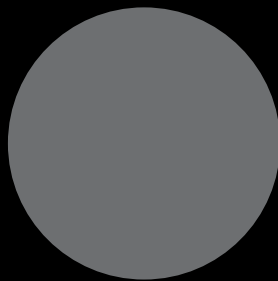
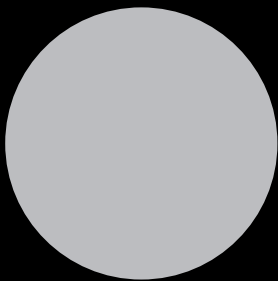
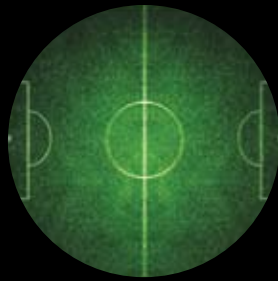
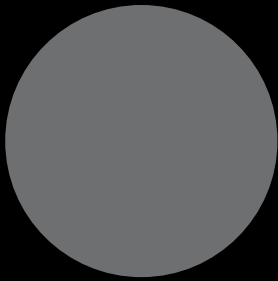
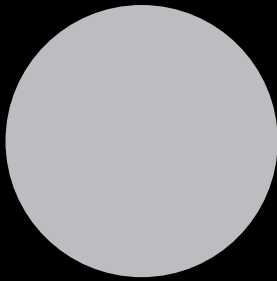
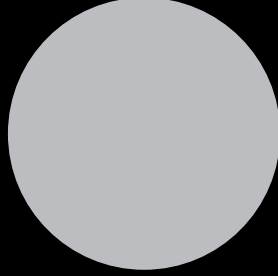
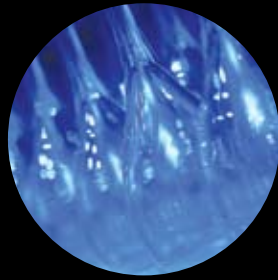
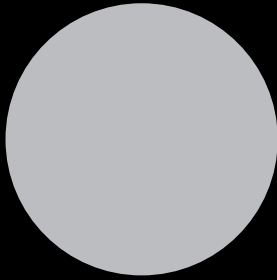
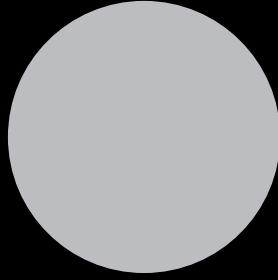


red@nion

eaterie and bar



WHITE WINES

Unoaked Chardonnay, Jack Rabbit.	U.S.A	13.75
Sauvignon Blanc, Sierra Grande	Chile	14.25
	175ml	3.55
	250ml	4.90
Sauvignon Blanc, Statue de Femme Franschhoek Cellar/Boschendal	S. Africa	15.95
Pinot Grigio, Verifiere	Italy	15.40
	175ml	3.85
	250ml	5.25
Chenin Blanc, La Cotte Mill, Franschhoek Cellar/Boschendal	S. Africa	15.95
Sauvignon Blanc, Orca Bay	N. Zealand	17.35

RED WINES

Shiraz, Jack Rabbit.	U.S.A	13.75
Merlot, Sierra Grande	Chile	14.25
	175ml	3.55
	250ml	4.90
Côte du Rhône Thomas Bassot	France	14.95
	175ml	3.70
	250ml	5.10
Rioja, Siglo Saca, Crianza	Spain	17.95
Cabernet Sauvignon, Concha Y Toro, Mountain Range	Chile	15.65
Shiraz, Bakers Station, Franschhoek Cellar/Boschendal	S. Africa	15.95

ROSÉ WINES

Pinot Grigio, Mero "Pink"	Italy	15.90
	175ml	3.85
	250ml	5.45
White Zinfandel, Pink, Jack Rabbit	California	14.25
	175ml	3.55
	250ml	4.90

SPARKLING WINES

Veuve Clicquot Yellow Label Brut. N. V.	France	42.00
House Champagne. N. V.	France	32.00
Jack Rabbit, Sparkling Rosé	California	17.00

We accept most major credit cards, cash and Euro notes. Sorry no cheques.



