

# Menu

served from 9am

## Breakfast

(can be ordered from 9-11.30am)

### Club Towers Full English - £8.95

Two sausages, two bacon, two eggs, mushrooms, tomatoes, beans and toast. Add two hash browns for £1.50

### Bacon or Sausage Bap - £3.95

Add an egg for £1 or Halloumi for £2

### Vegetarian breakfast - £6.95 V

Two vegetarian sausages, spinach, two eggs, mushrooms, tomatoes, beans and toast. Add two hash browns for £1.50

### Toast & Preserves £1.50 V

## Protein Punch

### Eggs over toast – £4.45 V GFO

Your choice of eggs over malted or white bloomer, sourdough or gluten free bread.

### Smoked salmon and scrambled eggs – £7.95 GFO

Grilled sourdough bread topped with creamy scrambled eggs and smoked salmon.

### Eggs Avocado – £6.45 GFO V GFO

Two poached eggs over smashed avocado on toasted sourdough.

### Eggs Benedict – £6.45 GFO

Poached eggs on ham and English muffin, served with hollandaise sauce.

### Eggs Royale – £6.45 GFO

Poached eggs on an English muffin, served with smoked salmon with hollandaise sauce.

### Eggs Florentine – £6.45 GFO

Poached eggs on an English muffin, served with spinach and hollandaise sauce.

### All day omelette – £4.95 GF V

Our half-baked omelette is served with a lounge salad. Choice of toppings for £1 each: ham, cheddar, spinach, mushrooms, onions, tomatoes or bacon. Smoked salmon for £2.

## Spuds & Sandwiches

### Jacket potato – £5.75 GF

Our home baked jacket potato served with a lounge salad and one of these toppings: tuna mayo, baked beans, baked beans with cheese, chicken mayo, chicken & bacon mayo, smoked salmon & cream cheese. Add extra toppings for £1.25 each.

### Baguettes – White, Brown or Gluten Free - £6.25 GFO

Served with tortilla chips, vegetable root crisps or salad.

Choose from the following fillings:

Chicken Caesar

Feta cheese, beetroot, spinach and red onion marmalade.

Tuna Mayo

Crispy chicken strips with baby gem & sweet chilli sauce

BLT – Bacon, lettuce & tomato

Cream cheese, avocado & spinach

Smoked salmon, cream cheese & cucumber (£1 extra)

### Paninis – £6.25

Served with tortilla chips, vegetable root crisps or salad.

Choose from the following fillings:

Steak red onion marmalade & cheese

Pesto & Mozzarella cheese

Roasted Red Pepper, artichoke, cheese & pesto

Ham, Cheese & Tomato

Cajun Chicken, baby gem and tomato

### Club Towers club sandwich – £6.45 GFO

A triple tiered toasted sandwich with grilled chicken, crispy bacon, baby gem lettuce and tomato. Served with tortilla chips.

### Club Towers veggie sandwich – £6.45 GFO V

A triple tiered toasted sandwich with hummus, smashed avocado, lettuce and tomato. Served with tortilla chips.

Where time is well spent

**Towers**  
HEALTH & RACQUETS CLUB