



SUNFLOWER RESTAURANT DINNER MENU

STARTERS

Potted Crab & Prawns D* G*	£12.00
Cream, White Wine & Thyme Garlic Mixed Mushrooms V G*	£8.50
Chicken & Charred Leek Terrine G D	£9.50
Rocquette spicy apple chutney, salt-baked celeriac, crispy Parma ham	
Crispy Fried Halloumi V	£7.50
Cous cous & harissa salad, pomegranate, sultanas, toasted almonds, mint & buttermilk dressing	
Chef's Soup of the Day V G* D*	£7.50
Grilled Mackerel G D	£9.50
Cherry tomato ceviche	

MAIN COURSES

Grilled Seabass G D	£20.00
Asian stir-fried vegetables, sesame oil, ginger, coriander & coconut broth, crisp cavolo Nero	
Pan-fried Brill G D*	£22.00
New potatoes, leeks, broccoli, warm tartare sauce, white wine scraps, seaweed	
Braised Beef Bourguignon G D*	£19.00
Creamed potatoes, green beans	
Pan-fried Chicken Breast G D	£18.00
Crushed potatoes, steamed vegetables, sun-blush tomato sauce	
Crab, King Prawn & Cherry Tomato Spaghetti	£22.00
Light white wine & cream sauce	
Roasted Cauliflower Steak G D*	£16.00
Asparagus, garlic-roasted new potatoes, Caribbean green seasoning	
Roasted Butternut Squash & Quinoa Salad V VG G D	£16.00
Cream cheese, rocket, balsamic dressing, roasted walnuts	
Sirloin Steak 8oz G* D*	£26.00
Grilled tomato, flat mushroom, onion rings, rocket, balsamic dressing, chunky chips, peppercorn sauce	



DESSERTS

Guernsey Gâche Bread & Butter Pudding The famous fruit bread loaf brings this pudding to life. Served with Guernsey Dairy vanilla ice-cream	£7.50
The Bailiwick Artisan Cheese Selection G* Smoked Guernsey Cheese, Sark Cow's Cheese, Extra Mature Cheddar, Herb-infused Guernsey Cheddar, Peter's Yard Crackers, Grapes & Fig Relish	£11.50
Guernsey Dairy Ice-cream 3 scoops G* Vanilla / Strawberry / Chocolate / Mint Choc Chip	£7.00
Strawberries with Cream G D*	£7.50
Crème Brûlée G* Short bread & berries	£8.50
Freshly made Cheesecake of the Day	£8.50

We are proud of using the following local produce:

Dairy – cream, cheese, butter, ice-cream

Eggs

Fish/seafood – crab, bass, brill, mackerel

Meat – beef

Fruit / Vegetables – as available including herbs from The Pandora Garden, strawberries, asparagus, broccoli, cauliflower, leeks, butternut squash, red & white cabbage, Maris Pipers & new potatoes

V Vegetarian VG Vegan G Gluten-free G* Gluten-free on request

D Dairy-free D* Dairy-free on request

Please inform a member of our team of any dietary requirements