

## Mern

## B REAKFAST

## THE CLUB BREAKFAST 988kcal £11.50

Two rashers of grilled thick dry cured bacon, two Cumberland pork sausages, hash brown, baked beans, mushrooms and eggs cooked to your liking, served with toasted malted or white bloomer bread.

## THE SMALLER BREAKFAST 506kcal £7.95

One rasher of grilled thick dry cured bacon, one Cumberland pork sausage, baked beans and egg cooked to your liking, served with toasted malted or white bloomer bread.

## THE VEGETARIAN CLUB BREAKFAST 570kcal £10.95 (V) (VGA)

Two vegan Cumberland sausages, hash brown, baked beans, mushrooms and eggs cooked to your liking, served with toasted malted or white bloomer bread.

## BREAKFAST ROLLS £5.95

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

## Add any additional items to your breakfast: $£ \mathbf{2 . 0 0}$

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

## TOAST

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

## PRESERVES \& SPREADS £2.50

Tiptree Jam 345kcal (VG)
Marmalade 351kcal (VG)
Nutella 411 kcal
Marmite 354kcal (VG)
EGGS £5.50
Fried 438kcal
Poached 386kcal
Scrambled 517kcal

## TOASTED TEACAKE WITH BUTTER 325kcal £1.95 <br> TOASTED TEACAKE WITH TIPTREE JAM 362 kcal £2.50

PORRIDGE $459 \mathrm{kcal} / 413 \mathrm{kcal} / 266 \mathrm{kcal} \mathbf{£ 3 . 5 0}$ (V)
Freshly made porridge made with whole, skimmed or oat milk, served with honey.
Add an additional topping: £2.00 (V)
Fruit compote 18 kcal , banana \& cinnamon sugar 152 kcal

## SOUP

## PLEASE ASK FOR TODAY'S SOUP £4.50

Served with half a baguette.

## SANDWICHES AND WRAPS

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

## SPICY CHICKEN WRAP $\mathbf{£ 8 . 9 5}$

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

## CHEDDAR CHEESE AND PICKLE

SANDWICH $821 \mathrm{kcal} \mathbf{£ 7 . 5 0}$
Sliced mature cheddar cheese and pickle.

## HAM SALAD SANDWICH 670kcal £7.50

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

## BAGUETTES

Freshly baked white or wholemeal baguette served with fries and dressed leaves.

## STEAK BAGUETTE 981kcal £12.50

Flash grilled bavette steak with grilled onions and Dijon mayonnaise.

TUNA BAGUETTE 719kcal £9.95
Grilled tuna mayonnaise topped with melted mature cheddar cheese and sweet chilli sauce.

CHICKEN, BACON \& MAYO 741kcal £9.95
Grilled chicken breast \& thick cut bacon mixed with mayonnaise.

CORONATION CHICKEN 986kcal £9.95 Shredded chicken with a curried mayonnaise, mango chutney and sultana sauce.

FISH FINGER SANDWICH $1078 \mathrm{kcal} \mathbf{£ 8 . 5 0}$
Chunky fish fingers and tartare sauce.
BLT 583kcal £8.95
Thick cut dry cured bacon with lettuce and tomato.

## PRAWN AND LEMON MAYONNAISE SANDWICH 736 kcal £8.50

Prawns tossed in paprika \& lemon mayonnaise.

## B URGERS

All served on a lightly toasted brioche roll with pickled gherkins, sliced beef tomato, Cos lettuce, burger sauce \& fries. Naked option available.

6OZ CHEESEBURGER 909kcal £11.95
CHICKEN BURGER 866 kcal £ 11.95
Grilled chicken breast with thick cut dry cured bacon, cheese and barbecue sauce.

## MOVING MOUNTAINS VEGAN

 CHEESEBURGER $768 \mathrm{kcal} £ 11.95$ (VG)
## Add additional items: $£ \mathbf{2 . 0 0}$

Avocado 164kcal (VG), bacon 213kcal, fried egg 205kcal, Monterey Jack cheese 68kcal, Vegan cheese 91kcal (VG)

Add additional items: $\mathbf{£ 3 . 0 0}$
Grilled chicken breast 77 kcal

## MAIN DISHES

## HAM AND EGGS 507kcal £9.95

Home cooked ham with two fried eggs and fries.
CLASSIC SCAMPI 439kcal £9.95
Crispy scampi with fries, garden peas and tartare sauce.

STEAK AND EGGS 383kcal £12.50
Grilled $40 z$ steak, with wilted spinach, grilled tomatoes and poached eggs.

## PASTA £9.95

Freshly cooked rigatoni pasta with roasted vegetables and your choice of:
Pesto 432kcal (V)
Spicy Tomato \& Basil 366kcal (VG)
Creamy Garlic \& Herb 452kcal (VG)
Add chicken 77 kcal £3.00
JACKET POTATO 222kcal
A freshly baked jacket potato served with a lightly dressed mixed leaf salad.
With your choice of:
Beans \& Cheese 230kcal £6.95 (VGA)
Tuna Mayo 217kcal £7.95
Chilli con Carne 327kcal £8.50
Coronation Chicken $407 \mathrm{kcal} £ 8.50$
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 77 kcal , tuna mayo 217 kcal , chilli con carne 327 kcal ,
Coronation chicken 407 kcal , prawn mayo 62 kcal

## CLUB FAVOURITES

BIG STACK 1240kcal £15.95
$60 z$ beef patty, topped with Monterey Jack cheese, crispy bacon, Cos lettuce, beef tomato, red onion, pickled gherkins, homemade burger sauce and onion rings, served with fries.

PLANT BURGER 928kcal £15.95 (VG)
A Moving Mountains vegan burger, melted vegan cheese, Cos lettuce, beef tomato, red onion, pickled gherkins, homemade burger sauce and onion rings, served with fries.
CLUB SANDWICH 1091kcal £12.50
Triple deck sandwich with grilled chicken breast, back bacon, Cos lettuce, mayonnaise on toasted bread, served with fries.

## SNACKING/SHARING 3 FOR £15 OR £6 EACH

Chicken Wings - Spicy Buffalo 477kcal or Plain Roasted 341kcal

Cheesy Jalapenos 532kcal
Halloumi Bites with Sweet Chilli Sauce 572kcal
Calamari with Garlic Mayo 415kcal
Buffalo Cauliflower Bites 240 kcal
Mini Bhaji with Mango Chutney 316kcal

FRIES 512 kcal (V)
FRIES TOPPED WITH
MELTED CHEESE 720 kcal (V)
CAJUN FRIES $512 \mathrm{kcal}(\mathrm{V})$
BEER BATTERED
ONION RINGS 264 kcal (V)

GARLIC BREAD 385 kcal (V) GARLIC BREAD
WITH CHEESE 459 kcal (V)

SWEET POTATO FRIES 472 kcal (V) £3.95
£3.50
£4.50
£2.50

## 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) No Gluten. (NG) - We work with gluten in our kitchens and the same fryers are used for gluten containing ingredients. (V) \& (VG) - please note fried products are produced using the same fryer. 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.

