

Menu

Snacks & Starters		
Marinated Gordal olives (ve)		4.25
Roasted garlic and apricot scotch egg, apple remoulade, grain mustard dressing		7.95
Liberation Ale and Coastal Cheddar rarebit (v)		7.75
Salt and pepper calamari, Vietnamese dipping sauce, chilli, lime		8.50
Grilled halloumi, crispy polenta, peperonata, chimichurri dressing (v)		7.25
Sticky chicken wings, chipotle BBQ sauce, crispy onions		8.25
Devilled whitebait, tartare sauce		4.95
Courgette, green pea and watercress soup, chimichurri, sourdough (ve)		7.25
BBQ pulled pork taco, chipotle chilli sour cream, pineapple salsa		7.50
Ploughman's Lunch		
Cured ham, Coastal Cheddar, Stilton, sausage roll, caramelised apple chutney, pickled onion and egg, cornichons, ciabatta, Jersey butter		15.95
Burgers & Buns		
7oz beef burger, streaky bacon, smoked Cheddar, burger sauce, pickles, skin-on fries		16.95
Fish finger bun, Liberation Ale-battered haddock, tartare sauce, watercress, pickled fennel		13.50
Minted lamb burger, harissa ketchup, pink onions, feta and cucumber yoghurt, pickled chilli, skin-on fries		16.50
Spinach falafel vegan cheddar, chipotle mayo, crispy and pink pickled onions, skin-on fries (ve)		16.50
Mains		
Tandoori chicken thighs, blackened sweetcorn, onion bhaji, coconut and mango yoghurt		15.95
Seabass Niçoise, Jersey Royals and gem hearts, olive tapenade, anchovies, soft-boiled egg, lemon dressing		18.95
Pie of the week, seasonal greens, proper gravy, your choice of mash or thick-cut chips		16.50
Green pea, spinach and broad bean risotto, fried artichokes, Pecorino, soft herbs (v) (veo)		14.50
Classic gammon, egg and chips; fried golden-yolk eggs, grilled pineapple, piccalilli		17.50
Liberation Ale-battered cod and thick-cut chips, minted peas, tartare sauce		16.95
10oz sirloin; 28-day aged steak, garlic butter, thick-cut chips, roast tomato and mushroom, rocket salad Sauces - Béarnaise / Peppercorn / Chimichurri		29.95 2.50
Sides		
Thick-cut pub chips or skin-on fries (ve) 4.25	Truffle fries, pecorino, aioli, chives (v)	5.25
Garden salad, radish and herbs (ve) 3.95	Jersey Royal potatoes, garlic butter (v)	4.25
Garlic buttered ciabatta / with cheese (v) 4.50/6.50	Liberation Ale-battered onion rings (v)	4.50

Puddings

Little Biscoff doughnuts, salted caramel sauce, vegan vanilla ice cream (ve)	7.25
Yorkshire rhubarb and apple crumble, vanilla custard or ice cream (v) (veo)	7.50
Sticky date and toffee pudding, butterscotch sauce, Jersey Dairy vanilla ice cream (v)	6.95
Triple chocolate brownie, banana praline, chocolate sauce, salted caramel ice cream (v)	7.50



Healing Waves is a Jersey charity that enables individuals with a physical or mental disability to access the ocean in a safe way.

Coffee & Tea - A full range of hot drinks are available. Please ask to see the full listing

Dairy-free milks available

After Drinks - Ask for our range of brandies, whiskies, rums and liqueurs. Some of our favourites:

Espresso Martini / Bulleit Bourbon Old Fashioned / Classic Negroni

We have a range of dessert wines available - please ask for details

Our food ethos

The ethos is simple; source quality seasonal produce that's sustainable, traceable and local, and create consistent and innovative menus, offering great value food that exceeds expectation.

We cook everything fresh on the day, only ever using the best possible ingredients.

Our Suppliers & Producers

We care immensely about the quality, provenance and seasonality of the produce we buy, and work with suppliers and producers of the same mindset, striving to be sustainable, with complete traceability.

These guys share our passion and we're very proud to work with them, sourcing some of the best produce from the Channel Islands and delivering it fresh to our kitchens six days a week.

Jersey Dairy. Vienna Bakery. Easenmyne ltd. FishWise Seafood. Valley Foods. Fungi Delecti.

Le Petit Menage Farm. Jersey Oyster Company. Pottage Farm Eggs. Slaney Valley Beef.

liberationgroup.com/suppliers-producers

