



# golf bar menu

# BREAKFAST

Available 9am - 11am

Bacon rolls available from 7am - 9am from FOH staff

<b>Porridge</b>	<b>£3.95</b>
Choice of seasonal berries or banana and maple syrup	
<b>Breakfast Roll</b>	<b>£3.95</b>
Choice of grilled back bacon, pork sausage or fried egg	
<b>Ultimate Breakfast Roll</b>	<b>£5.95</b>
Bacon, sausage, fried egg, brown sauce in toasted roll	
<b>Three Egg Omelette</b>	<b>£6.25</b>
Choice of two fillings: ham, mushroom, cheese, chorizo, spring onion	
Extra fillings	<b>£1.00 each</b>
<b>Toast and Preserves</b>	<b>£2.50</b>
<b>Toasted Teacake and Preserves</b>	<b>£2.50</b>

## ALL DAY DINING

### SANDWICHES AND LIGHT BITES from 11am

<b>Homemade Soup of the Day</b>	<b>£5.25</b>
<b>Baked Potato</b>	<b>£6.95</b>
Filled with your choice of tuna and spring onion mayo, baked beans, cheddar cheese, or spicy beef chilli	
All sandwiches served with sea salt crisps, side salad.	
Upgrade to chunky chips	<b>£2.00</b>
<b>Egg and Cress Mayo</b>	<b>£5.95</b>
White bloomer	
<b>Tuna and Spring Onion Mayo</b>	<b>£6.95</b>
Brown bloomer	
<b>Cajun Spiced Chicken Caesar Wrap</b>	<b>£6.95</b>
Shredded cos lettuce, Caesar dressing, shaved parmesan	
<b>Mature Cheddar Baguette</b> <span>v</span>	<b>£5.75</b>
Tomato chutney	
<b>Baked Honey Glazed Ham Baguette</b>	<b>£6.95</b>
Dijon mayo	
<b>Philly Cheesesteak</b>	<b>£10.95</b>
Thin sliced roastbeef, sautéed peppers, smoked cheddar, on a soft sub roll	
<b>Spicy Falafel Tortilla Wrap</b> <span>VG</span>	<b>£6.50</b>
Shredded vegetables, harissa	

### PIZZAS

<b>Margherita</b> <span>v</span>	<b>£10.25</b>
Plum tomato, basil, buffalo mozzarella	
<b>Spicy Pepperoni</b>	<b>£12.00</b>
Sliced pepperoni, chilli peppers, spicy tomato ragu, mozzarella	
<b>Veggie</b> <span>v</span>	<b>£10.50</b>
Red onion, olives, peppers, plum tomato, rocket	

### SIDE ORDERS

<b>Mixed Leaf Salad</b>	<b>£3.00</b>
<b>Bowl of Chunky Chips</b>	<b>£2.95</b>

### MAIN PLATES

<b>Chargrilled Chicken Caesar Salad</b>	<b>£11.50</b>
Crisp cos lettuce, Caesar dressing, anchovies, parmesan, croutons	
<b>Sweet Potato, Chickpea and Vegetable Curry</b> <span>v</span>	<b>£8.75</b>
Braised wild rice, naan bread, cucumber mint raita	
<b>Chicken Korma</b>	<b>£12.95</b>
Creamy chicken and coconut curry, basmati rice, naan breads, cucumber raita	
<b>Battered Scampi</b>	<b>£8.95</b>
Peas, chips, tartar sauce	
<b>Grilled 8oz Gammon Steak</b>	<b>£8.50</b>
thick cut chips, peas and fried egg	
<b>Beer Battered Cod</b>	<b>£12.50</b>
Peas, chips, tartar sauce	
<b>Chargrilled 8oz Beef Burger</b>	<b>£11.95</b>
Dijon mayo, gherkins, sautéed onions, served on a seeded bun, chunky chips, coleslaw	
Add Monterey Jack cheese or crisp smoked streaky bacon	<b>£1.00 each</b>
<b>Chargrilled Chicken Burger</b>	<b>£11.95</b>
Dijon mayo, gherkins, sautéed onions, served on a seeded bun, chunky chips, coleslaw	
Add Monterey Jack cheese or crisp smoked streaky bacon	<b>£1.00 each</b>

### SNACKS AND SHARERS

<b>Chicken Wings</b>	
Choice of smoky BBQ, teriyaki glaze, hot buffalo style or chunky blue cheese sauce	
6 wings	<b>£7.50</b>
12 wings	<b>£14.00</b>
20 wings	<b>£19.00</b>
<b>Nacho Platter</b>	
Seasoned tortilla chips topped with spicy beef chilli, Monterey Jack cheese, salsa and sour cream	
Single	<b>£6.50</b>
To Share	<b>£12.00</b>
<b>Ploughman's Lunch</b>	<b>£7.95</b>
Wedge of mature cheddar, sliced ham, pork pie, crusty bread, salad and piccalilli	
Single	<b>£7.95</b>
To Share	<b>£15.00</b>

### DESSERTS

<b>Assortment of Homemade Ice Creams or Sorbets</b>	<b>£4.95</b>
<b>Rhubarb and Oat Crumble</b>	<b>£6.50</b>
Spiced Creme Anglaise	
<b>Warm Fudge Brownie</b>	<b>£5.95</b>
Pouring cream	
<b>Selection of Welsh Cheeses</b>	<b>£7.95</b>

All prices include VAT. All weights are approx. prior to cooking. **The Vale Resort recognises that it works with a comprehensive list of ingredients and menu items may contain or come into contact with one or more of the 14 common allergens. If concerned, please speak to our staff about the ingredients in your meal, when making your order.**

**Dietary requests and intolerances** - v Denotes dishes suitable for vegetarians. g Denotes dishes suitable for gluten free. VG Denotes dishes suitable for vegans and vegetarians.