

## Breakfast

Full English Breakfast (Bacon, english sausage, beans, fried egg, tomato, mushrooms, toast, coffee and orange juice)	€ 9,00
Bacon and Eggs served on Toast	5,00

## Soups

Vegetable Soup - Vegetarian	2,60
Tomato Soup - Vegetarian	3,00

## Wraps

ClubHouse (Peru, bacon, alface, tomate, ovo cozido e mayonnaise de alho)	7,00
La Quinta (Chicken, bacon, peppers, onions, tomato, lettuce and brown sauce)	6,50
Caesar (Grilled chicken, romaine lettuce, croutons, parmesan and Caesar dressing)	6,00
Atlantic (Prawns, lettuce, tomato, pineapple and cocktail sauce)	6,00
Salmon (Smoked salmon, lettuce, avocado, tomato, dill and mayo)	6,00
Roast Beef (Thinly sliced roast beef, cheese, lettuce, tomato and horseradish sauce)	7,00
Essential (Bamboo, cucumber, onions, red peppers, romaine lettuce, tomato and guacamole sauce) - Low Fat - Vegetarian	5,00

## Pita Bread Sandwiches

Cheesy Chicken (Chicken, onions, cheese, lettuce and garlic mayo)	5,50
Cheesy Pork (Pork, onions, cheese lettuce and garlic mayo)	5,50
Cheesy Bacon (Bacon, cheese, lettuce, tomato and brown sauce)	5,00

## Fresh Salads

Caesar Salad with Chicken	8,00
Honey Roast Ham - Low Fat	8,00
Greek (Romaine lettuce, black olives, tomato, feta cheese, peppers and onion) - Low Fat - Vegetarian	8,00
Hawaiian (Turkey, ham, pineapple, peach and chef's sauce) - Low Fat	11,00
Tuna (Tuna, potatoes, lettuce, tomato, onions and mayo)	7,00
Classic Garden Salad (Lettuce, tomato, onions and cheddar cheese) - Low Fat - Vegetarian	5,00

## Specialities

Thai Coconut Chicken	12,00
Thai Salad (Lobster, prawns, bamboo, peppers and special thai sauce)	16,00
Chicken Kiev served with French Fries and Salad	13,00
Chicken Wings	5,50
Scampi & French Fries	10,50

## Pastries

Chicken Pie served with French Fries and Salad	12,00
Steak & Kidney served with French Fries and Salad	12,00
Vegetarian Quiche	10,00
	9,00

## Eggs and Pasta

### Omolette of your choice

From a selection of: Cheese, Ham, Mushrooms and Prawns	8,00
Tortiglione with Prawns	9,00