

We would like to welcome you to Moran's Restaurant & Bar

Simply, we love food and it was this love that led our family to design our restaurant which we opened in the spring of 2013.

With Westward Ho! in mind as our theme, a real passion for food and our professional and friendly front of house team, it is our aim to offer you a fantastic dining experience.

Overlooking the surf and offering stunning views over to Lundy Island, we hope to visually stimulate your senses and of course your taste buds too.

With our talented team of chefs in their theatre kitchen, we offer great authentic Thai and English Cuisine and we are now creating a Fusion of original recipes that are unique to our restaurant.

We relish opportunities to source produce that is both sustainable and as local as possible. Our chefs use fresh local fish, live mussels and oysters from nearby Appledore, Salmon from the clear waters of North West Scotland and steaks from Devon and Cornwall farms.

We also offer a fabulous choice of wines from around the world, local Real Ales and Ciders and a wonderful variation of Cocktails.

So whether you wish to just pop in for a fresh cup of coffee or try one of our many delectable dishes, we hope you will always enjoy your experience here with us at Moran's.

Morans
RESTAURANT & BAR

LUNCH MENU

Morans
RESTAURANT & BAR

Golf Links Road
Westward Ho!
EX39 1LH

V Suitable for vegetarians. All weights of our meat are approximate uncooked.
All meals may contain nuts or nut derivatives. Fish may contain small bones.



All our food is prepared in a kitchen where nuts, gluten and other allergens are present and our menu descriptions do not include all ingredients. If you have a food allergy, please let us know before ordering. Full allergen information is available on request.

Please ask for children's menu

STARTERS

- | | |
|---|-------|
| Soup of the Day
Served with freshly baked Bideford bread | £6.00 |
| 1. Chicken Satay - <i>Gai Satay</i>
Marinated barbecued chicken, served with peanut sauce | £6.50 |
| 3. Sticky Ribs - <i>Cee Crom Moo</i> *
Tender ribs cooked slowly in garlic, ginger and nam prik pao | £6.50 |
| 5. Vegetable Spring Rolls - <i>Po Pia Tod</i> 
Vegetable spring rolls, served with sweet chilli or plum sauce | £6.00 |
| 6. Duck Spring Rolls - <i>Po Pia Bped Tod</i>
Shredded roast duck and vegetable rolls with cashew nuts and hoi sin sauce | £7.00 |
| 7. Soft Shelled Crab - <i>Phoo Pia Tod</i> *
Whole, wild caught crab in a seasoned flour with a spicy seafood sauce dip | £8.00 |
| 9. Chicken Spring Rolls - <i>Po Pia Gai Tod</i>
Chicken spring rolls, served with sweet chilli or plum sauce | £6.50 |
| 11. Tempura Prawns - <i>Gung Tod</i>
Lightly battered crispy king prawns, served with sweet chilli dipping sauce | £8.00 |
| 12. Crispy Pork Belly - <i>Moo Gob</i>
Served with sweet black soy sauce | £6.75 |
| 14. Tempura Calamari - <i>Ba Muug</i>
Crispy squid rings in a light tempura batter, served with sweet chilli sauce | £7.00 |

SOUPS

16. Tom Yum *** 
Spicy hot and sour lemongrass soup
17. Tom Kha * 
Coconut milk, galangal and lemongrass soup

King Prawns	£8.00	Chicken	£7.00
Seafood	£10.00	Mushroom	£6.00

ADD NOODLES
£4.00

THAI MAINS

- Choose either: ****=how hot!
- | | | | |
|-------------|-------|---------|-------|
| King Prawns | £9.25 | Chicken | £8.25 |
| Pork | £8.25 | Beef | £8.95 |
| Vegetables | £7.95 | | |

- Garlic, Chilli & Basil - *Pad Grapraw* ***
Stir fry with garlic, chilli & basil, served with Thai jasmine rice
- Ginger - *Pad Khing*
Stir fry with ginger & garlic, served with Thai jasmine rice
- Sweet & Sour - *Pad Pryiow Waan*
Stir fry with sweet & sour sauce, served with Thai jasmine rice
- Black Pepper - *Pad Prig Thai Dum* **
Stir fry in a black pepper sauce, served with Thai jasmine rice
- Oyster Sauce - *Pad Nam Mun Hoi*
Stir fry with oyster sauce & mixed vegetables, served with Thai jasmine rice
- Cashew Nuts - *Pad Mid Ma Muang* *
Stir fry with cashew nuts & mixed vegetables, served with Thai jasmine rice

CURRIES

- Green Curry - *Gaeng Khiao Waan* ***
Green curry with bamboo shoots, courgettes and basil, served with Thai jasmine rice
- Red Curry - *Gaeng Daeng* ***
Red curry with bamboo shoots, courgettes and basil, served with Thai jasmine rice
- Yellow Curry - *Gaeng Kahree* **
Yellow curry with coconut milk, potatoes & roasted onion, served with Thai jasmine rice

NOODLES

- Pad Thai Noodles
Rice noodles in chef's sauce with bean sprouts, egg and roasted ground peanuts
- Egg Noodles - *Pad Mee Kai*
Stir fried egg noodles with bean sprouts
- Drunk Noodles - *Pad Key Mao* **
Stir fried rice noodles with chilli, basil, beansprouts and bamboo shoots

ENGLISH MAINS

- Fish & Chips £9.95
Chunky fillets of fish in our tempura batter, served with pea puree accompanied by chef's tartar sauce & chips
- Beef Burger - add cheese 50p £9.95
100% beef burger accompanied with chips, chef's coleslaw, tempura battered onion rings & a dressed salad garnish
- Tomato, Mushroom & Olive Tagliatelle  £12.00
Mushroom & olive in a piquant tomato sauce with fresh tagliatelle topped with parmesan shavings & fresh herbs.

SANDWICHES

- Choose either fresh white or granary Bideford baked bread with tortilla chips & a salad garnish
- Cheddar Cheese & Tomato Chilli Chutney  £6.50
- BLT - Slices of smokey back bacon with crisp lettuce & tomato £6.95
- Prawn & Marie Rose Sauce £6.95
- Fish Finger Sandwich £8.95
Chunky fillets of cod in our own tempura batter

LIGHT BITES & SIDES

- Handcut Triple Cooked Chips £3.25
- Handcut Triple Cooked Cheesy Chips £3.75
- Skinny Fries £3.25
- Bread & Butter £1.95
- Breads & Olives £3.95

Please ask for our Children's Menu

**If you have any food allergies,
please notify your server**