRENT GOODS & SERVICES TAX.  
ALL SPIRITS AND LIQUEURS ARE SERVED IN 25ML OR MULTIPLES THEREOF.

# WELCOME

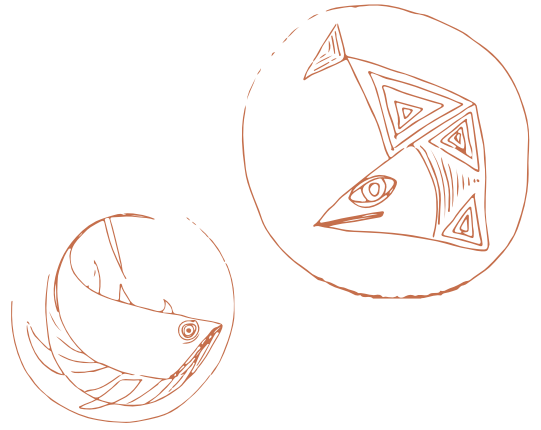
PLEASE NOTE THAT ALL FOOD IS PREPARED IN  
A KITCHEN CONTAINING COMMON FOOD ALLERGENS.

IF YOU HAVE A FOOD ALLERGY,  
PLEASE ADVISE OUR  
SERVICE TEAM.

DAIRY	-	<b>D</b>	
		<b>E</b>	- EGG
GLUTEN	-	<b>G</b>	
		<b>N</b>	- NUTS
PEANUTS	-	<b>P</b>	
		<b>S</b>	- SOYA
CELERY	-	<b>C</b>	
		<b>M</b>	- MUSTARD
SESAME	-	<b>SE</b>	
		<b>F</b>	- FISH
CRUSTACEANS	-	<b>CR</b>	
		<b>MO</b>	- MOLLUSCS
LUPIN	-	<b>L</b>	
		<b>SD</b>	- SULPHUR DIOXIDE

# LUNCH SPECIALS

12.00 UNTIL 14.00  
(LAST ORDERS)



## LIGHT BITES

**GOATS CHEESE & BEETROOT** > 8  
LEAVES, SEEDS, SOURDOUGH CROSTINI  
[D] [G] [N] [S] [M] [SD] VEGETARIAN

**TOFU POKE BOWL** > 8  
CABBAGE, AVOCADO MASH, CUCUMBER,  
RADISHES, TOFU, SESAME AND  
TAMARIND SAUCE  
[G] [S] [SE] [SD] VEGAN

## SALADS

SMALL / LARGE

**SALT BAKED  
BEETROOT & GOATS CHEESE** 8 / 11  
MIXED LEAVES, CANDIED NUTS  
[D] [N] [S] [M] [SD] VEGETARIAN

**SQUASH SALAD** 7 / 10  
QUINOA, LEAVES, SOYA BEANS,  
CHICKPEAS, LIME, CHILLI,  
FRESH CORIANDER  
[S] [M] [SD] VEGAN

## MAINS

**ROASTED CAULIFLOWER STEAK** > 14  
AIOLI, NUTS AND SEEDS, JERSEY ROYALS, ROCKET, CHIMICHURRI  
[N] [S] [SD] VEGAN

**THAI CURRY** > 13  
**ADD CHICKEN > 3** [S]  
CHIANG-MAI STYLE NOODLE BROTH, COCONUT, LIME, GINGER  
[G] VEGAN

**MEXICAN BEAN & CHEESE FRITTER** > 12  
MIXED BEANS, TOMATO, GARLIC BREAD, APPLEWOOD® CHEESE  
[D] [E] [G] [S] [SD] VEGAN

**SWEET POTATO HASH** > 7  
SPINACH, CHORIZO, LOCAL FREE RANGE EGGS  
[E] [S] [M] [SD]

**SOUTHERN FRIED CHICKEN BURGER** > 12  
TOMATO, ROCKET, GUACAMOLE, BRIOCHE BUN  
[E] [G] [S] [M] [SD]

**CATCH OF THE DAY** > 20  
JERSEY ROYALS, SPROUTING BROCCOLI AND SPINACH, SAUCE VIERGE  
[D] [S] [F] [SD]

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AT LA TERRASSE, WE AIM TO CREATE DISHES THAT ARE UNCOMPLICATED. FOCUSING ON THE PROVENANCE OF THE INGREDIENTS, WE USE LOCALLY SOURCED PRODUCTS WHEREVER POSSIBLE. THE PREPARATION AND COOKING OF DISHES IS KEPT SIMPLE TO PRESERVE NUTRIENTS AND GIVE CLEAN, FRESH FLAVOURS.