Only local free range eggs are used in our kitchen.
 Some of our dishes are gluten free & suitable for Coeliacs. Please ask your server.
 Nuts are used in our kitchen.
 Light Lunch Menu available offering Hot Jacket Potatoes, Panini's, Ciabatta's & Fresh Sandwiches

STARTERS

Crispy Spud Skins (V) Baby potatoes scooped out & deep fried, served with crispy bacon & melted cheese	5.20	Greek Feta Cheese Salad With crisp leaves, olives, tomato, olive oil & balsamic syrup	5.45 / 9.20
Baby Back Ribs Succulent roasted pork ribs marinated in our very own bbq sauce	5.75	Fully Loaded Nachos Cheese & Chive	4.95 Spicy Chicken 5.75 Spicy Beef 5.75
Atlantic Prawns & Smoked Salmon Cocktail On crisp salad leaves with a generous side order of our special Marie Rose sauce	5.95	Tandoori Chicken Skewers Two succulent Tandoori spiced chicken skewers flame grilled & served with a yoghurt & mint dip 'simply bursting with flavour'	5.75
Freshly Made Soup of the day Served with crusty French bread & Guernsey butter	3.95	Deep Fried Wedge of Brie (V) A wedge of Brie deep fried until crisp & brown, served with crunchy apple wedges & a rich cranberry sauce	4.95

SALADS

Caesar Salad (V) vegetarian option available Crisp hearts of lettuce tossed with our creamy Caesar dressing, grated Parmesan cheese, crunchy croutons, crispy bacon bits & black olives, served with hot garlic bread	4.50	Thai Chicken Salad Thai chicken & pineapple on crisp Asian greens with a sweet chilli dressing	9.35
Grilled Chicken Caesar Salad Slices of marinated, chargrilled chicken breast heaped atop our Caesar salad, garnished with fresh tomatoes & black olives, served with hot garlic bread	5.75	Warm Chicken & Bacon Salad Chicken breast slices with crispy bacon on a bed of mixed salad leaves, cherry tomatoes, cucumber & red onions with a honey & mustard dressing	9.35
Red's Ribs A full rack of baby back ribs basted in our very own special bbq sauce, roasted then glazed under the broiler, served with extra sauce for dunking	10.45	Smoked Salmon & Norwegian Prawn Salad Smoked salmon, prawns over crisp lettuce leaves, cherry tomatoes & lashings of Marie Rose sauce	9.95

MAINS

Chicken & Mediterranean Vegetable Skewers Marinated with garlic, Served on stir fried vegetable noodles with black bean sauce	9.35	Fish & Chips Fresh cod deep fried in beer batter, served with chunky chips & mushy peas	9.50
Machos Nachos A crunchy stack of crisp nachos served with spicy ground beef, sweet peppers, black olives, guacamole, salsa, melted cheese, jalapenos & sour cream	8.95	Fajitas (Chicken, Tiger Prawn or Beef) A sizzling platter with a warmer of flour tortillas & bowls of sour cream, tomato salsa, guacamole & grated cheese	10.25
Southern Fried Chicken Tender breast of lean chicken, deep fried in our light crispy batter, served with bbq sauce & French fries	9.35	Bangers & Mash Grilled Guernsey sausages with creamy mash potato & a rich onion gravy	8.35
Mee Goreng (V) Indonesian stir fried noodles with fresh vegetables, egg & chilli	8.55	Deep Fried Scampi Tails Served with chunky chips, lemon & Tartare sauce	8.80
Thai Style Crab & Fishcakes Served on a refreshing noodle, crisp vegetable, coriander & chilli salad	5.40 / 9.80	Flame Grilled Salmon Flame grilled salmon steak served with a light fresh tasting sweet pepper & basil butter, hot buttered potatoes & garden peas	9.85
Stir-fried Beef Steak With oyster sauce, crispy vegetables & noodles	9.75	Stir-fried Spicy Chilli Chicken With crispy vegetables & noodles in a black bean sauce	8.95
Chargrilled Sirloin Steak Prime strip steak chargrilled to your taste, served with golden onion rings, French fries & coleslaw	8oz 13.50 12oz 16.50	Tom Yam Gai with Egg Noodles Classic Thai spicy sour broth with pak choi, seasonal greens & spicy chicken, finished with coconut milk & fresh coriander	7.85
Country Roast Chicken Half or quarter succulent oven roasted chicken, choose from plain or smokey bbq flavour, served with chips, corn on the cob & coleslaw	1/4 8.20 1/2 10.80	Thai Style Red Curry (V) Served with rice, noodles or fries	8.20
Red Onion Burger On a toasted bun with mayonnaise, dressed salad leaves, topped with a burger & sliced tomato, served with coleslaw & French fries	8.95	Add Chicken	9.35
Garden Burger (V) Freshly baked vegetables blended with mixed herbs, charbroiled, topped with Mozzarella, coleslaw & French fries	8.20	Add Prawn Tails	10.80

