



REDBOURN
GOLF CLUB



BREAKFAST MENU



Welcome, we have a great selection of tasty breakfasts for you to choose from. Whether you choose to savour a light bite with a coffee, or tuck in to something more substantial - we look forward to serving you today...

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FULL ENGLISH BREAKFAST* 1235Kcal **£12.95**

Two rashers of back bacon, Cumberland sausages, hash brown, grilled tomato, two fried eggs, flat mushroom, baked beans & toast

VEGETARIAN BREAKFAST* (V) 920Kcal **£11.50**

Vegan sausages, grilled tomato, hash brown, two fried eggs, flat mushroom, crushed avocado, baked beans & toast

VEGAN BREAKFAST* (VE) 803Kcal **£11.50**

Vegan sausages, grilled tomato, hash brown, flat mushroom, crushed avocado, baked beans with a slice of ciabatta

SMALL BREAKFAST* 665Kcal **£9.50**

Cumberland sausage, bacon, baked beans, fried egg, flat mushroom & toast

EGGS BENEDICT* 535Kcal **£9.25**

Toasted muffin, British honey roast ham, poached eggs & Hollandaise sauce

CRUSHED AVOCADO & POACHED EGGS* (V) 530Kcal **£9.50**

Poached eggs set on crushed avocado & red onion, served on toasted ciabatta

We pride ourselves in only serving free-range eggs in our dishes



SANDWICH 250Kcal **£6.25**

With Bacon 240Kcal
or Cumberland sausage 466Kcal
or Vegan sausage (Ve) 220Kcal

FLOURED BAP 271Kcal **£6.25**

With Bacon 240Kcal
or Cumberland sausage 466Kcal
or Vegan sausage (Ve) 220Kcal

UPGRADE TO CIABATTA BREAD 304Kcal **FOR £2.00**

TOAST **£5.45**

WITH YOUR CHOICE OF ANY ONE OF THE FOLLOWING

Baked beans 361Kcal / **Flat mushroom** 278Kcal
/ Crushed avocado 421Kcal / **Cheddar cheese** 432Kcal
/ Scrambled egg 423Kcal / **Fried egg** 471Kcal /
Poached egg 423Kcal / **British honey roast ham** 285Kcal

TOAST WITH JAM (V) 355Kcal **£2.95**

TOASTED TEA CAKE (V) 418Kcal **£3.10**

PORRIDGE (V) 472Kcal **£5.00**

Topped with seasonal berries and your choice of honey, golden syrup or maple syrup



BREAKFAST EXTRAS

ADD ONE OR MORE OF THE FOLLOWING TO YOUR COOKED BREAKFAST...

£2.00	£1.00
Cumberland sausage 233Kcal	Baked beans 111Kcal
Back bacon 120Kcal	Toast 94Kcal
Crushed avocado 86Kcal	Hash brown 116Kcal
Eggs (scrambled 66Kcal, poached 66Kcal, or fried 90Kcal)	Grilled tomato 22Kcal
	Flat mushroom 17Kcal

***ADD A GLASS OF EAGER FRESH JUICE 81Kcal FOR JUST £2.50 WITH EVERY COOKED BREAKFAST PURCHASE. (VARIETY OF FLAVOURS AVAILABLE)**

THE CAFÉ <small>TORINO, ITALIA, 1895</small> LAVAZZA	REGULAR	LARGE
Americano	£2.70 5Kcal	£2.95 10Kcal
Cappuccino	£3.10 109Kcal	£3.60 154Kcal
Café Latte	£3.10 109Kcal	£3.60 154Kcal
Macchiato	£3.10 109Kcal	£3.60 154Kcal
Espresso	£2.65 5Kcal	£2.85 10Kcal
Hot Chocolate	£3.05 268Kcal	£3.30 308Kcal
English Breakfast Tea	£2.65 0Kcal	£3.10 0Kcal
Herbal Tea	£3.00 0Kcal	£3.25 0Kcal
(Earl Grey, Camomile, Peppermint, Green tea, Red bush, Jasmine, Lemongrass & Ginger)		

ADD A TOASTED TEA CAKE (V) 251Kcal TO YOUR HOT DRINK FOR JUST £2.50

All our dishes may contain traces of nuts and other allergens. Please advise your server if you have any allergies. Full written allergy and intolerance information is available.

Adults need around 2000 Kcal a day

(V) Vegetarian (VE) Vegan (GF) Gluten Free

