

BREAKFAST MENU

F U Z E N

*at Hale*



HALE  
COUNTRY CLUB & SPA

# BREAKFAST MENU

## HOT BREAKFAST

Full English	11
3 Grain Porridge Buckwheat, Spelt, Oats Cows milk, almond <b>VE</b> or soya <b>VE</b>	5
Eggs Benedict	8
Eggs Royale	9
Eggs Florentine <b>V</b>	7
Smoked Salmon & Scrambled Egg <b>GF</b>	9
Sourdough & Avocado Smash	8
Bacon or Sausage Sandwich Bagel option <b>GF</b>	6
Vegan Pancakes with Fresh Berries, Coconut Yoghurt & Maple Syrup <b>VE</b>	7
Baked Avocado & Eggs <b>V</b>	6.50
Kale, Feta & Eggs on Toast With spinach, avocado smash & choice of eggs <b>V</b>	7

## OMELETTE

7 each with a choice of 2 fillings extra fillings 1.50

Brown Rice <b>VE GF</b>	Bacon <b>GF</b>
Chicken <b>GF</b>	Fajita Pepper & Onion Mix <b>VE GF</b>
Sausage	Spinach <b>VE GF</b>
Mushroom <b>VE GF</b>	Smoked Salmon <b>GF</b>
Steak <b>VE</b>	Feta Cheese <b>V GF</b>
Massaged Kale <b>VE GF</b>	
Greens <b>VE GF</b>	

## EAT IN OR OUT

	In/Out
Warm Quinoa, Blackberry & Pecan Flapjacks <b>VE GF</b>	5 / 4.20
Quinoa "Rice Crispies" Puffed quinoa, yogurt, sliced banana & maple syrup <b>V GF</b>	5 / 4.20
Lemon Porridge Chilled lemon porridge with yoghurt, maple syrup & fresh berries <b>V</b>	5 / 4.20
Mango & Macadamia Granola With fresh banana, blueberries & yoghurt <b>V</b> make it vegan with coconut yoghurt <b>VE</b>	6 / 5
Fruit Bowl <b>VE GF</b>	8 / 6.70
Frozen Yogurt & Granola Bars Vanilla & honey, frozen honey, granola & mixed berries <b>V GF</b>	5 / 4.20
Watermelon, Red Pepper & Avocado With raw veg & chilli dressing topped with feta cheese <b>V GF</b>	7 / 6
Spinach & Kale Egg Pot With omega seeds, sliced avocado & chimichurri dressing <b>V GF</b>	5 / 4.20

## EXTRAS

Choice of Egg	1.50	Spinach	1.50
Bacon	1.50	Smoked Salmon	6
Sausage	1.50	Grilled Chicken	6
Avocado Smash	2	1 Toast	1.50
Grilled Tomato	1	2 Toast	3
Beans	1		

### Service Not Included

Payments can only be taken by member accounts on debit/credit card. No cash can be taken.

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### Allergy Advice

Please advise a member of staff if you have any allergies or dietary requirements.

**V** Vegetarian | **VE** Vegan | **GF** Gluten Free



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