RICE & NOODLES

Chargrilled Sirloin Steak Prime strip steak chargrilled to your taste, served with golden onion rings, French fries & coleslaw	8oz 13.50 12oz 16.50	BBQ Chicken Melt Grilled chicken breast topped with Cheddar cheese, smokey bacon, our very own bbq sauce & crisp French fries	9.35
Country Roast Chicken Half or quarter succulent oven roasted chicken, choose from plain or smokey bbq flavour, served with chips, corn on the cob & coleslaw	1/4 8.20 1/2 10.80	Chargrilled Fillet Steak 8oz fillet cooked to your liking with battered onion rings, French fries & coleslaw	17.75

STEAKS & GRILLS

Chargrilled Sirloin Steak Prime strip steak chargrilled to your taste, served with golden onion rings, French fries & coleslaw	8oz 13.50 12oz 16.50	BBQ Chicken Melt Grilled chicken breast topped with Cheddar cheese, smokey bacon, our very own bbq sauce & crisp French fries	9.35
Country Roast Chicken Half or quarter succulent oven roasted chicken, choose from plain or smokey bbq flavour, served with chips, corn on the cob & coleslaw	1/4 8.20 1/2 10.80	Chargrilled Fillet Steak 8oz fillet cooked to your liking with battered onion rings, French fries & coleslaw	17.75

BURGERS & DOGS

Red Onion Burger On a toasted bun with mayonnaise, dressed salad leaves, topped with a burger & sliced tomato, served with coleslaw & French fries	8.95	Regular Dog Stuffed with sauteed onions & mayonnaise, served with French fries	6.80
Garden Burger (V) Freshly baked vegetables blended with mixed herbs, charbroiled, topped with Mozzarella, coleslaw & French fries	8.20	Cheese & Chilli Dog Topped with spicy beef chilli & grilled with mild English Cheddar cheese	8.35

PIZZA & PASTA

Touchdown Fresh tomato Neapolitan sauce & grilled Italian cheese	8.35	Regular	Large	Linguini Boscoso (V) vegetarian option available Woody's special, lardons, mushrooms, garlic, chilli & cream sauce	7.95
Penalty Tomato sauce, Italian cheese, lean ham, mushrooms & onions	9.25	9.25	10.25	Chicken Pasta Alfredo Roast chicken breast slices with rigatoni pasta, in a cream cheese sauce with rocket, basil, jalapenos & sun dried tomatoes, topped with shaved Parmesan cheese & served with garlic bread	9.80
Ace Pizza Grilled zucchini, red onions, garlic mushrooms & Mozzarella	9.25	9.25	10.25	Simply Pasta (V) Linguini in a rich Italian tomato sauce, served with garlic bread on the side	7.85
Second Base Crispy chicken, bacon, red onions, red & green peppers on a bbq sauce base topped with Cheddar cheese	9.35	9.35	10.35	Lasagne Al Forno Baked layers of pasta filled with our cheese sauce & bolognaise ragout, glazed with Mozzarella, topped with special Italian herbs & spices	8.95
The Goal Smokey bacon, mushrooms & pork sausage	9.25	9.25	10.25	Extra Pizza Toppings	95p

SANDWICHES & WRAPS

Cajun Chicken Sandwich Chargrilled Cajun chicken on toasted ciabatta bread with a chilli peanut sauce	8.35	Club Wrap Cheddar cheese, sliced tomato, mayo, hot chicken & bacon in a flour tortilla	8.65
Executive Club Sandwich Roast chicken supreme, smoked bacon & sirloin steak all served in three layers of ciabatta bread, lettuce & tomato, topped with a fried egg	9.95	Grilled Vegi Wrap Mushrooms, green zucchini, red onions & peppers wrapped in a flour tortilla with goat's cheese & mayo	7.85
Chicken Wrap Chicken breast slices with mixed salad leaves, sliced tomato & mayo in a flour tortilla	8.35		

EXTRAS

Sides (one size only) Fries - Chunky Chips - Coleslaw - Crispy Fried Onion Rings Garlic Bread - Garlic Bread Glazed with Cheese - Corn on the Cob Spicy Potato Wedges - Steamed Mixed Veg - Button Mushrooms	2.65 per portion	Sauces Pepper Sauce - Mushroom Sauce - Garlic Sauce - Diane Sauce	2.25 per serving
------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	-------------------------	-----------------------------------------------------------------------------	-------------------------