THROUGH CONSULTATION WITH OUR COLLEAGUES IN THE AYUSH WELLNESS SPA AND HEALTHHAUS, WITH THE EXPERTISE IN NUTRITIONAL ADVICE; WE HAVE DEVELOPED A MENU WHICH OFFERS YOU CHOICE, WHETHER LOOKING FOR HEALTHY OPTIONS, WELLNESS OR COMFORT. WE HOPE YOU ENJOY YOUR MEAL.

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# DAY MENU

12.00 UNTIL 17.30  
(LAST ORDERS)

## SANDWICHES

**AVOCADO & POACHED EGG** > 10  
CHARGRILLED SOURDOUGH, ROCKET, HOLLANDAISE SAUCE  
[D] [E] [G] [S] [SD] VEGETARIAN

**FALAFEL SLIDERS** > 9  
PICKLES, YOGHURT DRESSING  
[D] [E] [G] [S] [SD] VEGETARIAN

**VEGGIE BLT** > 8  
LETTUCE, TOMATO, PIQUILLO, GUACAMOLE,  
TOASTED TRIPLE DECKER  
[G] [S] [SD] VEGETARIAN

**BLT** > 8  
BACON, LETTUCE, TOMATO, TOASTED TRIPLE DECKER  
[E] [G] [S] [M] [SD]

**SMOKED SALMON BAGEL** > 8  
SMOKED SALMON, PHILADELPHIA CREAM CHEESE  
[D] [E] [G] [S] [M] [SE] [F] [SD]

**STEAK CIABATTA** > 14  
CHARGRILLED MINUTE STEAK, GARLIC BUTTER, CHIPS,  
CONFIT ONION  
[D] [G] [S] [M] [SD]

**TRIPLE DECKER** > 12  
GRILLED CHICKEN BREAST, BACON, TOMATO, CHIPS,  
CHEDDAR CHEESE, EGG, CRESS  
[D] [E] [G] [S] [M] [SD]

## LIGHT BITES

**SOUP OF THE DAY** > 5  
CHIVES, CROUTONS  
[D] [G] VEGETARIAN

**FISH TACO** > 10  
BABY GEM, SALSA PICO DE GALLO, PEPPERS,  
GREEN CHUTNEY  
[G] [S] [F] [SD]

**CRAB & LOBSTER BEIGNETS** > 10  
FENNEL CEVICHE, HERB SALSA  
[D] [E] [G] [S] [F] [CR] [SD]

## SALADS

SMALL / LARGE

**SALADS CAN BE SERVED DRESSED OR NOT.  
WE WILL ENDEAVOUR TO ACCOMMODATE SPECIAL  
REQUESTS. PLEASE ASK YOUR SERVER.  
SUPPLEMENTS MAY APPLY.**

**MOZZARELLA SALAD** 7 / 10  
BOCCONCINI, HERITAGE TOMATOES, GUACAMOLE,  
MICRO BASIL, PINE NUTS  
[D] [N] [S] [M] [SD] VEGETARIAN

**CAESAR SALAD** 9 / 13  
BABY GEM, CROUTONS, PARMESAN, CAESAR DRESSING  
[D] [E] [G] [M] [F] [SD]

## UPGRADE YOUR CAESAR SALAD

**ROASTED VEGETABLES** [S] > 2

**CHARGRILLED CHICKEN & STREAKY BACON** [S] > 4

**KING PRAWNS** [S] [CR] > 6

## TO SHARE

### SELECTION OF ARTISAN BREADS > 5

JERSEY BUTTER

**D** **G** **N** **SE** VEGETARIAN

### GREEK OLIVE MIX > 4

MEDITERRANEAN OLIVES, HERBS, OLIVE OIL

VEGETARIAN

## MAINS

### MEXICAN BEAN WRAP > 8

RED ONION, PEPPERS, ROCKET, CHIPOTLE MAYO

**G** **S** **SD** VEGAN

### EGG BIBIMBAP BOWL > 12

CARROT, SPINACH, RICE, SPICY BEEF, CHILLI AND SESAME SAUCE

**E** **S** **SE** **SD**

### SIRLOIN STEAK > 26

GRILLED 280G, FIELD MUSHROOMS AND YOUR CHOICE OF GARLIC BUTTER, PEPPERCORN OR BÉARNAISE SAUCE, VINE TOMATOES OR MEDLEY OF VEGETABLES, CHIPS OR NEW POTATOES

