



*Frankie and Tony 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.*

*We relish opportunities to source produce that is  
both sustainable and as local as possible.*

*We hope you enjoy dining with us.*

**The Moran's Family.**

*Morans*  
RESTAURANT & BAR

LUNCH MENU

*Morans*  
RESTAURANT & BAR

Golf Links Road  
Westward Ho!  
EX39 1LH

## STARTERS

Garlic & Vegetable Gyozas - <i>Gyoza Pak</i> 	£7
Chicken Satay - <i>Gai Satay</i> Marinated barbecued chicken, served with peanut sauce	£8
Pork Ribs - <i>Cee Crom Moo</i> Tender ribs cooked slowly in garlic, ginger and nam prik pao	£8
Vegetable Spring Rolls - <i>Po Pia Tod</i> 	£7
Vegetable spring rolls, served with sweet chilli or plum sauce	
Duck Spring Rolls - <i>Po Pia Bped Tod</i> Shredded roast duck and vegetable rolls with cashew nuts and hoi sin sauce	£8
Tempura King Prawns - <i>Gung Tod</i> Lightly battered crispy king prawns, served with sweet chilli dipping sauce	£8
Crispy Pork Belly - <i>Moo Gob</i> Served with sweet black soy sauce	£8

## SET MENU


### Why choose?

Try our set menu to sample our popular dishes!

Mixed Starters Chefs' selection of 5 starters
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Chicken Cashew
Sirloin Steak Black Pepper
King Prawn Yellow Curry
Pad Thai
Rice
<b>£29.95</b> per person Minimum 2 people

## STIR FRY

\*\*\*\* = hot hot

Chicken	£12	Pork	£12	Beef	£13
King Prawns	£13	Duck	£14		
Mixed Beans & Vegetables 	£10				
Garlic, Chilli & Basil - <i>Pad Grapraw</i> *** Stir fry with garlic, chilli & basil					
Ginger - <i>Pad Khing</i> Stir fry with ginger & garlic					
Sweet & Sour - <i>Pad Pryiow Waan</i> Stir fry with sweet & sour sauce					
Black Pepper - <i>Pad Prig Thai Dum</i> ** Stir fry in a black pepper sauce					
Oyster Sauce - <i>Pad Nam Mun Hoi</i> Stir fry with oyster sauce & mixed vegetables					
Cashew Nuts - <i>Pad Mid Ma Muang</i> * Stir fry with cashew nuts & mixed vegetables					

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, bean sprouts and bamboo shoots

## CURRIES



Chicken	£13	Pork	£13	Beef	£14
King Prawns	£14	Duck	£15		
Mixed Beans & Vegetables 	£11				
Massaman Curry - <i>Gaeng Massaman</i> * Creamy flavourful peanut curry with tomato, onions & potato					
Green Curry - <i>Gaeng Khiao Waan</i> *** Green curry with bamboo shoots, courgettes and basil					
Red Curry - <i>Gaeng Daeng</i> *** Red curry with bamboo shoots, courgettes and basil					
Yellow Curry - <i>Gaeng Kahree</i> ** Yellow curry with coconut milk, potatoes & roasted onion					

## PLANT BASED VEGAN MENU

Jackfruit & Vegetable Red Curry *** 	£11
Bean & Vegetable Yellow Curry ** 	£11
Tofu & Vegetables Stir Fried with Chilli & Basil *** 	£11
Mixed Vegetables Stir Fried with Ginger 	£11
Pad Thai Noodles with Tofu, Vegetables & Beansprouts 	£11
Topped with nuts	
Yakisoba Sesame Noodles Stir Fried with Vegetables 	£11
Topped with crispy onions	

## SIDES

Chips	£3.5
Egg Fried Rice	£3.5
Steamed Rice	£3
Coconut Rice	£3.5
Garlic Noodles	£6
Mixed Vegetables	£6

 Suitable for vegetarians.  Suitable for Vegans.

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.