

# THE FOUNTAIN

## BRASSERIE

### BREAKFAST MENU

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#### THE CLUBHOUSE CONTINENTAL BREAKFAST | £14.00

Fresh orange or grapefruit juice or green smoothie (98, 66 or 62 Kcal)  
Pressed Cox's apple or cranberry juice (102 or 50 Kcal)  
Choice of yoghurt or cereals (CA, V) (133 or 208 Kcal)

With a choice of:

Fruit compote, fresh fruit salad or mixed berries (387, 59 or 36 Kcal)  
Soy, oat, coconut or almond milk (V) (56, 118, 66 or 48 Kcal)  
Super seed bircher muesli (CA, V) (466 Kcal)  
Organic porridge made with milk or water (CA, V) (314 or 132 Kcal)  
Freshly baked pastries and toasted breads (CA, V) (407 Kcal)

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Teas, coffee and matcha tea  
Hot chocolate (328 Kcal)

#### THE CLUBHOUSE GREAT BRITISH BREAKFAST | £20.00

Choice of Clubhouse Continental and one of the following (CA):  
Two free range eggs - poached, fried, scrambled or boiled (150, 330, 314 or 150 Kcal)

With your choice of the following:

Grilled dry cured back and streaky bacon (218 Kcal)  
Cumberland sausage, Stornoway black pudding (440, 178 Kcal)  
Roasted vine tomatoes, roasted field mushrooms, fried bread, (26, 22, 100 Kcal)  
Hash browns and baked beans (100 and 478 Kcal)

#### A LA CARTE BREAKFAST

Full English breakfast (CA) | £17.00 (915 Kcal)  
Full vegetarian breakfast (CA, V) | £15.00 (390 Kcal)  
Smoked salmon with scrambled egg, served on a toasted English muffin | £16.50 (659 Kcal)  
Avocado, toasted sourdough, poached eggs, confit tomatoes  
and fried chili corn (CA, V) | £15.00 (528 Kcal)  
Eggs Benedict, Royale or Florentine (CA) | £16.50 (871, 894 or 764 Kcal)  
Pancakes with bacon and maple syrup (CA) | £15.00 (387 Kcal)  
Pancakes with coconut yoghurt and berries (CA, V) | £15.00 (496 Kcal)  
Spicy Moroccan eggs and toasted sourdough (CA, V) | £13.00 (399 Kcal)  
A pair of Manx kippers (CA) | £15.00 (731 Kcal)  
Coffee and toast (CA) | £6.00

#### GLUTEN FREE

Sausages (205 Kcal)  
Breads (80 Kcal)

All prices include VAT at the current rate. Some of our food contains allergens. If you suffer from a food allergy or intolerance, please let a member of the team know upon placing your order.  
(CA) contains allergens (V) suitable for vegetarians. Adults need around 2000 Kcal a day.