**D** **G** **S** **C** **SD**

### FISH & CHIPS > 16

BATTERED HADDOCK, CHIPS, MUSHY PEAS, TARTARE SAUCE

**D** **E** **S** **C** **M** **F** **SD**

### SEAFOOD PASTA > 18

LINGUINE, KING PRAWNS, MUSSELS, SALMON, SQUID, CREAMY WHITE WINE AND HERB SAUCE

**D** **G** **S** **C** **F** **MO**

## SIDE ORDERS

### ARTISAN BREAD > 3

JERSEY BUTTER

**D** **G** **N** **SE** VEGETARIAN

### HAND-CUT CHIPS > 3

**G** VEGETARIAN

### SWEET POTATO FRIES > 3

**G** VEGETARIAN

### GREEN SALAD > 3

LEAFY GREENS, EXTRA VIRGIN OLIVE OIL

VEGAN

### SEASONAL VEGETABLES > 3

**D** VEGETARIAN

### BABY POTATOES > 3

LIGHTLY BUTTERED (JERSEY ROYALS WHEN IN SEASON)

**D** VEGETARIAN

## BURGERS

SERVED WITH CHIPS OR SEASONAL SALAD, WITH OR WITHOUT A BUN.

### FALAFEL BURGER > 10

YOGHURT, PICKLED ONION, CORIANDER, CHILLI SALSA, BRIOCHE BUN

**D** **G** **S** **M** **SD** VEGETARIAN

### BEEF BURGER > 14

LETTUCE, TOMATO, STREAKY BACON, CHEDDAR CHEESE, MAYO, BRIOCHE BUN

**E** **G** **S** **M** **SD**

## DESSERTS

### CARROT CAKE > 6

VANILLA AND SOYA ICE CREAM

**S** **N** VEGAN

### KALAMANSI LIME PIE > 6

ITALIAN MERINGUE, STRAWBERRY ICE CREAM

**D** **E** **G** **S**

### FROZEN BANANA & PISTACHIO PARFAIT > 6

HOBNOB BISCUIT, CHOCOLATE GANACHE, PEANUT AND CARAMEL SAUCE

**D** **E** **G** **S** **P** **N**

### CONTINENTAL & ENGLISH CHEESE PLATTER > 8

GRAPES, CELERY, CHUTNEY, CRACKERS

**D** **E** **G** **N** **C** **SE** **SD**

### JERSEY ICE CREAM > 6

3 SCOOPS, SUMMER BERRY COMPOTE, MERINGUE KISSES

**D** **E** **G** **N** **S** **SD**

### ASSIETTE OF JERSEY DESSERTS > 6

APPLE AND BLACKBERRY FINANCIER, MINI STRAWBERRY PAVLOVA, BLACK BUTTER ICE CREAM

**D** **E** **G** **N** **S** **SD**



# AFTERNOON TEA MENU

14.00 UNTIL 17.30 (LAST ORDERS)

> > > GLUTEN-FREE OPTION AVAILABLE < < <

## SELECTION OF FINGER SANDWICHES

JERSEY EGG MAYONNAISE WITH CRESS ON WHITE BREAD, SMOKED SALMON  
ON BROWN BREAD, CUCUMBER ON WHITE BREAD

D E G M F

## FRESHLY BAKED FRUIT & PLAIN SCONES

CLOTTED CREAM, STRAWBERRY PRESERVES

D E G

## ASSORTMENT OF PASTRIES & CAKES

PLEASE ASK A MEMBER OF STAFF FOR MORE DETAILS

D E G N

## TEA OR COFFEE

A POT OF FRESHLY BREWED SPECIALITY LOOSE LEAF TEA OF  
YOUR CHOICE OR FILTER COFFEE



## CHOOSE OUR FULL AFTERNOON TEA OR À LA CARTE

**CLASSIC AFTERNOON TEA**  
FOR ONE > 18 / FOR TWO > 32

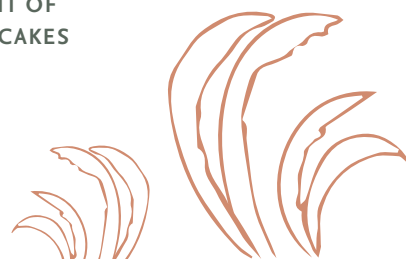
**SPARKLING AFTERNOON TEA**  
WITH A BOTTLE OF PROSECCO BRUT OR ROSÉ (200ML)  
PER PERSON > 26

**CHAMPAGNE AFTERNOON TEA**  
WITH A GLASS OF TAITTINGER CHAMPAGNE (125ML)  
PER PERSON > 28

**SELECTION OF FINGER SANDWICHES**  
1 ROUND PER PERSON - CHOOSE 2 FILLINGS  
> 4.5

**FRESHLY BAKED FRUIT &  
PLAIN SCONES**  
> 4.5

**ASSORTMENT OF  
PASTRIES & CAKES**  
> 6



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