

Spring Menu of Sunbeam

Lighter Snackies

Rosemary Focaccia Roll (V, VG)

£7.00/ £7.50/ £8.00/ £8.50

Plain / Cheese / Cheese & Tomato / Cheese & Frankfurter Sausage

Bang Bang Cauliflower (V, VG) £8.00

Served over Asian slaw, sweet chilli miso dressing & crushed wasabi peanuts

French Onion Soup (V, VG) £7.50

Served steaming hot with brioche cheese crostini

Chicken Gong Bao £9.50

Stir-fry chicken tenders with crushed wasabi peanuts served over crispy rice paper

Curried Cod & Leek Feuilleté £9.00

Puff pastry filled with mild spiced cod & buttery leeks served with a curry sauce aioli

Trio of Ham Hock Croquettes £8.50

Served over piccalilli sauce & rocket salad

Cubes of Brie (V) £8.50

With green salad & cranberry sauce

Sweet Finishers

Ever-changing Cheesecake £8.50

Served with a scoop of ice cream

Pistachio & Dark Chocolate Cake £8.50

With warm pistachio cream sauce & your choice of sorbet or Jersey ice-cream

Crème Brulée of the Month (V) £8.50

With a scoop of Jersey Ice-cream

Assorted Jersey Ice-Cream or Sorbets – £7.00

Indulgent Mains

Select Aged Fillet Steak (8 Oz) £33.50

Served with roasted garlic bulb, pancetta-bundled asparagus, French fries & choice of peppercorn sauce or garlic butter sauce

Lamb Bourguignon Pot-Pie £26.50

Served with crispy bread and light Ardennes pate

Chicken Gong Bao £21.50

Stir-fry chicken tenders with crushed wasabi peanuts served over crispy rice paper & fries

Braised Cranberries BBQ Pork Ribs £19.50

Served with French fries, pork cracklings & Asian slaw

Classic Fish & Chips £18.50

Hand-cut chips, mushy peas & tartar sauce

Pemby Burger/Chicken Katsu Burger £19.00

Ditsch pretzel bun with cheese, bacon, lettuce, tomato, remoulade sauce, Asian slaw & French fries

Double Up £6.50 /Add Chicken £6.50 /Add Pulled Pork £6.50

Moroccan Chermoula Fish Stew £22.00

Slowly cooked red bell peppers pathos sauce with salmon, monkfish, prawns & mussels served with crispy baguette and pearl mozzarella boccotini

Thai Yellow Kari Kaeng (Chicken, Mutton) £18.50/£19.50

Served with cashew & spring onion rice, flat bread and mango chutney dip & shrimp crackers

Venetian Duck Ragu Pappardelle Pasta £19.00

Chicken & Chorizo Pappardelle Pasta £18.00

All served with Parmigiano Reggiano shavings

Greek Spanakopita (V) £18.50

Filo parcel filled with creamed feta & wilted spinach, with beetroot hummus, French fries & Kousama salad

Moving Mountains 'Meatballs' Kari (V, VG) £17.50

Served with cashew & spring onion rice, flat bread, poppadom basket and mango chutney dip

Pembroke Sunday Roast (Sundays only) £19.95

Beetroot-Flavoured Nutroast (V, VG) (Sundays only) £18.50

V -Vegetarian VG - Vegan Opt. - Option

Ask about our gluten-free options. Please inform us of any allergies before placing your order

We cannot guarantee the absence of all allergens.

Please notify a team member if you have an allergy



The Pembroke After's

Coffees

Espresso £3.10

Bold & intense

DbL Espresso £4.00

Extra bold & intense

Macchiato £3.60

A shot of espresso "marked" with a dollop of foamed milk

Americano £3.60

Espresso diluted with hot water for a smooth finish

Flat White £3.60

Smooth espresso with velvety microfoam, an Aussie favorite

Cortado £3.60

Equal parts espresso & steamed milk, silky & strong

Cappuccino 3.60

Espresso, steamed milk & a thick layer of foam

Latte £3.60

Creamy espresso with steamed milk & a light layer of foam

Mocha £4.00

A decadent blend of espresso, steamed milk & rich chocolate syrup

House specialties

Chai Latte/ Dirty Chai £3.60/£4.00

Steamed milk with chai tea infused with spices from India

Affogato £5.10

A scoop of vanilla Ice cream "drowned" in a shot of hot espresso

Liquor/Irish Coffee £8.60

Choice of spirit or liquor, brown sugar, coffee & a dollop of whipped cream

Rum-Fogato £8.60

Banana peel rum, espresso & vanilla Ice cream

Please "Bailease" £8.60

Baileys, espresso & toffee ice cream

Teas

Various flavors of teas, including but not limited to roibos, decaf, English breakfast, white pear & ginger, mint, green, chamomile, pomegranate, & others at £3.10

We are family. As you walk through our doors you will see the care that we take in everything we do. There is passion and love in our food. Enjoy our haven and bring your best attitude and your biggest smile. Every day is a celebration after all.

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