# SPIKE BAR

## A LA CARTE MENU

11.00AM - 5.00PM

## STARTERS

**BOWL OF OLIVES** (VE, GF) (128 kcal) **£3.80**

**FRENCH ONION SOUP** **£8.55**
Baked with Gruyère cheese crouton (CA, GF*) (272 kcal)

**SMOKED SALMON SALAD** **£12.45**
Baby leaf salad, cucumber, pickled beetroot with honey and mustard dressing
(CA, GF) (245 kcal)

**BUFFALO WINGS** **£10.45**
Buffalo hot sauce, blue cheese dip and celery sticks (CA) (441 kcal)

**TEMPURA PRAWNS** **£11.50**
Chilli jam (CA) (385 kcal)

**CREAM OF PARSNIP SOUP** **£8.55**
Lightly spiced, coriander cream, baguette (CA, V, GF*) (475 kcal)

**PEA AND SHALLOT RAVIOLI** **£10.00**
Peas, edamame, cream, white wine and Parmesan (CA, V) (525 kcal)

**CHICKEN LIVER PARFAIT** **£10.50**
Toasted sourdough, comfy onion marmalade (CA) (495 kcal)

### SUSTAINABILITY

The Club is dedicated to sourcing all their ingredients responsibly, supporting local and regional suppliers and selecting the best available seasonal produce where possible. Our coffee is sustainably sourced from a Fairtrade supplier, roasting small batches.

### ALLERGIES

If you have a food allergy, intolerance or sensitivity, please speak to a member of our team upon placing your order.
(CA) Contains Allergens, (V) Suitable for Vegetarians, (VE) Suitable for Vegans, (GF) Gluten Free, (GF*) Gluten Free on request.
Adults need around 2000 Kcal a day. All prices include VAT at the current rate.

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## A LA CARTE MENU

11.00AM - 5.00PM

## MAIN COURSES

**STEAK FRITES** **£24.95**
Eschalotte sauce (CA, GF) (795 kcal)

**TRADITIONAL BATTERED LINE CAUGHT COD FILLET** **£19.75**
Chunky chips, mushy peas, lemon and homemade tartare sauce (CA, GF*) (1054 kcal)

**CHEESEBURGER AND FRIES** **£19.00**
Monterey Jack, candy jalapeños, beetroot, pickled red onion, gem lettuce and classic burger sauce (CA, GF*) (1109 kcal)

**CHICKEN EMPANADO** **£22.00**
Fried crumbed chicken, fried potatoes, spicy and smoked bravas sauce with aioli (CA) (895Kcal)

**ROASTED SCOTTISH SALMON** **£22.00**
Mussel and saffron broth (CA) (550 kcal)

**BEEF 'BOURGUIGNON'** **£22.00**
Roasted winter vegetables, creamed mashed potato (CA) (650 kcal)

**GNOCCHI** **£19.50**
Gnocchi, spinach, Gorgonzola, cream, Parmesan (CA, V) (720 kcal)

## SIDES

**CHUNKY CHIPS** (CA, V, GF) (247 kcal) **£2.95**

**FRIES** (CA, V, GF) (184 kcal) **£2.70**

**SIDE SALAD** (CA, V, GF) (198 kcal) **£3.20**

**GREEN BEANS** (CA, V, GF) (65 kcal) **£3.20**

**TRADITIONAL BATTERED ONION RINGS** (CA, V, GF*) (304 kcal) **£2.70**

**ROASTED ROOT VEGETABLES** (CA, V) (180 Kcal) **£2.70**

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