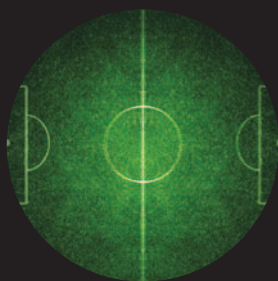
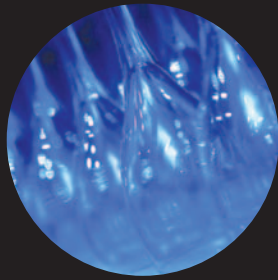


red@nion

• eaterie and bar •



SPARKLING WINES

Veuve Clicquot Yellow Label Brut. N. V.	France	38.50
House Champagne. N. V.	France	28.50
Jack Rabbit, Sparkling Rosé	California	15.50

WHITE WINES

Chardonnay-Semillon, Hardys, Captains	Australia	12.95
Sauvignon Blanc, Sierra Grande	Chile	13.50
	175ml	3.25
	250ml	4.50
Sauvignon Blanc, Statue de Femme Franschoek Cellar/Boschendal	S. Africa	14.80
Pinot Grigio, Veritiere	Italy	14.95
Chenin Blanc, La Cotte Mill, Franschoek Cellar/Boschendal	S. Africa	14.95
Chardonnay, Macon Lugny, 'Les Charmes'	France	17.50
Sauvignon Blanc, Orca Bay	N. Zealand	16.55

RED WINES

Shiraz-Cab/Sauvignon, Hardys, Captains	Australia	12.95
Merlot, Sierra Grande	Chile	13.50
	175ml	3.25
	250ml	4.50
Côte du Rhône Thomas Bassot	France	15.80
Rioja, Siglo Saca	Spain	17.85
Cabernet Sauvignon, Concha Y Toro, Sunrise	Chile	15.80
Syrah, Bakers Station, Franschoek Cellar/Boschendal	S. Africa	14.95

ROSÉ WINES

Pinot Grigio, Mero "Pink"	Italy	14.95
White Zinfandel, Pink, Jack Rabbit	California	12.95
	175ml	3.25
	250ml	4.50

We accept most major credit cards, cash and Euro notes. Sorry no cheques.



Light lunch menu available offering Hot Jacket Potatoes, Panini's, Ciabatta's & Fresh Sandwiches

Crispy Spud Skins

Baby potatoes scooped out & deep fried, served with crispy bacon & melted cheese

Baby Back Ribs

Succulent roasted pork ribs marinated in our very own bbq sauce

Atlantic Prawn, Smoked Salmon & Avocado Cocktail

On crisp salad leaves with a generous side order of our special Marie Rose sauce

Freshly Made Soup of the day

Served with crusty French bread & Guernsey butter

	Starter	
Caesar Salad	£4.25	
Crisp hearts of lettuce tossed with our creamy Caesar dressing, grated Parmesan cheese, crunchy croutons, crispy bacon bits & black olives, served with hot garlic bread		
Grilled Chicken Caesar Salad	£5.50	
Slices of marinated, chargrilled chicken breast heaped atop our Caesar salad, garnished with fresh tomatoes & black olives, served with hot garlic bread		

Red's Ribs

A full rack of baby back ribs basted in our very own special bbq sauce, roasted then glazed under the broiler, served with extra sauce for dunking

Thai Chicken Skewers

Marinated chicken breast, savoury noodles & hoi sin peanut sauce

Machos Nachos

A crunchy stack of crisp nachos served with spicy ground beef, sweet peppers, black olives, guacamole, salsa, melted cheese, jalapenos & sour cream

Southern Fried Chicken

Tender breast of lean chicken, deep fried in our light crispy batter, served with bbq sauce & French fries

Soba Noodle, Chicken & Mushroom Broth

Whole wheat noodles, spicy chicken, seasonal greens, leeks, onions & mushrooms

Mee Goreng

Indonesian stir fried noodles with fresh vegetables, egg & chilli

Add Spicy Chicken

Add King Prawns

STARTERS

£4.95	Goats Cheese & Red Onion Marmalade Tartlet	£5.75
	On mixed leaves with rocket pesto	
£5.45	Fully Loaded Nachos	
	Cheese & Chive £4.75 Spicy Chicken £5.50 Spicy Beef	£5.50
£5.80	Tandoori Chicken Skewers	£5.50
	Two succulent Tandoori spiced chicken skewers flame grilled & served with a yoghurt & mint dip 'simply bursting with flavour'	
£3.95	Deep Fried Wedge of Brie	£4.80
	A wedge of Brie deep fried until crisp & brown, served with crunchy apple wedges & a rich cranberry sauce	

SALADS

	Main	
£7.75	Thai Chicken Salad	£8.95
	Thai chicken & pineapple on crisp Asian greens with a sweet chilli dressing	
£8.95	Warm Chicken & Bacon Salad	£8.95
	Chicken breast slices with crispy bacon on a bed of mixed salad leaves, cherry tomatoes, cucumber & red onions with a honey & mustard dressing	
£8.95	Smoked Salmon, Prawn & Avocado Salad	£9.50
	Smoked salmon, fresh prawns & ripe avocado over crisp lettuce leaves, cherry tomatoes & lashings of Marie Rose sauce	

