

BREAKFAST

CHOOSE THE RIGHT DISH FOR YOU : 🌱 Vegetarian 🌿 Suitable for Vegans

ALL ABOUT THE EGGS

*All our eggs are free-range.
Gluten-free bread available, just ask.*

EGGS WITH WHOLEMEAL TOAST 🌱
£5.25

Choose from:
Two poached eggs
Scrambled eggs
Two fried eggs

BENEDICT

Honey roast ham, two poached eggs and hollandaise sauce on a toasted wholemeal muffin
£8.25

ROYALE

Smoked salmon, two poached eggs and hollandaise sauce on a toasted wholemeal muffin
£9.95

FLORENTINE

🌱

Wilted spinach, two poached eggs and hollandaise sauce on a toasted wholemeal muffin
£7.95

THREE EGG OMELETTE

🌱

With two fillings and avocado salad
£7.95

Choose from:

Tomato 🌱
Grated Cheddar cheese 🌱
Mushrooms 🌱
Grilled chicken breast
Honey roast ham
Spinach 🌱
Broccoli 🌱
Red onion 🌱
Red pepper 🌱

BUILD YOUR OWN BREAKFAST

Choose your base:

FRESHLY MADE PORRIDGE 🌱
£3.75

GREEK YOGHURT 🌱
£6.75

WARM PROTEIN PANCAKES 🌱
£6.75

Then add your topping:

Blueberries, banana & maple syrup 🌱
Strawberries, walnuts & honey 🌱
Avocado, pomegranate & omega seeds 🌱
Blackcurrant compote & granola 🌱
Peanut butter, banana & honey 🌱

LIGHTER OPTIONS

TOAST WITH PRESERVES

🌱

Wholemeal toast with a choice of honey, jam or marmalade
£3.25

FRESH FRUIT SALAD

🌱 🌿

With strawberries, blueberries, red apple, mixed grapes and pomegranate seeds
£5.75

GRILLED FLAT MUSHROOM & BEEF TOMATO

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With wilted spinach and a poached egg on pumpkin and chia seed toast
£6.50

CLASSICS

CLUB BREAKFAST

Two poached eggs, grilled unsmoked bacon, pork sausages, half a beef tomato, a flat mushroom and baked beans
£9.25

VEGETARIAN CLUB BREAKFAST

🌱

Two poached eggs, grilled halloumi, half a beef tomato, a flat mushroom, spinach, baked beans and wholemeal toast
£8.95

GLUTEN-FREE CLUB BREAKFAST

Two poached eggs, grilled unsmoked bacon, half a beef tomato, a flat mushroom and baked beans
£8.95

SMOKED SALMON & SCRAMBLED EGGS

With wholemeal toast, avocado salad and fresh lemon
£10.25

BACON ROLL

Grilled unsmoked bacon in a brioche roll
£5.25

STEAK & EGGS

Aged 4oz. sirloin steak with two poached eggs, wilted spinach and half a beef tomato
£12.95

KIDS BREAKFAST

POACHED OR BOILED EGG 🌱
With wholemeal soldiers £2.85

SCRAMBLED EGGS 🌱
On wholemeal toast £2.85

BAKED BEANS 🌱
On wholemeal toast £2.75

KIDS MAINS

Served from 11am

Choose your main, then add two sides

CHICKEN GOUJONS £5.95

STEAMED SALMON £5.50

BEEF BURGER £5.50

GRILLED CHICKEN BREAST £5.50

PORK SAUSAGES £5.50

GRILLED CHICKEN BREAST BURGER £5.50

LEMON SOLE GOUJONS £5.50

SKINNY FRIES 🌱

BROWN RICE 🌱 🌿

BAKED BEANS 🌱 🌿

CARROTS & BROCCOLI 🌱 🌿

MIXED LEAF SALAD 🌱 🌿

RED & WHITE QUINOA 🌱

SWEET POTATO & CARROT MASH 🌱 🌿

Also available for kids

CHEDDAR CHEESE & TOMATO PIZZA 🌱
£3.50

SPAGHETTI BOLOGNESE £4.50

SKINNY FRIES 🌱 £1.75

CRUDITÉS WITH HOUMOUS 🌱 🌿 £1.75

SANDWICHES

On wholemeal bread with crudités
£3.75

Choose from:

