

# A LA CARTE MENU

## APPETIZERS

### Hummus & olives

£8

*Creamy hummus, warm flat bread & mixed marinated olives (VG) (Gluten free available upon request)*

### Calamari

£9

*Crispy salt & pepper squid with homemade garlic aioli (GF)*

### Souvlaki chicken skewers

£10

*Homemade tzatziki, flaked almonds & pickled red onions (GF)*

### Scottish smoked salmon

£10

*Spring vegetables, watercress & herb oil (GF)*

### King Prawns

£11

*Cooked in the shell with garlic & chilli butter, lemon & crusty bread (Gluten free available upon request)*

### Wild mushroom on toast

£11

*Sautéed wild mushrooms, garlic white wine cream sauce, truffle oil and crumbled Dorset blue Vinny (V) (Gluten free available upon request)*

## SHARING BOARDS

### Mezze - £25

*Spiced meat borek, feta & parsley borek, creamy hummus, warm flatbread, falafel, feta cheese, mixed marinated olives, tzatziki & stuffed vine leaves (vegetarian option available - just ask)*

### Seafood - £25

*Salt & pepper squid, smoked salmon, moules mariniere, chilli & garlic king prawns in the shell, fish goujons, served with pickles, garlic aioli and homemade tartare sauce*

## VEGAN & VEGETARIAN

### Sri Lankan style coconut curry - £25

*Mixed roasted vegetables, pickled pink onions & fragrant basmati rice (GF) (VG)*

### Tagliatelle Arabiatta - £15

*Roasted aubergine, courgette and peppers served in a rich tomato & basil sauce*

## MAINS

### GRILL

#### Loch & Quay beef burger

£16

*Chuck and short rib beef burger served in brioche bun, shredded lettuce, tomato, homemade L&Q burger sauce, beer battered onion ring and skin on fries  
Add bacon £1.50 ~ Add cheese £1.50*

#### Grilled chicken burger

£16

*Mediterranean spiced chicken breast served in brioche bun, shredded lettuce, tomato, chilli & tomato jam, beer battered onion ring and skin on fries  
Add bacon £1.50 ~ Add cheese £1.50*

#### 8oz Fillet steak (recommended medium rare)

£32

#### 8oz Ribeye steak (recommended medium)

£29

#### 8oz Sirloin steak (recommended medium rare)

£26

*Served with skin on fries, grilled cherry vine tomato, flat mushroom & beer battered onion ring  
Steak sauces: £3 each.  
- Peppercorn  
- Wild mushroom & truffle  
- Red wine sauce  
- Chimichurri*

#### New season Romsey lamb cutlets

£24

*Served with a Mediterranean style cracked bulgur wheat salad. Tahini & yoghurt dressing pickled pink onions & toasted almonds*

#### Chicken schnitzel

£22

*Crispy fried chicken breast served with spring vegetables, Jersey royal potatoes, herb dressing & yoghurt sauce*

### SEAFOOD

#### Fish & chips

£17

*Beer battered haddock, chunky chips, mushy garden peas & home made tartare sauce (GF)*

#### Seafood tagliatelle

£19

*Tiger prawns, mussels and clams served in a creamy cherry tomato, chilli and garlic sauce*

#### Moules frites

£17

*Rope grown Cornish mussels served in a creamy white wine & garlic sauce. Served with skin on fries (GF)*

#### Fish curry

£20

*Sri Lankan style haddock & shellfish coconut curry, served with pink pickled onions & fragrant basmati rice*

#### Catch of the day

*Please ask your server for todays catch*

### SIDES

#### Buttered Jersey royals

£4

#### Sauteed courgettes with chilli, mint & toasted flaked almonds

£4

#### Mediterranean spiced fries

£4

#### Spring vegetables

£4

#### Garden tomato salad

£4

### SUNDAY ROAST from £18

*Served Sundays from 12pm till the last slice.  
Voted best roast in Christchurch by our mum...*

LOCH & QUAY

### Allergen Advice

*Please make a member of the team aware of any allergies before ordering. We will make every effort to accommodate your dietary needs, but run an open kitchen so cannot guarantee that any item will be 100% allergen free. Some of our foods may contain traces of nuts.*



