

The Fairways Restaurant

Breakfast All Day

Toast with either Jam 389 cal(v), Nutella 289 cal (v) or peanut butter 339 cal **£2.00** *Discount £1.60,*

Toasted Teacake **£2.20** *Discount £1.76,* 387 cal

Freshly made Porridge (v) with Honey and Banana **£2.50** *Discount £2.00,* 223-335 cal

Eggs on Toast (v) (Poached or Scrambled) **£4.60** *Discount £3.68,* 556 cal

Eggs Benedict with Ham on a toasted muffin **£6.00** *Discount £4.80,* 443 cal

Smashed Avocado on Toast, with fresh tomato (v) **£6.20** *Discount £4.96,* 540 cal

Smashed Avocado with Poached Eggs on Toast, with fresh tomato (v) **£6.00** *Discount £4.80,*
565 cal

Sausage or Bacon Bun **£4.70** *Discount £3.76,* 690 cal

Freshly made Omelette with Cheese (v) **£5.60** *Discount £4.48,* 517 cal

(Served with a side salad & kaleslaw)

Add a choice of two filling to your omelette:

(Ham, Mushrooms, Peppers or Red Onion) **£6.60** *Discount £5.28,* 517-566 cal

The Bannatyne Breakfast - **£6.60** *Discount £5.28,* 818 cal

(Scrambled egg, 2 Bacon, sausage, baked beans and 2 slice toast)

The Veggie Breakfast (v): - **£5.10** *Discount £4.08,* 658 cal

(Scrambled egg, 2 quorn sausages, baked beans, cherry tomatoes & 2 slices toast)

Gluten Free Breakfast - **£6.00** *Discount £4.80,* 584k cal

(2 Poached eggs, bacon, baked beans, cherry tomatoes, mushrooms & 2 slices of gluten free toast)

Breakfast Muffins

Sausage, Egg & Cheese **£4.30** *Discount £3.44,* 491 cal

Bacon, Egg & Cheese **£4.30** *Discount £3.44,* 391 cal

Egg & Cheese (v) **£3.50** *Discount £2.80,* 339 cal

Quorn Sausage, Egg & Cheese (v) **£3.60** *Discount £2.88,* 403 cal

Dishes labelled with GF and DF can be requested when ordering.

GF = Gluten Free DF = Dairy Free V = Vegetarian Ve = Vegan

Statement of daily calorie
needed (adults need around
2000 kcal a day)

Concerns about allergies & intolerances? Visit allergymenu.uk & enter the code BAN431

The Fairways Restaurant

Soups

Served with White or Wholemeal & Butter

Red Pepper & Tomato V GF 436 / 334 cal

Mushroom V 428 / 279 cal

Carrot & Coriander V GF 409 / 260 cal

Minestrone V 319 / 318 cal

£3.50 Discount £2.80

Classic Sandwiches

Served with Salad Garnish & Kaleslaw options from Brown Bloomer. White or brown Baguette or GF

bread available

B.L.T. Bacon, Lettuce, Tomato and mayonnaise (toasted) **£6.00** Discount £4.80, 477 - 602 cal

Chicken Club Chicken, Bacon, Lettuce, Tomato and mayonnaise (toasted) **£6.00** Discount £4.80,
600-601 cal

Ham with a choice of Tomato, Cheese or Mustard **£6.00** Discount £4.80, 566-758 cal

Cheese & Red Onion (v) **£5.50** Discount £4.40, 502-526 cal

Tuna & Cucumber **£4.90** Discount £3.92, 559 cal

Brie & Bacon (hot, toasted) **£6.50** Discount £5.20, 692-746 cal

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Salads

Tuna Mayonnaise £6.50 *Discount £5.20*, 483 cal

Smashed Avocado (v) (Vegan option available) **£7.70** *Discount £6.16*, 452 cal

Pulled Ham Hock & Cheese £6.50 *Discount £5.20*, 500 cal

Chicken & Bacon £7.50 *Discount £6.00*, 396 cal

Jacket Potatoes:

All served with a side salad and kaleslaw

Topped with one of the following:

