

FOUNTAIN BRASSERIE

THE CLUB CONTINENTAL

£10.75

Your choice of fruit juice

Freshly squeezed orange or grapefruit juice, cranberry, pressed Cox's apple or tomato juice

Your choice of hot beverage

A selection of teas, herbal teas, coffee, decaffeinated coffee or hot chocolate

A basket of freshly baked pastries and toasted breads

One of the following:

Fresh orange and pink grapefruit segments, fresh fruit salad

Corn flakes, bran flakes, shredded wheat, clubhouse muesli or granola

Quaker Oats porridge served with a jug of cream

Greek-style natural yoghurt with honey or fresh berries

Fruit yoghurts, Yakult or Benecol

Healthy green smoothie or Lean green juice

THE FULL CLUBHOUSE BREAKFAST

£16.50

A choice from the Club continental menu and one of the following dishes

Two free range eggs (poached, fried, scrambled or boiled), with your choice of the following; grilled back and streaky bacon, Cumberland sausage, black pudding, roasted vine tomato, roasted field mushrooms, fried bread, bubble and squeak and baked beans

Two Manx kippers with herb butter

Eggs Benedict with ham, Eggs Royale with smoked salmon or Eggs Florentine with spinach (V). Served on an English muffin with hollandaise sauce

Milk-poached smoked haddock with poached eggs

Vegetable frittata, tahini and avocado mash (V)

Protein pancake with coconut yoghurt, nuts and raspberry compote (V)

BREAKFAST À LA CARTE

Super seeds muesli.....	£3.75	"Peak Health" Fry up - Two free-range eggs, bacon, spinach, mushrooms, cherry tomatoes and mashed avocado.....	£14.00
Healthy green smoothie.....	£3.75	Two free-range eggs.....	£13.25
Baby spinach, coconut milk, pineapple, mango		Poached, fried, scrambled or boiled	
Lean green juice.....	£3.75	Served with your choice of the following:	
Apple, pear, orange, baby spinach, celery, cucumber, ginger, lime		Dry cure back and streaky bacon, Cumberland sausage, roasted vine tomato, roasted field mushrooms, fried bread, bubble and squeak and baked beans	
Matcha Latte.....	£3.75	Two free-range eggs only.....	£5.25
Choice of cereals.....	£2.75	Poached, fried, scrambled or boiled	
Quaker Oats porridge.....	£3.75	Poached free-range eggs Florentine (V).....	£8.50
Fresh berries.....	£3.75	Creamed spinach, two poached eggs and hollandaise sauce, served on an English muffin	
Fresh fruits.....	£3.75	The Club bacon sandwich.....	£5.75
Greek-style yoghurt.....	£2.75		
Basket of freshly baked pastries and toasted breads, butter and preserves.....	£6.25		
Coconut, oat or almond milk.....	£3.50		
Coconut water.....	£3.50		

GLUTEN FREE

Sausages, breads, rice crackers, Ryvita, skimmed milk and soya milk are also available