







## *Sunflower Restaurant*

### *Starters*

Seared Scallops G* D  Cauliflower puree, crispy chorizo, fried onions, sultanas, dill oil	£11.50
Grilled Octopus G D  Sweet potato puree, parsley oil	£9.50
Duck Bon Bons G* D Cucumber, spring onion & nectarine salad, mandarin, hoisin sauce	£9.50
Honey-glazed Grilled Goat Cheese V G Pomegranate salad, roasted walnuts, red tomato pesto	£8.75
Chef's Soup of the Day V G* D*	£8.25

### *Main Courses*

Pan-fried Sea Bass G D  Asparagus, curried cauliflower, crushed peas, pak choi, Parmentier potatoes, sauce vierge	£22.00
Slow-cooked Grilled Octopus G* D*  Roasted mixed peppers, cous cous, breaded celeriac, pickled fennel, curry sauce	£19.50
Braised Beef Roulade G D  Pinenut & apricot stuffing, ratatouille, sauteed vegetables, herb mash, beef glaze	£22.00
Oven-roast Chicken Breast G D Mushrooms, baby onions, pancetta, poached leeks, fondant potato, charred corn, red wine jus	£21.50
Crab, King Prawn & Cherry Tomato Spaghetti  Light white wine & cream sauce	£24.50
Courgette Risotto V G Buffalo mozzarella, red peppers, celery, fresh basil, crispy parmesan, basil oil	£17.50
Sirloin Steak 8oz G* D* Grilled tomato, flat mushroom, onion rings, rocket, chunky chips, peppercorn sauce	£28.95

## Desserts

Our international brigade led by Head Chef Yasser Alsheikh loves desserts and takes great pride in preparing the below.

Banoffee Pie	£8.50
Great marriage of bananas, caramel & whipped Guernsey cream in a buttery pastry	
Chef's Cheesecake of the Day	£9.50
Our Own Chocolate Brownie	£9.50
Toasted hazelnuts, chocolate sauce, ice-cream. VG on request	
The Continental Artisan Cheese Assiette G*	£12.50
Selection of soft, hard and blue cheese. Peter's Yard Crackers, grapes & fig relish	
Guernsey Dairy Ice-cream 3 scoops G* 	£7.75
Vanilla / Strawberry / Chocolate / Mint Choc Chip	
Fresh Fruit Salad VG G D	£7.75

*We are proud of using the following local produce:*



This mark indicates dishes accredited by Guernsey Mark as dishes where the main ingredients are Guernsey local produce.

Dairy – cream, butter, ice-cream from Guernsey Dairy

Eggs

Fish/seafood – crab, bass, octopus, scallops from A1 Crab Supplies and Manor Farms

Meat – beef from Le Gervaise Farm

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

Please inform a member of our team of any dietary requirements.

Allergen information for each dish is available on request.

V Vegetarian

VG Vegan

G Gluten-free

G\* Gluten-free on request

D Dairy-free

D\* Dairy-free on request