

# OUTDOOR POOL MENU

## SANDWICHES

Served on a choice of Granary, Wholemeal or White Sliced Bread, White or Brown Gluten Free Bread with Red Cabbage Slaw and Potato Crisps

<b>EGG MAYONNAISE AND CRESS (V)</b>	13.75
White 887 Kcal   Wholemeal 888 Kcal   Granary 894 Kcal   GF White 910 Kcal   GF Brown 918 Kcal	
<b>CHEDDAR CHEESE AND CHUTNEY (V)</b>	13.75
White 1088 Kcal   Wholemeal 1089 Kcal   Granary 1105 Kcal   GF White 1121 Kcal   GF Brown 1129 Kcal	
<b>HAM AND MUSTARD</b>	15.5
White 627 Kcal   Wholemeal 628 Kcal   Granary 644 Kcal   GF White 660 Kcal   GF Brown 668 Kcal	
<b>CHICKEN, LETTUCE AND TOMATO</b>	15.5
White 620 Kcal   Wholemeal 621 Kcal   Granary 637 Kcal   GF White 653 Kcal   GF Brown 661 Kcal	
<b>CORONATION CHICKEN</b>	15.5
White 887 Kcal   Wholemeal 888 Kcal   Granary 894 Kcal   GF White 910 Kcal   GF Brown 918 Kcal	
<b>TUNA MAYONNAISE AND CUCUMBER</b>	15.5
White 776 Kcal   Wholemeal 777 Kcal   Granary 793 Kcal   GF White 809 Kcal   GF Brown 817 Kcal	
<b>ROASTED SIRLOIN OF BEEF AND HORSERADISH SAUCE</b>	17
White 753 Kcal   Wholemeal 754 Kcal   Granary 770 Kcal   GF White 786 Kcal   GF Brown 794 Kcal	
<b>PRAWNS AND MARIE ROSE SAUCE</b>	17
White 754 Kcal   Wholemeal 755 Kcal   Granary 771 Kcal   GF White 787 Kcal   GF Brown 795 Kcal	
<b>CORNISH CRAB AND MAYONNAISE</b>	17
White 1028 Kcal   Wholemeal 1029 Kcal   Granary 1045 Kcal   GF White 1061 Kcal   GF Brown 1069 Kcal	
<b>SMOKED SALMON AND CREAM CHEESE</b>	17
White 792 Kcal   Wholemeal 793 Kcal   Granary 809 Kcal   GF White 825 Kcal   GF Brown 833 Kcal	
<b>HUMMUS AND ROASTED PEPPER (VE)</b>	13.75
White 692 Kcal   Wholemeal 693 Kcal   Granary 709 Kcal   GF White 725 Kcal   GF Brown 733 Kcal	
<b>VEGAN SMOKED CHEESE AND CHUTNEY (VE)</b>	13.75
White 904 Kcal   Wholemeal 905 Kcal   Granary 921 Kcal   GF White 937 Kcal   GF Brown 945 Kcal	

## LIGHT BITES

<b>PRAWN COCKTAIL 412 Kcal</b>	20
Prawns, Marie Rose Sauce, Baby Gem Lettuce, Lemon, Brown Bread and Butter	
<b>SMOKED SALMON 795 Kcal</b>	20
Cream Cheese, Lemon, Caper and Samphire Salad, Bread	
<b>LOCAL CRAB AND MAYONNAISE SALAD 855 Kcal</b>	23
Grapefruit, Samphire, Capers, Pickled Red Onion, Bread	
<b>GOATS CHEESE AND BEETROOT (V) 753 Kcal</b>	17
Orange, Hazelnut Salad	
<b>VEGAN GREEK STYLE CHEESE AND BEETROOT (VE) 707 Kcal</b>	17
Orange, Hazelnut Salad	
<b>CORONATION CHICKEN SALAD 498 Kcal</b>	20
Sultanas, Dried Apricots, Almonds	
<b>CURED MEAT PLATTER 1137 Kcal</b>	20
Hummus, Olives, Gherkins, Roasted Pepper, Bread	
<b>TABBOULEH AND BROCCOLI SALAD 168 Kcal</b>	
With Herb Roast Salmon 478 Kcal or Chicken 354 Kcal	20
Or with Tofu (VE) 214 Kcal	17

## SIDE DISHES

<b>FRITES 404 Kcal</b>	7	<b>MIXED LEAF SALAD 20 Kcal</b>	4
<b>CHUNKY CHIPS 432 Kcal</b>	7	<b>GARLIC CIABATTA AND CHEESE 1041 Kcal</b>	7
<b>GARLIC CIABATTA 876 Kcal</b>	6	<b>BREAD ROLL AND BUTTER 380 Kcal</b>	2

Our Outdoor Pool Menu is available from 12pm-5pm. Prices are shown in sterling and are per person. Tea, coffee, confectionary, crisps and ice creams are available all day. Adults need around 2000 Kcal a day. Please inform us of any food allergies or special dietary requirements.