



THE CHANNEL
RESTAURANT & WINE BAR
at the West Rocks Hotel, Eastbourne

Starters






Freshly Shucked Oyster (Please Ask For Availabilities) Served with Shallot Vinaigrette	2.00 each
Soup of the Day (V) Served with Crostini or Crusty Bread Roll	4.95
Tomato & Roasted Mediterranean Vegetable Risotto (V) Rocket, Balsamic Reduction, Mozzarella Pearls	6.00
Pan Seared Breast of Wood Pigeon Beetroot, Walnuts, Pickled Carrot	7.50
Seafood Chowder Pancetta Crisp, Croutons	6.50
Pan Seared Tuna 7.50 Orange Segments, Lemongrass Dressing, Cucumber Ribbons	
Grilled Tiger Prawns Coconut Rice, Sweet Chilli Sauce, Samphire	6.95

Key: (V) - Vegetarian,  - Gluten Free

Foods described within this menu may contain nuts, derivatives of nuts or other allergens. If you suffer from an allergy or food intolerance, please notify a member of management.


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Main Course

Wild Mushroom Risotto   Available as a Starter	12.95
Black Truffle Oil, Toasted Goats Cheese, Balsamic Reduction	
Asparagus Linguine 	12.95
Grilled Asparagus, Sweet Peas, Spring Onion & Freshly Shaved Grana Padano	
Eastbourne's Finest Local Beer Battered Fish	13.95
Chunky Chips, Pea Puree, Tartar Sauce, Grilled Lemon	
Pan Seared Sea Bass 	16.95
Grilled Asparagus, Spiced Cauliflower, Saffron Pom Purée, Carrot Crisps	
Crab Linguine	16.95
Fennel, Chilli, Spring Onion, Lime & Freshly Shaved Grana Padano	
Roasted Corn Fed Chicken Supreme 	13.95
Filled with Spinach, Wrapped in Prosciutto, Sauteed Baby Potato & Leek, Honey & Wholegrain Mustard Sauce	
Spring Rump of Lamb	16.95
Parmentier Potatoes, Pea & Mint Emulsion, Heritage Carrots, Honey & Thyme Jus	

Hot Lava Stones

Fillet Steak - £19.95
Rib-Eye Steak - £17.95
Tuna Steak - £16.95
Salmon Supreme - £14.95

Served With a Side Salad & Garlic Butter





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Sides

Chips - £2.75
Sweet Potato Fries - £3.00
Cherry Tomatoes - £1.75
Onion Rings - £2.95
Side Salad - £2.95
Side Vegetable - £2.95
Garlic Bread - £1.75
Mushroom Sauce - £1.00
Green Peppercorn Sauce - £1.00
Red Wine Jus - £1.00

Desserts

Apple & Berry Crumble 	6.50
<i>Berry Coulis, Rhubarb Ice Cream</i>	
Whiskey Chocolate Mousse	6.50
<i>Raspberry Sorbet, Crushed Hazelnuts</i>	
Chocolate & Orange Tart	6.50
<i>Pistachio Ice Cream</i>	
Ice Cream  	5.50
<i>Chocolate, Vanilla, Strawberry, Honeycomb, Lemon Sorbet, Raspberry Sorbet, (Choice of 3)</i>	
Cheese Board for One 	7.95
<i>Sussex Cheddar, Brighton Blue, Sussex Brie, Red Onion Chutney, Cheese Biscuits, Grapes</i>	

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Cheese Board for Two 

10.95

Sussex Cheddar, Brighton Blue, Sussex Brie, Red Onion Chutney, Cheese Biscuits, Grapes

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