



**Atlantique
Menu**



Cold Starters

Chilled Melon £8.95

Prawns, Crab Meat, Juicy Baby Gambas & Marie Rose Sauce

'Assiette of Charcuterie' £8.75

A selection of European Cured Meats & Pate

'Presunto Serrano' £8.50

Thin slices of Parma Ham, Pickles & Olives

Chef's Terrine £8.95

Roulade of Smoked Salmon filled with Crab, Prawns & Local Herb Sauces

Mini 'Assiette Fruit De Mer' £9.25

Gamba, Oysters, Green Lip Mussels, Whelks, Prawns & Mussels

Octopus Tapas £8.75

Tender Octopus marinated in Olive Oil & Red Wine Vinaigrette

Tuna 'Sashimi' £8.95

Mustard & Sesame Crusted Tuna with an Asian Mango Salad

Hot Starters

Local Scallops £9.00

With Roast Butternut Squash & Pea Risotto, Parma Ham, Rocket, Parmesan & Salsa 'Verdi'

King Prawns & Calamari £8.25

In a Light Tempura Batter, Salad, Cashew Nuts, Sweet Chill & Mango

Fish & Shellfish Soup

Homemade Rich Creamy Soup with 'Croutons' £5.95

Spanish Tender Squid & Scallops £9.00

Succulent Squid Rings & Scallops 'Nature' with Homemade Tartare Sauce

Thai Fishcakes £7.75

Minced Fresh Seafood, Chilli, Coriander, Lime Leaves & Cool Cucumber Mint Relish

'Chiperones' £7.75

Baby Squid Lightly Dusted in Seasoned Flour & Deep Fried



**“The best way to
observe a fish is
to become a fish”**

JACQUES COUSTEAU

Grouville Bay Oysters

Natural Oysters

£7.75 for 6 £9.75 for 9

Served with a Wedge of Lemon, Shallots & Vinegar

'Atlantique' Stuffed Oysters

£8.75 for 5

Grilled with Garlic Butter, Spring Onion, Mature Cheddar

Oysters 'Wasabi'

£8.75 for 6 £10.75 for 9

Served with Pickled Ginger, Wasabi & Soy Sauce

'Bloody Mary' Oysters

£8.75 for 6 £10.75 for 9

Tomato Juice, a dash of Vodka & Worcestershire Sauce

Mussels

Starter **Main**

'Moules A La Crème'

£6.50 £8.25

Cooked in White Wine, Garlic, Onions,
Mixed Herbs & Cream

'Thai' Mussels

£7.00 £8.75

Cooked in a mild Asian Coconut Curry Sauce
& Fresh Coriander

Curry Mussels

£7.00 £8.75

Cooked in a Madras Curry, Sultanas, Almonds
& Fresh Coriander

'Moules Mariniere'

£6.50 £8.25

Steamed with Shallots, Garlic, Parsley & White Wine

Served with Maris Piper Fries

£3.50

Salads

Lobster Salad

● £16.75 ● £22.50

Local Lobster with Mayonnaise & Marie Rose Sauce

Crab Salad

£16.75

Whole Local Chancre Crab to pick yourself

Prawn Salad

£12.50

Royal Greenland Prawns, Marie Rose Sauce

Salmon Salad

£12.95

Fresh Poached Scottish Salmon with Lime Mayonnaise

Gamba Salad

£15.75

With a Mustard Grain Mayonnaise

Caesar Salad

£13.75

With a choice of Chicken, King Prawns or Scallop
served with Crispy Cos Lettuce, Croutons, Parma Ham,
Parmesan Shavings & Ceaser Dressing

Tomato, Mozzarella & Avocado Salad

£11.75

Ripe Beef-Steak Tomatoes, Buffalo Mozzarella,
Avocado & Shallot Basil Vinaigrette

Octopus Salad

£14.50

Tender Octopus marinated in Olive Oil
& Red Wine Vinaigrette served with a Mixed Salad

Fish

Array of Grilled Local Fish & Shellfish **£18.50**

Served with Royal Potatoes, Vegetables & Beurre-blanc Sauce

Whole Sea Bass **£20.75**

Char-Grilled & served with either Olive Oil & Balsamic Vinegar or lemon Garlic Butter

