

# The Club Menu

## BREAKFAST

### THE CLUB BREAKFAST 988kcal £11.95

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 £8.25

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





### THE VEGETARIAN CLUB BREAKFAST 570kcal £11.50

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 485kcal, Cumberland pork sausage 681kcal or vegan Cumberland sausage 461kcal 




Add any additional items to your breakfast: £2.00

Avocado 164kcal , bacon 177kcal, Cumberland pork sausage 248kcal, fried egg 205kcal, hash brown 135kcal , mushroom 42kcal , baked beans 37kcal , black pudding 165kcal

### TOAST

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

### Preserves & Spreads £2.50

Tiptree Jam 345kcal   
Marmalade 351kcal   
Nutella 411kcal  
Marmite 354kcal 

### Eggs £5.50

Fried 438kcal  
Poached 386kcal  
Scrambled 517kcal

Toasted Teacake with Butter 325kcal £1.95  
Toasted Teacake with Tiptree Jam 362kcal £2.50

### MUFFINS £8.50

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

### Eggs Florentine 604kcal

Toasted English muffin topped with wilted spinach, two poached eggs and hollandaise sauce.

### Smashed Avocado 551kcal

Toasted English muffin with chilli & lime topped with two poached eggs.

### PORRIDGE 459kcal / 413kcal / 266kcal £3.95

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

Add an additional topping: £2.00 

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

## SANDWICHES, WRAPS AND FLATBREADS

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

### Upgrade to Baguette £2.50

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


### FALAFEL WRAP 498kcal £7.50

Sweet potato falafel with harissa, houmous and spinach leaves.

### VEGAN DUCK WRAP 445kcal £8.95

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  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, rocket leaves 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 

Halloumi 924kcal 

Add a second topping for £3.00

## BAGUETTES

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

### STEAK BAGUETTE 981kcal £12.95

Flash grilled minute 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.

## SOUP

### PLEASE ASK FOR TODAY'S SOUP £4.50

Served with half a baguette.

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

All our eggs are free range and our meat is red tractor approved.



THE CLUB COMPANY

## MAIN DISHES

### HAM AND EGGS 507kcal £10.50

Home cooked ham with two fried eggs and fries.

### CLASSIC SCAMPI 439kcal £10.50

Crispy scampi with fries, garden peas and tartare sauce.

### STEAK AND EGGS 383kcal £12.50

Grilled 4oz 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

Spicy Tomato & Basil 366kcal

Creamy Garlic & Herb 452kcal

Add chicken 77kcal £3.00

### 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 , spinach 8kcal ,

grilled chicken 77kcal, mushrooms 21kcal , bacon 177kcal,

avocado 164kcal

### THE CLUB SALAD

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

Avocado 269kcal £9.95

### BUDDHA BOWL 482kcal £10.95

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

### JACKET POTATO 71kcal

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

With your choice of:

Beans & Cheese 230kcal £7.50

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 ( 91kcal)

Add an additional topping £3.00

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

Coronation chicken 407kcal, prawn mayo 62kcal

THE SIDE	PRICE	KCAL	VEG
FRIES	£3.50	512 kcal	
FRIES TOPPED WITH MELTED CHEESE	£4.50	720 kcal	
CAJUN FRIES	£3.75	512kcal	
BEER BATTERED ONION RINGS	£4.00	264 kcal	
GARLIC BREAD	£3.50	385 kcal	
GARLIC BREAD WITH CHEESE	£4.50	459 kcal	
MIXED LEAF SALAD	£2.50	30 kcal	
SWEET POTATO FRIES	£3.95	472 kcal	

## 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.

## CLUB FAVOURITES

### BIG STACK 1342kcal £15.95

6oz 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

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 892kcal £12.50

Triple deck sandwich with grilled chicken breast, back bacon, Cos lettuce, mayonnaise on toasted bread, served with fries.

## BURGERS

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 £12.50

### CHICKEN BURGER 866kcal £12.50

Grilled chicken breast with thick cut dry cured bacon, cheese and barbecue sauce.

### MOVING MOUNTAINS VEGAN CHEESEBURGER 768kcal £12.50

Add additional items: £2.00

Avocado 164kcal , bacon 177kcal, fried egg 205kcal, Monterey Jack cheese 68kcal, Vegan cheese 91kcal

Add additional items: £3.00

Grilled chicken breast 77kcal

## 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 458kcal

Calamari with Garlic Mayo 510kcal

Buffalo Cauliflower Bites 240kcal

Mini Bhaji with Mango Chutney 504kcal

Vegetarian, Vegan, Gluten free,

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 () Vegetarian, () Vegan, () 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.