

# All Day Dining

<b>Selection of toasted breads</b> Served with preserves. Add 2 eggs for <b>£2.50</b>	<b>2.50</b>
<b>Pastries</b> (from 346 kcal)	<b>2.75</b>
<b>Croissants</b> (from 346 kcal) <i>VG option available</i>	<b>2.75</b>
<b>Doughnuts</b> (from 452 kcal)	<b>2</b>
<b>Hazelnut beignet</b> (428 kcal)	<b>1.25 each</b>
<b>Muffins</b> (from 383 kcal)	<b>3.50</b>
<b>Foxhills pecan &amp; cranberry granola with natural yogurt &amp; berries</b> (246 kcal) <b>AG</b>	<b>6</b>
<b>Overnight oats</b> (351 kcal) <b>VG AG DF</b> Coconut & berries	<b>6.50</b>
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<b>Oak smoked salmon, creamy scrambled eggs</b> (605 kcal) <b>AG</b> With rocket & lemon	<b>12.50</b>
<b>Mushroom &amp; Avocado Bowl</b> (434 kcal) <b>VG AG</b> Roasted mushrooms, avocado & cherry tomatoes	<b>9</b>
<b>Foxhills houmous, sun-blushed tomatoes, avocado</b> (925 kcal) <b>DF VG</b> <i>AG option available</i> On sourdough toast with black sesame seeds	<b>10</b>
<b>Spicy borlotti beans, spinach &amp; roasted mushrooms</b> (397 kcal) <b>DF VG</b> <i>AG option available</i> On sourdough toast with nigella seeds & chilli flakes	<b>9.50</b>
<b>Sweet potato jacket</b> (653 kcal) <b>VG AG</b> With plant-based whipped feta, spinach & sundried tomatoes	<b>10</b>
<b>Linguine arrabiata</b> (527 kcal) <b>DF VG</b> Tomato, chilli, basil sauce with vegan style parmesan	<b>10</b>
<b>Salmon &amp; prawn linguine</b> (799 kcal) <b>DF</b> With tomato, chilli, basil sauce	<b>15</b>
<b>Chicken shawarma</b> (689 kcal) Labneh, flat bread & tabbouleh, chive oil	<b>13.50</b>
<b>Mushroom &amp; aubergine shawarma</b> (452 kcal) <b>V</b> Labneh, flat bread & tabbouleh, chive oil	<b>10</b>

## Burgers

**16.50**

With sourdough roll, cos lettuce, beef tomato & red onion, gherkin, burger relish & fries *AG option available*

**Plant-based vegan burger** (853 kcal) **VG**

**Prime beef burger** (1,061 kcal) **DF**

**Chilli, garlic & herb chicken burger** (934 kcal) **DF**

Add 2 slices of streaky bacon (175 kcal) for **£2.50**

Add smoked cheese (172 kcal) for **£2**

Add half an avocado (170 kcal) for **£2.50**

## Salads

**Daily selection**

**7**

For **£5**, add:

**Poached salmon** (217 kcal) **DF AG**

**Shawarma chicken thighs** (423 kcal) **DF AG**

**Plant-based feta cheese** (202 kcal) **VG DF**

## Extras

**2 eggs of your choice** (from 157 kcal) **AG DF** **2.50**

**Crispy chorizo** (272 kcal) **2**

**Half an avocado** (170 kcal) **AG DF VG** **2.50**

**2 slices of streaky bacon** (175 kcal) **AG DF** **2.50**

**Smoked cheese** (172 kcal) **2**

**Sourdough roll** (360 kcal) *AG option available* **3.50**

**2 sausages** (257 kcal) **DF** **2.50**

**Garlic bread** (517 kcal) **2.50**

## Fries

**4.75**

**Simply sea salted fries** (380 kcal)

**Spicy piri-piri fries** (387 kcal)

**Rosemary & sea salt** (380 kcal)

## Sandwiches

Choose from white or granary bloomer or gluten-free bread

**Smoked salmon, cucumber, dill & caper cream cheese** (543 kcal) **10**

**Cheese, tomato, pesto & cos lettuce** (861 kcal) **V** **7.50**

**Honey roast ham, whole grain mustard, cos lettuce & tomato** (514 kcal) **DF** **7.50**

**Pastrami, gherkin, coleslaw, rocket & horseradish** (690 kcal) **DF** **10**

MEMBERS RECEIVE

**15% DISCOUNT**

ON PRESENTATION OF YOUR MEMBERSHIP CARD

# Children's Menu

## Little Breakfast (available until 11.30am)

**Sausage (481 kcal), streaky bacon (559 kcal) or egg (451 kcal) bap** DF **4**

Add another item at **£1 per item**

**Baked beans on toast (262 kcal)** VG DF **5**

**Free range scrambled eggs on toast (499 kcal)** V **5**  
(Toast dishes served on white or brown)

## Little Lunch (available from 11.30am) **7**

**Beef burger, gem lettuce, tomato (684 kcal)** Add cheese: **£1** AG option available

**Cod goujons (484 kcal)** AG

**Chicken tenders (484 kcal)**

**Macaroni cheese (381 kcal)** V

**Pasta with tomato sauce (775 kcal)** VG

**Cumberland sausages (445 kcal)** DF

### Choose any 2 of the following sides:

Fries, peas, mash potatoes, baked beans, veg sticks, garlic bread, sweetcorn

## Sandwiches **4.50**

Choose from white, granary or gluten-free bread

**Cheese (490 kcal)** V

**Tuna mayonnaise (713 kcal)**

**Cheese & tomato (499 kcal)** V

**Ham (351 kcal)**

**Chicken mayonnaise (544 kcal)**

Adults need around 2,000 Kcal a day. Some dishes on the menu may contain food allergens. Please check our allergen information every time you eat with us as some ingredients may have changed since your last visit. Should you require further information regarding ingredients in a specific dish, please ask a member of the team.

AG AVOIDS GLUTEN V VEGETARIAN VG VEGAN DF DAIRY FREE

**Jude's mini ice creams or sorbets** **5**

Selection of flavours (132 kcal) VG

## Soft serve ice cream

Sweet treats & sauces available. Add toppings: **£1**

**Cone (from 183 kcal)** **3**

**Tub (from 285 kcal)** **4**

**Fruit bowl** **£1 per piece**

Banana, apple, satsuma

**Belgian Waffles (534 kcal)** **8.50**

Add:

**Nutella, berries, sprinkles, maple syrup, chocolate or strawberry sauce**

**Pancakes (from 390 kcal)** AG DF **3 for £5**

Made with free-from-gluten flour, Zero eggs, soya milk & agave nectar

Add your choice of toppings:

**Nutella, berries, sprinkles, maple syrup, chocolate or strawberry sauce**

Add additional pancakes for **£2 each (130 kcal)**

# Flo's