



*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

EVENING MENU

*Morans*  
RESTAURANT & BAR

Golf Links Road  
Westward Ho!  
EX39 1LH

## STARTERS

Garlic & Vegetable Gyozas - <i>Gyoza Pak</i> <b>V</b>	£7
Chicken Satay - <i>Gai Satay</i> Marinated barbecued chicken, served with peanut sauce	£8
Salt & Pepper Squid - <i>Plaa Murg Tod</i> With lemon & sweet chilli sauce	£8
Vegetable Spring Rolls - <i>Po Pia Tod</i> <b>V</b> Vegetable spring rolls, served with sweet chilli or plum sauce	£7
Duck Spring Rolls - <i>Po Pia Bped Tod</i> Shredded roast duck and vegetable rolls with cashew nuts and hoi sin sauce	£8
Duckless Spring Rolls - <i>Po Pia Tod Mai Me Bped</i> <b>V</b> With cashew nuts and hoisin sauce	£7.75
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

Chicken Cashew

Sirloin Steak Black Pepper

Pork Massaman

Egg Noodles

Rice

**£29.95** per person

Minimum 2 people

**V** Suitable for vegetarians. **VE** 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.

## STIR FRY \*\*\*\* = hot hot

All stir fries except egg noodles can be made gluten free on request

Chicken	£12.5	Pork	£12.5	Beef	£13.5
King Prawns	£13.5	Duck	£14.5		
Mixed Beans & Vegetables <b>V</b>	£10.5				

Garlic, Chilli & Basil - *Pad Grapraw* \*\*\*  
Stir fry with garlic, chilli & basil

Ginger - *Pad Khing*  
Stir fry with ginger & garlic

Sweet & Sour - *Pad Pryiow Waan*  
Stir fry with sweet & sour sauce

Black Pepper - *Pad Prig Thai Dum* \*\*  
Stir fry in a black pepper sauce

Oyster Sauce - *Pad Nam Mun Hoi*  
Stir fry with oyster sauce & mixed vegetables

Cashew Nuts - *Pad Mid Ma Muang* \*  
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

All curries are made gluten free

Chicken	£13.5	Pork	£13.5	Beef	£14.5
King Prawns	£14.5	Duck	£15.5		
Mixed Beans & Vegetables <b>V</b>	£11.5				

Massaman Curry - *Gaeng Massaman* \*  
Creamy flavourful peanut curry with tomato, onions & potato

Green Curry - *Gaeng Khiao Waan* \*\*\*  
Green curry with bamboo shoots, courgettes and basil

Red Curry - *Gaeng Daeng* \*\*\*  
Red curry with bamboo shoots, courgettes and basil

Yellow Curry - *Gaeng Kahree* \*\*  
Yellow curry with coconut milk, potatoes & roasted onion

## PLANT BASED VEGAN MENU

Jackfruit & Vegetable Red Curry \*\*\* **VE** £11.5

Bean & Vegetable Yellow Curry \*\* **VE** £11.5

Tofu & Vegetables Stir Fried with Chilli & Basil \*\*\* **VE** £11.5

Tempura 'Fish' Sam Rod\*\* *Tod Man Khloy Sam Rod* **VE** £13  
Tempura banana blossom topped in a sweet, spicy & sour sauce with mixed vegetables

Pad Thai Noodles with Tofu, Vegetables & Beansprouts **VE** £11.5  
Topped with nuts

Yakisoba Sesame Noodles Stir Fried with Vegetables **VE** £11.5  
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

## MORANS SIGNATURE DISHES

Pork Belly Teriyaki- *moo grob teriyaki* £16.5  
Stir fried with onions & peppers

Weeping Tiger \*\* - *suea rong hai* £19  
Matured sirloin steak tossed in the wok in a black pepper and garlic sauce with peppers and onion

Seafood Sam Rod \*\* - *talay sam rod* £19  
Tempura king prawns and squid In a sweet, sour and spicy sauce

Roasted Duck Tamarind - *bped ma karm* £16.5  
In a tangy sour tamarind fruit sauce with fried onions

Soft Shelled Crab Yellow Curry \*\* - *gaeng luang bpoo* £21  
With potatoes and onion