MAINS

£9.95	Fish & Chips	£8.95
	Fresh cod deep fried in beer batter, served with chunky chips & mushy peas	
£8.95	Fajitas (Chicken, Tiger Prawn or Beef)	£9.80
	A sizzling platter with a warmer of flour tortillas & bowls of sour cream, tomato salsa, guacamole & grated cheese	
£8.95	Bangers & Mash	£7.95
	Grilled Guernsey sausages with creamy mash potato & a rich onion gravy	
£8.95	Deep Fried Scampi Tails	£7.95
	Served with chunky chips, lemon & Tartare sauce	
	Flame Grilled Salmon	£9.50
	Flame grilled salmon steak served with a light fresh tasting sweet pepper & basil butter, hot buttered potatoes & garden peas	

NOODLES

£7.50	Tom Yam Gai with Egg Noodles	£7.50
	Classic Thai spicy sour broth with pak choi, seasonal greens & spicy chicken, finished with coconut milk & fresh coriander	
£7.95	Stir-fried Beef Steak	£9.30
	With oyster sauce, crispy vegetables & noodles	
	Stir-fried Spicy Chilli Chicken	£8.50
	With crispy vegetables & noodles in a black bean sauce	

STEAKS & GRILLS

Chargrilled Sirloin Steak	8oz £12.95	12oz £15.80	BBQ Chicken Melt	£8.95	
Prime strip steak chargrilled to your taste, served with golden onion rings, French fries & coleslaw			Grilled chicken breast topped with Cheddar cheese, smokey bacon, our very own bbq sauce & crisp French fries		
Country Roast Chicken			£9.95	Chargrilled Fillet Steak	£16.95
Half a succulent oven roasted chicken, choose from plain or smokey bbq flavour, served with chips, corn on the cob & coleslaw			8oz fillet cooked to your liking with battered onion rings, French fries & coleslaw		

BURGERS & DOGS

Red Onion Burger	£8.50	Regular Dog	£6.25
On a toasted bun with mayonnaise, dressed salad leaves, topped with a burger & sliced tomato, served with coleslaw & French fries		Stuffed with sauteed onions & mayonnaise, served with French fries	
Add Cheese	£9.20	Cheese & Chilli Dog	£7.95
		Topped with spicy beef chilli & grilled with mild English Cheddar cheese	
Garden Burger	£7.75		
Freshly baked vegetables blended with mixed herbs, charbroiled, topped with Mozzarella, coleslaw & French fries			

PIZZA & PASTA

	Regular	Large	Open Ravioli (V)	£8.95
Touchdown	£7.95	£8.95	Layered with Buffalo Mozzarella under tomato & basil ragu, finished with Parmesan shavings, served with garlic bread	
Penalty	£8.80	£9.80	Chicken Pasta Alfredo	£9.50
Tomato sauce, Italian cheese, lean ham, mushrooms & onions			Roast chicken breast slices with rigatoni pasta, in a cream cheese sauce with rocket, basil, jalapenos & sun dried tomatoes, topped with shaved Parmesan cheese & served with garlic bread	
Ace Pizza	£8.80	£9.80	Simply Pasta (V)	£7.50
Grilled zucchini, red onions, garlic mushrooms & Mozzarella			Linguini in a rich Italian tomato sauce, served with garlic bread on the side	
Second Base	£8.95	£9.95	Lasagne Al Forno	£8.95
Crispy chicken, bacon, red onions, red & green peppers on a bbq sauce base topped with Cheddar cheese			Baked layers of pasta filled with our cheese sauce & bolognaise ragout, glazed with Mozzarella, topped with special Italian herbs & spices	
The Goal	£8.80	£9.80	Extra Pizza Toppings	90p
Smokey bacon, mushrooms & pork sausage				

SANDWICHES & WRAPS

Cajun Chicken Sandwich	£7.95	Club Wrap	£8.25
Chargrilled Cajun chicken on toasted ciabatta bread with a chilli peanut sauce		Cheddar cheese, sliced tomato, mayo, hot chicken & bacon in a flour tortilla	
Executive Club Sandwich	£9.50	Grilled Vegi Wrap	£7.50
Roast chicken supreme, smoked bacon & sirloin steak all served in layers of ciabatta bread, lettuce & tomato, topped with a fried egg		Mushrooms, green zucchini, red onions & peppers wrapped in a flour tortilla with goat's cheese & mayo	
Chicken Wrap	£7.95		
Chicken breast slices with mixed salad leaves, sliced tomato & mayo in a flour tortilla			

EXTRAS

Sides (one size only)	£2.50 per portion	Sauces	£2.25 per serving
Fries - Chunky Chips - Coleslaw - Crispy Fried Onion Rings Garlic Bread - Garlic Bread Glazed with Cheese - Corn on the Cob Spicy Potato Wedges - Steamed Mixed Veg - Boiled Rice Button Mushrooms		Pepper Sauce - Mushroom Sauce - Garlic Sauce - Diane Sauce	