

La Barbarie

HOTEL & RESTAURANT

— GUERNSEY —

Sunday Lunch Menu

Dishes may contain nut/nut derivatives. Fish dishes may contain bones. If you have any food allergies or food intolerances, please ask a member of the waiting staff about the ingredients in your meal before placing your order.

Starters

Home Made Soup of the Day served with Crusty Bread (V, GFO)	£6.50
Chilled Galia Melon with Seasonal Fruits (VG, GF, DF)	£7.25
Prawn Cocktail (GF, DF)	£8.95
Crab Cocktail (GF, DF)	£11.75
Prawn Tails Tempura Summer Salad, Sweet Chilli Jam (DF)	£9.95/£16.95
Smoked Scottish Salmon Radishes, Capers, Rocket, Lemon Dill Dressing (GF, DF)	£9.95
Heritage Tomato Salad Feta, Avocado, Red Onion, Green Beans, Oregano Dressing (V, GF)	£7.75
Chicken Liver Parfait Tomato Chutney, Toasted Sourdough (GFO)	£7.75
Selection of Cold Seafood Hors D'oeuvres (GF, DF)	£11.95
<i>Peeled Prawns, Smoked Salmon, Smoked Mackerel, Roll Mop Herring, King Prawn</i>	
Three Freshly Baked Rustic Bread Rolls Served with Guernsey Butter	£3.95
(Add Balsamic Olive Oil & Hummus £2.95)	
(Add Assorted Olives & Hickory Smoked Almonds £2.95)	

Roast Carvery £18.95

Roast Beef or Choice from our Carvery,
Chefs' selection of Vegetables
Roast Potatoes, New Potatoes
Yorkshire Puddings, Gravy

Gluten Free Gravy Available on request
Please ask your server for today's choice

Vegetarian Roast £17.95

Butternut Squash & Lentil Wellington,
Vegetarian Gravy

Chefs' selection of Vegetables
Roast Potatoes, New Potatoes
Yorkshire Puddings
From the Carvery

Light Lunches

La Barbarie Poke Bowl (GF, DF) £18.25

A refreshing Salad Bowl on a
Bed of Fragrant Jasmine Rice,
Comprising of Edamame Beans, Carrot,
Radish, Cucumber, Avocado & Spring Onion.

**Choose from Grilled Chicken,
Grilled Salmon or
Grilled Guernsey Goats Cheese**

Choice of Dressing –
Ponzu (Citrus Soy Dressing),
Chilli Mayo,
Sweet Chilli or
Classic Vinaigrette

Seafood Platter (DF, GFO) £19.25

Peeled Prawns, Crabmeat, Smoked Salmon,
King Prawns & Smoked Mackerel, Marie Rose,
Wholemeal Bread

Main Courses

Fish and Chips £17.65

Crispy Battered Cod Fillet,
Rustic Cut Chips & Garden Peas

Grilled Salmon, Lemon Butter (GF, DFO) £18.95

Steamed Mixed Greens, New Potatoes

Thai Style Chicken Red Curry (GF) £17.95

Basmati Rice

Thai Style King Prawn Red Curry (GF) £18.95

Basmati Rice

Thai Style Vegetable Red Curry (V, GF, DF) £16.55

Basmati Rice

180gm Beef Burger (DF, GFO) £17.65

served in a Toasted Brioche Bun
with or without Cheese, Pickle,
Tomato & Onion, Burger Sauce
Rustic Cut Chips & Salad

Add Smoked Streaky Bacon £1.50

Char Grilled Chicken Breast (DF, GFO) £17.65

served in a Toasted Brioche Bun
With or without Cheese, Rocket & Mayo,
Rustic Cut Chips & Salad

Add Smoked Streaky Bacon £1.50

V = Vegetarian VG = Vegan

GF = Gluten Free GFO = Gluten Free Option

DF – Dairy Free DFO = Dairy Free Option

Our chefs can alter most of our dishes to suit
most dietary requirements.

For Groups of 8 or more a discretionary service charge of 10% will be added to your bill
(Please note for groups over 8 we do not accept split payments)

All Menus subject to change April 2025

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GUERNSEY

Salads

House Salad (GF, DF) <i>with Avocado, Crispy Bacon, Egg, Roast Sweet Peppers</i>	£13.50/£11.25
Caesar Salad <i>with Garlic Croutons, Crispy Bacon and Parmesan</i>	£13.25/£11.25
Chicken Caesar Salad <i>with Garlic Croutons, Crispy Bacon and Parmesan</i>	£16.95/£13.95
Hand Picked Crab Meat Salad (GF, DF)	£19.85/£17.00
Peeled Prawn Salad (GF, DF)	£18.65/£15.95

Vegetarian Options

Starter £9.95 / Main £18.95

**Guernsey Goats Cheese, Spinach & Red
Onion Marmalade Tart** (V, DF)
Balsamic Dressing, Green Salad

Wild Mushroom Ragu (V)
Rigatoni, Rocket Salad

Egg Plant Involtini (V)
*Aubergine filled with Spinach & Ricotta
Baked with Tomato Sauce &
Glazed with Parmesan
Served with Garlic Bread*

Risotto Primavera (V)
*Creamy Risotto with Spring Vegetables,
Vegetarian Parmesan Shavings & Truffle Oil*

Vegan Menu available, please ask your server

Traditional Sandwiches

*All Made to Order on
White or Wholemeal Sliced Bloomer
with Salad Garnish & Crisps
(with Rustic Cut Chips add £3.25)
(Gluten free bread available on request)*

Guernsey Crab £13.35

Prawn, Marie Rose £9.50

Smoked Salmon £9.50

Mature Guernsey Cheddar £7.50
(with Tomato, Pickle or Onion)

Tuna Mayo £7.50

Farmhouse Ham £7.50

Roast Beef £7.80

Add a Bowl of Homemade Soup £5.95

Side Orders

*Rustic Cut Chips, New Potatoes, Sauté New Potatoes or Mashed
Broccoli, Green Beans, Courgette Frites, Cauliflower Cheese, Baby Leaf Spinach, Onion Rings*
All £4.45 each

Truffle & Parmesan Fries, Mac & Cheese, Mac & Cheese with Bacon
All £4.95 each

Side Salads

Mixed Salad, Tomato & Red Onion Salad, Caesar Salad, Or Green Mixed Leaf Salad
All £4.45 each

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GFO = Gluten Free Option DFO = Dairy Free Option**

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Our Restaurant Bar and Terrace will be open for
Morning Coffee from 10am
Lunch from 12 till 1.45pm
Evening Meals from 5.30 till 8.45pm
Please check our Facebook and Twitter pages for updates

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