# DRINKS MENU

## THE SPARKLERS

<b>Moet Chandon Champagne</b>	Bottle	£55
<b>Prosecco Bel Canto, Italy</b>	Glass £8	Bottle £32
<i>Fresh &amp; crisp with hints of peach, pear &amp; elegant zest</i>		
<b>Quay Royal</b>	Glass	£9
<i>Raspberry Chambord liqueur and Prosecco</i>		
<b>Passion Fruit Bellini</b>	Glass	£9
<i>Passion fruit liquor &amp; prosecco</i>		

## THE WHITES

<b>Kokako, marlborough, Sauvignon Blanc, New Zealand</b>	Glass £9	Bottle £36
<i>Passion fruit &amp; citrus,intense kiwi Sauvignon with bright clean finish</i>		
<b>Crescendo Pinot Grigio, Italy</b>	Glass £8	Bottle £27
<i>Hints of perfume pear drops, stone fruit &amp; lime zest</i>		
<b>Michel Servin Blanc, France</b>	Glass £7.5	Bottle £25
<i>Zesty citrus with hints of stone fruit on the palate</i>		
<b>Chablis, Domaine Passy Le Clou</b>	Bottle	£40
<i>Fresh &amp; harmonious, with nicely focused green fruit character &amp; an elegant mineral texture</i>		
<b>Picpoul De Pinet, Isabelle, France</b>	Bottle	£36
<i>Fresh floral aromas, which will compliment our delicious seafood dishes</i>		

## THE REDS

<b>Vista Plata, Malbec, Argentina</b>	Glass £8.5	Bottle £32
<i>Palate is rich and warming with black fruit, plums &amp; cherries</i>		
<b>Pavillon, Trois Arches, Merlot, France</b>	Glass £8	Bottle £27
<i>Rich full bodied red wine, deep flavours of plums, blackberries and a touch of spice, round, soft finish</i>		
<b>Michel Servin Blanc, France</b>	Glass £7.5	Bottle £25
<i>Light to medium soft, jammy blackberry &amp; raspberry flavours</i>		
<b>Amarone Classico, Della Valpolicella, Classico, Italy</b>	Bottle	£50
<i>A full bodied old vine fruit, which a luscious forest fruit finish</i>		
<b>Beronia, Rioja Reserva, Spain</b>	Bottle	£38
<i>Intense flavours of black fruits, liquorice, chocolate and cloves</i>		

## LOCHTAILS

<b>Aperol Spritz</b>	£9
<i>Aperol, prosecco &amp; soda</i>	
<b>Espresso Martini</b>	£9
<i>Freshly ground espresso shot, coffee liqueur &amp; vodka</i>	
<b>Sex on the Quay</b>	£9
<i>Passion &amp; coconut liqueur, pineapple and vodka</i>	
<b>The Godfather</b>	£9
<i>Amaretto Liquor with bourbon whiskey, dash of coke &amp; lime</i>	
<b>Jammy Dodger Shot</b>	£4.5
<i>Raspberry liqueur, cream &amp; sugar shot</i>	
<b>Rhubarb &amp; Raspberry G&amp;T</b>	£9
<i>Rhubarb gin, Chambord &amp; Fevertree ginger ale</i>	

## BEERS & CIDER

<b>Estrella Draught</b>	Pint £6	Half pint £3.5
<b>Dorset Draft Cider</b>	500ml	£6
<b>Dorset Blush Cider</b>	500ml	£6
<b>Ringwood 49er Ale</b>	500ml	£6
<b>Corona</b>	500ml	£5
<b>Peroni</b>	500ml	£5
<b>Heineken Alkoholfrei</b>	500ml	£4
<i>non alcoholic</i>		

## THE ROSES

<b>Two birds one stone rose, South of France</b>	Glass £7.5	Bottle £25
<i>Easy drinking wine full of summer fruit flavours with a dash of sweet spice</i>		
<b>Minuty Rose</b>	Bottle	£33
<i>With notes of strawberries and cream &amp; an elegant finish</i>		

## SOFT DRINKS

<b>Coca Cola</b>	£3.5
<b>Diet Coke</b>	£3.5
<b>J2O Orange &amp; Passionfruit</b>	£3.5
<b>Sprite Lemonade</b>	£3.5
<b>Juices</b>	£3
<i>Apple, Pineapple, Orange or Cranberry</i>	