Salmon **£15.50**

Grilled Fillet of Fresh Scottish Salmon

Tuna Steak **£16.50**

Cracked Black Pepper & Sesame Seeds

Whole 'Dorade' (Bream) **£16.75**

Char-Grilled & served with either Olive Oil & Balsamic Vinegar or lemon Garlic Butter

'Catch of the Day' **£13.50**

Fillet of Today's Fresh Fish in a light Tempura Batter with Homemade Pea Puree

Dover Sole **£23.50**

Pan Fried with Garlic Lemon Butter

Served with 'Maris Piper' Fries

Whole Fish 'Papillote'

Sealed in foil with Lemon, Garlic, Butter, a hint of Muscadet and 'Herbs de Provence'. Served with Jersey Royals & Market Vegetables

Mackerel **£16.95**

Bream **£17.75**

Sea Bass **£21.75**

Meat

'Atlantique' Steak **£16.75**

Ribeye of Beef with Garlic Butter Homemade fries & our classic Salad

Surf 'n' Turf with Half a Lobster **£27.95**

Ribeye of Beef with Scallops, King Prawns & Gambas with Garlic Butter

Pan Rendered Fresh Chicken Breast **£14.75**

With Mixed Creamy Vegetable Risotto & Griddled Asparagus Spears

Finger Lickin' Ribs **£16.95**

Baby Back Ribs with Asian Salad, Five Spice, Soy, Ginger & Honey Dipping Sauce Served with 'Maris Piper' Fries

Burger 'Chic' **£12.75**

Homemade Beef Burger, Fried Onions & Cheddar Cheese served in a Toasted Sesame Bun with Fries & Salad

Fillet Steak **£19.75**

A Juicy Tender Scottish Fillet of Beef Grilled to your taste Served with Vine Cherry Tomatoes, Mushrooms & Fries

All prices include GST at 3% 0019646

Atlantique Fruit de Mer Options (For 2 people)

Plateau Royalé de 'St.Helier' (For 2 persons) £68.00

1 Lobster, 1 Crab, 12 Oysters, 6 Gambas, Crevettes Roses, Whelks, Mussels, Clams & Winkles

Plateau Royalé de 'Bonne Nuit' (Hot) (For 2 persons) £68.00

1 Lobster, 1 Crab, 6 Stuffed Oysters, 6 Gambas, Crevettes Roses, Whelks, Green Lip Mussels tossed in a Wok with Ginger, Spring Onion & Oyster Sauce

Plateau 'Grouville Bay' (For 2 persons) £34.00

6 Natural Oysters, 6 Wasabi Oysters, 6 Bloody Mary Oysters & 6 Stuffed Oysters

Plateau 'St. Aubin' (For 2 persons) £54.00

1 Lobster, 12 Oysters, 6 Gambas & Crevettes Roses

Plateau 'St. Ouen' (For 2 persons) £36.00

1 Crab, 12 Oysters, 6 Gambas & Crevettes Roses

'Assiette Fruit de Mer' (For 1 person) £18.00

Gambas, Oysters, Green Lip Mussels, Whelks, Prawns & Mussels

Local Lobster

Lobster 'Thermidor' £26.25

A Traditional Favourite with Mustard & Brandy Cream Sauce

Lobster £24.50

Char-Grilled in it's Shell with Garlic Butter & served with 'Jersey Royals'

Lobster 'Thai' £26.25

With Lime leaves, Green Chilli, Coriander & Coconut milk

Curried Lobster £26.25

Cooked in a Madras Curry, Sultanas, Almonds & Fresh Coriander

Lobster 'Stir-fry' £24.50

Wok fried with Ginger, Spring Onion & Oyster Sauce

Atlantique Favourites

Sizzling Dishes

King Prawns 'Hoisin Sauce' £14.50

Local Scallops Ginger, Spring Onion & Oyster Sauce £16.75

Gambas Piri-Piri Chilli, Garlic & Coriander £15.95

Whole Sizzling Fish

Mackerel £16.95

Bream £17.75

Sea Bass £21.75

All Sizzling dishes are served with Jasmine Steamed Rice

Tapas Atlantique £16.50 pp

A selection of Thai Fishcakes, Butterfly King Prawns, Salmon Goujons, Stuffed Oysters, Honey Panko King Prawns, Deep Fried Squid, Cod Croquettes, Calamari & Prawn Crackers. All Served with a Selection of Dips

5% GST is inclusive of all prices. A 10% Service charge will be added to the bill.