

# NORTH FORELAND BAR MENU

Served Monday to Saturday 10am – 3pm  
For dish and sandwich of the day, ask your bar staff

## BREAKFAST OPTIONS

	Price	Members Price
<i>Breakfast options served between 10am &amp; 12noon only</i>		
<u>Full English</u>	£7.70	£6.54
Free range egg, two bacon rashers, sausage, field mushroom, beans, tomato, hash brown & toast. Tea or coffee		
<u>Vegetarian</u>	£7.70	£6.54
Two free range eggs, vegetarian sausage, field mushroom, beans, tomato, hash brown & toast. Tea or coffee		
<u>Freshly baked baguette</u>	£4.20	£3.57
Sausage or bacon or egg or tomato or mushrooms		
<u>Floured bag</u>	£3.90	£3.32
Sausage or bacon or egg or tomato or mushrooms		
<u>On toast</u>	£2.90	£2.47
Mushrooms, tomatoes, scrambled, poached or fried egg		
<u>One uncut toast &amp; preserves</u>	£1.99	£1.69
Jam or marmalade & butter		
<u>Individual items each</u>	£0.70	£0.59
Sausage, egg, bacon, tomato, mushroom or beans		



## SANDWICHES AND BAGUETTES

All garnished with salad & crisps		
Please select white or malted bread for sandwiches		
Mature cheddar cheese & red onion marmalade	£3.80	£3.23
Ham & grain mustard	£3.99	£3.39
Roast beef & horseradish	£3.99	£3.39
Roast chicken with mayonnaise	£3.99	£3.39
Tuna mayonnaise & cucumber	£3.80	£3.23
Free range egg mayonnaise	£3.80	£3.23
Prawns in Marie rose sauce	£4.30	£3.67
B.L.T, bacon lettuce & tomato	£4.30	£3.67

## Ciabatta

A toasted ciabatta with Cornish brie & grilled bacon, garnished with salad & crisps	£4.90	£4.16
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November 2017



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TRADITIONAL MEALS	Scampi, chips & peas	£7.40	£6.29
	Chicken goujons, chips & beans	£7.40	£6.29
	Three egg omelette & chips (plain or filled with cheese or ham or mushrooms)	£6.80	£5.78
	Extra omelette fillings	£0.70	£0.59
	Gammon ham, 2 free range eggs & chips	£7.70	£6.54
	Two sausages, chips & beans	£6.80	£5.78
	Traditional mature cheddar cheese ploughman's lunch	£6.80	£5.78



BURGERS	150gram prime beef burger or vegetarian burger served in a brioche bun with steak house fries & salad	£7.90	£6.72
	Extra burger fillings		
	Cheese, bacon, fried onions, gherkins or mushrooms	£0.70	£0.59



LIGHTER OPTIONS	Cheese on toast	£2.30	£1.95
	Cheese & tomatoes on toast	£2.50	£2.12
	Cheese & red onion on toast	£2.50	£2.12
	Button mushrooms on toast	£2.90	£2.47
	Steak house fries	£2.40	£2.04
	Cheesy steak house fries	£2.90	£2.47
	Homemade chefs soup of the day, served with bread & butter	£3.75	£3.19



HOT DRINKS	Pot of tea (for one)	£1.60	£1.36
	Herbal, fruit or decaffeinated teas	£1.80	£1.53
	Pot of coffee (for one)	£1.60	£1.36
	Milky coffee	£1.99	£1.69
	Hot chocolate	£1.60	£1.36

Please note that our dishes may contain one or more of the following allergens;

