

Menu

BREAKFAST

BREAKFAST ROLLS £5.95

A choice of bacon 402kcal, Cumberland pork sausage 466kcal or vegan Cumberland sausage 361kcal (VG)

Add any additional items to your breakfast: **£2.00**

Avocado 164kcal (VG), bacon 213kcal, Cumberland pork sausage 134kcal, fried egg 205kcal, hash brown 135kcal (VG), mushroom 42kcal (VG), baked beans 37kcal (VG), black pudding 165kcal

TOAST

Two slices of white or malted bloomer bread
(NG available).

PRESERVES & SPREADS £2.50

Tiptree Jam 345kcal (VG)
Marmalade 351kcal (VG)
Nutella 411kcal
Marmite 354kcal (VG)

EGGS £5.50

Fried 438kcal
Poached 386kcal
Scrambled 517kcal

PORRIDGE 459kcal/413kcal/266kcal £3.95 (V)

Freshly made porridge made with whole, skimmed or oat milk, served with honey.

Add an additional topping: **£2.00 (V)**

Fruit compote 18kcal, banana & cinnamon sugar 152kcal

BELGIAN WAFFLES £5.50 562kcal

Two toasted Belgian waffles served with cinnamon sugar & honey.

Add additional topping: **£2.00**

Banana & toffee sauce 134kcal, Nutella 272kcal, fruit compote & Greek yoghurt 96kcal

MUFFINS £8.50

Eggs Benedict 685kcal
Toasted English muffin topped with home cooked ham, two poached eggs and hollandaise sauce.

Eggs Florentine 298kcal (V)
Toasted English muffin topped with wilted spinach, two poached eggs and hollandaise sauce.

Smashed Avocado 499kcal (V)
Toasted English muffin with chilli & lime topped with two poached eggs.

PLEASE ASK A MEMBER OF OUR TEAM
IF YOU WOULD LIKE A KID'S MENU

SOUP

PLEASE ASK FOR TODAY'S SOUP £4.50

Served with half a baguette.

SANDWICHES, WRAPS AND FLATBREADS

All sandwiches are served on malted bread as standard (white or gluten free bread available (NG) served with crisps and dressed leaves.

Upgrade to Baguette £2.50

Swap Crisps to Fries 259kcal **£2.00 (V)**, Cajun Fries 204kcal **£2.25 (V)** or Sweet Potato Fries 188kcal **£2.50 (V)**

FALAFEL WRAP 498kcal **£7.50 (VG)**

Sweet potato falafel with harissa, houmous and spinach leaves.

VEGAN DUCK WRAP 445kcal **£8.95 (VG)**

Vegan shredded duck with hoisin sauce and crunchy cucumber.

SPICY CHICKEN WRAP **£9.50**

A choice of grilled 483kcal, breaded 658kcal or vegan chicken strips 560kcal (VG) with mixed leaves and sweet chilli sauce.

CHEDDAR CHEESE AND PICKLE SANDWICH 821kcal **£7.50**

Sliced mature cheddar cheese and pickle.

HAM SALAD SANDWICH 670kcal **£7.95**

Home cooked ham with Cos lettuce, tomato, Dijon mayonnaise.

FISH FINGER SANDWICH 1078kcal **£8.95**

Chunky fish fingers and tartare sauce.

BLT 583kcal **£8.95**

Thick cut dry cured bacon with lettuce and tomato.

PRAWN AND LEMON MAYONNAISE SANDWICH 736kcal **£8.95**

Prawns tossed in paprika & lemon mayonnaise.

