

BAR MENU

Served Monday to Friday 8:00am to 11:30am
Saturday & Sunday 8:30am to 11:30am

BREAKFAST

Traditional Full English £13.50 (GF available)

Smoked streaky bacon, Cumberland sausage, field mushroom, grilled tomato, hash brown, baked beans, your choice of eggs, toasted sourdough.

Vegan Breakfast £12.50 (VE)

Vegan sausage, vegan bacon, field mushroom, grilled tomato, hash brown, baked beans, wilted spinach, toasted sourdough.

Smashed Avocado on Toast £10.00 (V) (GF available)

Two free range poached eggs, coriander, chilli, omega seeds.

Eggs Your Way £6.50 (V)

Scrambled, poached or fried on sourdough.

Add: Smoked salmon £4.50 | Smoked bacon £2.00 | Spinach £3.50 | Avocado £4.00

Grilled Halloumi £11.00 (V)

Two poached eggs, baby spinach, grilled tomato, toasted sourdough.

Breakfast Brioche Bun £6.00

Streaky bacon or sausage
OR vegan sausage (VE).

Add: Egg or Mushroom £1.00

Eggs Benedict £10.00

Sliced ham.

Eggs Florentine £10.50 (V)

Buttered spinach.

Eggs Royale £12.00

Smoked salmon.

Two free range poached eggs,
hollandaise sauce, toasted muffin.

American Pancakes £8.00

Smoked streaky bacon, fried egg
and maple syrup OR fresh berries,
banana & Nutella (VE).

Add extras to any dish above only:

Egg, Hash Brown, Tomato OR Mushroom £1.00 | Baked Beans £1.50 | Bacon OR Sausage £2.00
Avocado £4.00 | Spinach £3.50 | Smoked Salmon £4.50

Yoghurt, Granola and Berry Compote £4.00

Greek style natural yoghurt (GF)
OR Coconut yoghurt (GF) (VE)

Porridge £4.00 (GF available)

Banana and toasted almonds OR fresh berries and honey.

Overnight Oats £3.50 (GF) (V)

Soya and mixed berry.

Toast and Preserves £4.00

SMOOTHIES

£4.50 All blended with apple juice (GF) (VE)

Berry Burst

A delicious blend of blueberry and strawberry.

Sweet Melody

A blend of mango, melon and strawberry.

Tropical Delight

A mix of peach, passion fruit and mango.

LATTÉS

Alchemy Superfood Lattés £3.30

(GF) (DF) (VE)

Served with either hot or cold milk.

Turmeric

Mixed with extracts of curcumin, ginger,
organic vanilla, cinnamon and black pepper.

Chai Tea

A calming and relaxing blend of organic tea.

Wickwoods
COUNTRY CLUB, HOTEL & SPA

(V) = Vegetarian | (VE) = Vegan | (GF) = Gluten Free | (DF) = Dairy Free

Please notify your server of any allergies. Please show your membership card to receive your 10% off discount.

BAR MENU

Served Monday & Tuesday 12:00pm to 8:30pm
Wednesday to Saturday 12:00pm to 9:00pm

SANDWICHES

All served on fresh white or brown bread,
with mixed leaves & salted crisps.

On Soughdough 50p. Toasted 75p.

Egg Mayonnaise & Baby Gem £6.50

Hummus & Beetroot £7.00 (VE)

Chicken & Bacon £7.50

Tuna Crunch £7.50

**Smoked Salmon,
Dill Cream Cheese £8.50**

SMALLER PLATES

**Soup of the Day and Toasted Focaccia
£7.00 (GF available)**

**Toasted Pitta Bread, Pickled Red Onion
and Hummus £7.00 (V)**

**Panko Prawns with
Sweet Chilli Sauce £7.50**

**Teriyaki Pork Bites
and Asian Salad £7.50**

**Baked Camembert, Toasted Ciabatta
and Red Onion Marmalade £12.00**

MAIN COURSES

**Tuna Melt Ciabatta,
Mixed Leaf and Fries £12.00**

**Fish Finger Toasted Brioche Bap,
Pickled Red Onion, Baby Gem,
Tartare Sauce and Fries £13.00**

**Crispy Chicken Burger, Garlic Mayonnaise,
Baby Gem, Tomato and Fries £15.50
(GF available)**

**8oz Trenchmore Beef Burger, Brioche Bun,
Sweet Chilli Jam, Gherkin, Tomato,
Baby Gem and Fries £16.00 (GF available)**

Add: Cheddar £2.00 | Smoked Bacon £2.00
Field Mushroom £1.00

**Beer Battered Haddock, Chunky Chips,
Crushed Peas and Tartare Sauce £16.50
(DF) (GF)**

**Roasted Pumpkin, Butternut Squash
& Sage Pearl Barley Risotto, Rocket,
Parmesan £16.00 (VE)**

SIDES

Parmesan & Truffle Fries £5.50 (V) (GF)

Chunky Chips £3.50 (VE) (GF)

Sweet Potato Fries £4.50 (VE) (GF)

Mini Greek Salad £5.00 (V)

SALADS

**Caesar Salad, Baby Gem,
Croutons, Parmesan £9.00 (V)**

**Kimchi, Sesame Quinoa, Soy Beans,
Rocket, Avocado, Omega Seeds
and Citrus Dressing £13.50 (VE) (GF)**

**Superfood Salad – Roasted Sweet Potato,
Pickled Beetroot, Flaked Almonds, Boiled
Egg and Spinach £13.00 (GF) (VE available)**

Add: Anchovies £1.50

Bacon £2.00

Char Grilled Chicken £4.00

Crispy Halloumi £3.50

Smoked Salmon £4.50

Panko Prawns £4.50

Wickwoods
COUNTRY CLUB, HOTEL & SPA

(V) = Vegetarian | (VE) = Vegan | (GF) = Gluten Free | (DF) = Dairy Free
Please notify your server of any allergies. Please show your membership card to receive your 10% off discount.