



Welcome to Moran's Restaurant & Bar a vibrant Thai restaurant and cocktail bar nestled in the heart of Westward Ho, North Devon. Since opening our doors in Easter 2013, we have been dedicated to providing an exceptional dining experience for our guests.

At Moran's, we are fuelled by our genuine passion for food. Our team of talented chefs (Pictured above), with their wealth of experience and expertise in Thai cuisine, create mouthwatering dishes that are bursting with authentic flavours and fragrant spices. From classic Thai curries to delicious stir-fries and tantalizing street food, our menu is a celebration of the rich culinary heritage of Thailand.

Our commitment to quality extends beyond the kitchen. Our friendly and professional front of house team is always ready to welcome you with warm hospitality and ensure that your dining experience is nothing short of extraordinary. We take pride in delivering exceptional service, making every visit to our restaurant a memorable one.

Located overlooking the picturesque bay, Moran's offers stunning views of Lundy Island, creating a breathtaking backdrop for your dining experience. You can immerse yourself in the beauty of the surroundings while indulging in the flavours of Thailand.

The Moran's Family.

Morans
RESTAURANT & BAR



LUNCH MENU

Morans
RESTAURANT & BAR

Golf Links Road
Westward Ho!
EX39 1LH

STARTERS & SMALL PLATES

Chicken Satay - <i>Gai Satay</i> Marinated barbecued chicken, served with peanut sauce	£8.5
Chicken Wings - <i>Peak Gai</i> Sweet, sticky & spicy thai chicken wings	£8.5
Tempura King Prawns - <i>Gung Tod</i> Lightly battered crispy king prawns, served with sweet chilli dipping sauce	£8.75
Salt & Pepper Squid - <i>Plaa Murg Tod</i> With lemon & sweet chilli sauce	£8.50
Duck Spring Rolls - <i>Po Pia Bped Tod</i> Shredded roast duck and vegetable rolls with cashew nuts and hoi sin sauce	£8
Crispy Pork Belly - <i>Moo Gob</i> Served with a dark sweet soy dipping sauce	£8.25
Vegetable Gyozas - <i>Gyoza Pak</i>  Vegetable filled dumplings served with sweet chilli sauce	£7
Vegetable Spring Rolls - <i>Po Pia Tod</i>  Vegetable spring rolls, served with sweet chilli or plum sauce	£7
Duckless Spring Rolls - <i>Po Pia Tod Mai Me Bped</i>  With cashew nuts and hoisin sauce	£7.75
Tofu Satay  Marinated tofu served with a peanut sauce	£8
Thai Fishcakes - <i>Tod Man Plaa</i> Traditionally made minced fishcakes with kaffir lime, chilli & garlic	£8.5
Chicken Gyoza - <i>Gyoza Gai</i> Served with a dark soy	£8
Ribs - <i>Cree Krong Moo</i> Tender ribs cooked slowly in garlic, ginger & nam prik pao	£8.25
Tom Yum Soup *** Mushroom	£7.75
Chicken	£8.5
King Prawns	£10
A traditional spicy hot & sour Thai soup with galangal, lemongrass & kaffir lime	

 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.

STIR FRY **** = hot hot

Served with steamed rice
All stir fries can be made gluten free on request

Chicken	£12.75	Pork	£12.75	Beef	£13.75
King Prawns	£13.75	Duck	£14.75		
Mixed Beans & Vegetables 	£11.75				
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					

NOODLES

Chicken	£12.75	Pork	£12.75	Beef	£13.75
King Prawns	£13.75	Duck	£14.75		
Mixed Beans & Vegetables 	£11.75				
Pad Thai Noodles Rice noodles in chef's sauce with bean sprouts, egg and roasted ground peanuts					
Egg Noodles - <i>Pad Mee Kai</i> Stir fried egg noodles with bean sprouts					
Drunk Noodles - <i>Pad Key Mao</i> *** Stir fried rice noodles with chilli, basil, bean sprouts and bamboo shoots					

CURRIES

All curries are made gluten free
Served with steamed rice

Chicken	£13.75	Pork	£13.75	Beef	£14.75
King Prawns	£14.75	Duck	£15.75		
Mixed Beans & Vegetables 	£12.75				
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 *** 	£13
Bean & Vegetable Yellow Curry ** 	£12.75
Tofu & Vegetables Stir Fried with Chilli & Basil *** 	£12.5
Tempura 'Fish' Sam Rod** <i>Tod Man Khloy Sam Rod</i> 	£14
Tempura banana blossom topped in a sweet, spicy & sour sauce with mixed vegetables	
Pad Thai Noodles with Tofu, Vegetables & Beansprouts 	£12.5
Topped with nuts	
Yakisoba Sesame Noodles Stir Fried with Vegetables 	£12.5
Topped with crispy onions	

SIDES

Chips	£4
Egg Fried Rice	£3.5
Steamed Rice	£3
Coconut Rice	£3.5
Sesame Egg Noodles with Beansprouts	£6.5
Pad Thai Original	£10
Mixed Vegetables	£6.5

MORANS SIGNATURE DISHES

Pork Belly Teriyaki - <i>Moo Grob Teriyaki</i> Stir fried with onions & peppers	£17
Weeping Tiger ** - <i>Suea Rong Hai</i> Matured sirloin steak tossed in the wok in a black pepper and garlic sauce with peppers and onion	£21.5
Seafood Sam Rod ** - <i>Talay Sam Rod</i> Tempura king prawns and squid in a sweet, sour and spicy sauce	£19
Soft Shelled Crab Yellow Curry ** - <i>Gaeng Luang Bpoo</i> With potatoes and onion	£21
Seabass Choo Chii ** Seabass topped a creamy red curry base sauce with kaffir lime	£20