Honey roast ham
Grated Cheddar cheese 🌱
Toasted Cheddar cheese 🌱
Chicken breast

DESSERTS

WARM CHOCOLATE BROWNIE 🌱
With vanilla ice cream £2.75

ICE CREAM

🌱

Choose from:
Vanilla, strawberry or chocolate
£2.50

MAIN MENU

Served from 11am

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LIGHTER MEALS

SMASHED AVOCADO ON TOAST

With cherry tomatoes, chilli, lime and topped with two poached eggs
£7.95

CLUB SANDWICH

Chicken breast, grilled unsmoked bacon, sliced egg, lettuce, tomato and mayo on toasted wholemeal bread.
Served with crisps
£9.25


SOUP OF THE DAY

Please see daily specials

SANDWICHES

On wholemeal bread with mixed leaf salad £6.50

Choose from:

Honey roast ham
Chicken breast
Grated Cheddar cheese 
Tuna, red onion and mayo



Gluten-free bread available, just ask.

FOLDED KHOBEZ WHOLEMEAL FLATBREADS

Choose from:

Moroccan chicken breast, mixed peppers, spinach, pomegranate seeds and harissa yoghurt £8.25

Chicken breast, grilled bacon and avocado with garlic mayo £8.25

Houmous, avocado, red onion, spinach, broccoli, mixed peppers and pomegranate seeds   £7.95

SALADS

HIGH PROTEIN TUNA

Tuna, avocado, spinach, green beans, pine nuts, a hard-boiled egg and French dressing
£10.50

HARBOUR SALAD

Grilled piri-piri chicken breast with Cos lettuce, red and white quinoa, shaved Italian cheese and Caesar dressing
£10.50

HIGH PROTEIN CHICKEN

Grilled chicken breast, avocado, a hard-boiled egg, cashew nuts, omega seeds, mixed leaf salad, pomegranate seeds and French dressing
£10.95

FETA CHEESE

With red and white quinoa, sun-dried tomatoes, mixed leaf salad and crushed pistachios
£10.25

Add grilled chicken breast £2.50

GRILLS & MAINS

We will gladly replace fries with brown rice, extra salad or red and white quinoa.

STEAK & CHIPS

Aged 8oz sirloin steak, skinny fries, half a beef tomato and mixed leaf salad
£18.25

Add red wine and shallot sauce for £2.25

KATSU CURRY

Crispy chicken fillets served with rice, katsu curry sauce, spring onions and coriander £10.25

BUTTERNUT SQUASH CURRY

With spinach, lentils and brown rice
£9.25

Add grilled chicken breast for £2.50

GRILLED CHICKEN BREAST

With carrots, green beans, broccoli, wilted spinach and roasted beetroot with red wine and shallot sauce £10.95

BURGERS

Served in a toasted brioche bun with skinny fries and mixed leaf salad. Swap skinny fries for sweet potato fries for 50p.

GRILLED CHICKEN BREAST

With grilled unsmoked bacon, beef tomato, red onion and garlic mayo
£10.95

BEEF



With grilled unsmoked bacon, beef tomato, red onion and burger sauce
£10.95


GOAT'S CHEESE

With a flat mushroom, red onion and garlic mayo
£9.95

If you prefer your burger without the bun we will gladly replace it for roasted red pepper and a flat mushroom, just ask.



SIDES

Mixed leaf salad  
£3.00

Khobez flatbread 
£3.00

Skinny fries 
£3.75

Sweet potato fries 
£3.95

Crudités with Houmous  
£2.25

Balsamic glazed vegetables  
£3.25

Red and white quinoa 
£3.00


Red wine and shallot sauce
£2.25



Harbour Club

DESSERTS

UPSIDE DOWN APPLE CRUMBLE

With custard 
£5.75

ETON MESS

With Greek and frozen yoghurt, strawberries, blueberries, meringue and crushed pistachios
£5.50

FRESH FRUIT SALAD

With strawberries, blueberries, red apple, mixed grapes and pomegranate seeds
£5.75

FROZEN YOGHURT

Choose from:

Vanilla
Strawberry
Mango
£3.75