FLATBREAD **£9.95**

Toasted flatbread with houmous, crunchy vegetables, coconut & mint yoghurt, pomegranate seeds and coriander leaves, with your choice of:

Grilled Chicken 681kcal

Falafel 799kcal (VG)

Halloumi 924kcal (V)

Add a second topping for **£3.00**

ON THE SIDE

FRIES 512 kcal (V)

£3.50

GARLIC BREAD 385 kcal (V)

£3.50

FRIES TOPPED WITH MELTED CHEESE 720 kcal (V)

£4.50

GARLIC BREAD WITH CHEESE 459 kcal (V)

£4.50

CAJUN FRIES 512kcal (V)

£3.75

MIXED LEAF SALAD 30 kcal (V)

£2.50

BEER BATTERED ONION RINGS 264 kcal (V)

£4.00

SWEET POTATO FRIES 472 kcal (V)

£3.95

MAIN DISHES

OMELETTE ^{240kcal} £9.50

A three egg free range omelette with a choice of two fillings, served with dressed salad leaves or fries.

Choose 2 options from:

Ham ^{79kcal}, cheese ^{68kcal}, tomato ^{5kcal} (VG),
spinach ^{8kcal} (VG), grilled chicken ^{77kcal},
mushrooms ^{21kcal} (VG), bacon ^{213kcal},
avocado ^{164kcal} (VG)

THE CLUB SALAD (VG)

Mixed leaves, cucumber, cherry tomatoes with a light Italian dressing

With your choice of:

Smoked Mackerel ^{364kcal} £12.50

Grilled Chicken Breast ^{197kcal} £10.95

Chargrilled Halloumi ^{429kcal} £10.95(V)

Avocado ^{269kcal} £9.95(VG)

JACKET POTATO ^{222kcal}

A freshly baked jacket potato served with a lightly dressed mixed leaf salad.

With your choice of:

Beans & Cheese ^{230kcal} £7.50 (VGA)

Tuna Mayo ^{217kcal} £7.95

Chilli con Carne ^{327kcal} £8.50

Coronation Chicken ^{407kcal} £8.50

Prawn Mayo ^{268kcal} £8.50

Add an additional topping £2.00

Beans ^{37kcal}, cheese ^{68kcal} (VGA - 91kcal)

Add an additional topping £3.00

Grilled chicken ^{77kcal}, tuna mayo ^{217kcal},
chilli con carne ^{327kcal},

Coronation chicken ^{407kcal}, prawn mayo ^{62kcal}

BUDDHA BOWL ^{615kcal} £10.95 (VG)

Brown rice, roasted sweet potato, broccoli & chickpeas, fresh spinach leaves, sliced radish and topped with crunchy seeds with a tahini dressing.

SMOOTHIES

ALL SMOOTHIES £4.20

Our smoothies are blended with Orchard grove apple juice

Strawberry Split

Strawberries & Banana. ^{159kcal}

Pash 'N' Shoot

Mango, Pineapple & Passionfruit. ^{148kcal}

Berry-Go Round

Strawberry, Blackberry & Raspberry. ^{148kcal}

Blueberry Thrill

Raspberry, Blueberry, banana & Flax seed. ^{165kcal}

Coco Loco

Mango, Pineapple, coconut, Lime & Mint. ^{177kcal}

Big 5

Pineapple, Mango, Strawberry & Kiwi. ^{141kcal}

TO ORDER YOUR FOOD AND DRINK

Take a note of your table number and order at the bar. All food and drinks will be delivered to your table.

IF YOU'RE A MEMBER
DON'T FORGET YOUR
MEMBERSHIP CARD TO RECEIVE
10% OFF YOUR ORDER.



SHARE YOUR FEEDBACK WITH US TODAY

Your feedback helps us to shape your experience.

Feel free to tell us what we do well, where we can improve or mention any team members that have provided excellent service. Scan the QR code to complete a short survey and share your experience today.

(V) Vegetarian, (VG) Vegan, (NG) No Gluten, (VGA) Vegan alternative available

We are only accepting card payment as a method of payment.

Adults need around 2000 kcal a day.

Allergens: *If you have a specific allergen requirement please ask our team for information on the dishes in this menu (V) Vegetarian, (VG) Vegan, (NG) Gluten free. Please note our kitchens work with gluten containing products so we can not guarantee that our dishes will be free of gluten traces. All weights are approximate prior to cooking. Some items on the menu may contain genetically modified soya or maize and some of our products may contain nuts or derivatives. Please ask our staff for further information.*



THE CLUB COMPANY