Beans (v) Vegan option available **£5.80** *Discount £4.64*, 570 cal

Cheese (v) £5.80 *Discount £4.65*, 700 cal

Cheese & Beans (v) £6.50 *Discount £5.20*, 768 cal

Tuna Mayonnaise £5.80 *Discount £4.64*, 731 cal

Ham Hock & Cheese £6.50 *Discount £5.20*, 808 cal

BBQ Chicken & Bacon £6.50 *Discount £5.20*, 701 cal

Sweet Chilli Chicken £7.50 *Discount £6.00*, 683 cal

Smashed Avocado (ve) £7.50 *Discount £6.00*, 670 cal

Jackfruit Balti (ve) £7.60 *Discount £5.52*, 479 cal

Chilli Con Carne £8.50 *Discount £6.40*, 438 cal

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Mains

Pea & Pesto Pasta (v) £5.00 Discount £4.00, 575 cal

Option to add Chicken as extra **£7.00 Discount £5.60, 691 cal**

Smoked Salmon and Soft Cheese Pasta £7.00 Discount £5.60, 562 cal

Chilli Con Carne served with Rice £8.00 Discount £6.40, 691 cal

'Curry' of the Day served with Rice from £6.70, 676-1197 cal

(v) option available available

Mushroom Risotto (GF)(v) £6.60 Discount £4.32, 421 cal

Vegan Cottage Pie made with lentils and vegetables, served with peas & red cabbage (GF)(ve)

£6.50 Discount £5.20, 368 cal

Sausage and Mash served with peas & gravy £5.60 Discount £4.48, 555 cal

Quorn sausage and Mash served with peas & gravy (v) £4.60 Discount £3.68, 430 cal

"Par 3" Beef Burger £8.00 Discount £6.40, 1358 cal

lettuce, tomato, mayonnaise with fries & salad garnish and kaleslaw

"Par 5" Beef Burger £9.00 Discount £7.20, 1416 cal

bacon, blue cheese, lettuce, tomato, mayonnaise with fries & salad garnish and kaleslaw

Breaded Chicken Burger £7.20 Discount £5.76, 976 cal

lettuce, tomato, mayonnaise with fries & salad garnish and kaleslaw

"Moving Mountains" Vegan Burger £7.70 Discount £6.16, 1149 cal

lettuce, tomato, mayonnaise with fries & salad garnish and kaleslaw

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Sides

Side Salad (ve) £1.50 Discount £1.20, 151 cal

Fries (v) £3.00 Discount £2.40, 306 cal

Onion Rings (v) £2.00 Discount £1.60, 452 cal

Desserts

Sticky Toffee Pudding served with custard

£4.50 Discount £3.60, 433 cal

Cakes

Banana Bread (ve) £3.00 Discount £2.40, 341 cal

Raspberry Brownie (GF) £3.00 Discount £2.40, 320 cal

Freshly made Scone served with butter & jam (v) £2.00 Discount £1.60, 404 cal

Freshly made Scone served with clotted cream & jam (v) £3.10 Discount £2.48 494, cal

Freshly Baked Cookie £1.00 Discount £0.80, 227-234 cal

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Drinks

Flat White - Short £3.20 *Discount £2.56, 119 cal*

Caffe Latte Short £2.90 *Discount £2.32* **Tall £3.20** *Discount £2.56, 82/132 cal*

Cappuccino Short £2.90 *Discount £2.32* **Tall £3.20** *Discount £2.56, 65/120 cal*

Cafe Mocha Short £3.30 *Discount £2.64* **Tall £3.60** *Discount £2.88, 154/256 cal*

Caramel Macchiato Short £3.50 *Discount £2.80* **Tall £3.80** *Discount £3.04, 111/174 cal*

Cafe Americano Short £2.60 *Discount £2.08* **Tall £2.90** *Discount £2.32 5/10 cal*

Espresso Short £2.20 *Discount £1.76* **Tall £2.50** *Discount £2.00, 5/10 cal*

Teavana Teas Short £2.30 *Discount £1.84* **Tall £2.40** *Discount £1.92, 0/0 cal*

Chai Tea Latte Short £2.85 *Discount £2.28* **Tall £2.95** *Discount £2.36, 115/210 cal*

Classic Hot Chocolate Short £3.10 *Discount £2.48* **Tall £3.40** *Discount £2.72 202/306 cal*

Extra Espresso Shot £0.50 *Discount £0.40 5 cal*

Extra Flavoured Syrup £0.50 *Discount £0.40 42 cal*

Extra Whipped Cream £0.50 *Discount £0.40 68 cal*

Freshly Squeezed Orange - £3.70 *Discount £2.96, 421 cal*

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Children's Menu

Breakfast

Toast with Jam or Nutella £1.50 *Discount £1.20, 202/157 cal*

Scrambled Egg on Toast £2.00 *Discount 1.40, 521 cal*

Beans on Toast £2.00 *Discount £1.40, 258 cal*

'Farmer' Breakfast £4.00 *Discount £3.20, 497 cal*

Egg, 1 Sausage, Beans, Tomatoes, 1 Slice of Toast

(V Option Available)

Free 'Farmer' Breakfast GF £3.50 *Discount £2.80, 227 cal*

Egg, Beans, Tomatoes, Mushrooms, GF Toast

Mains

Cheese Sandwich & Crisps £3.00 *Discount £2.40, 407 cal*

Ham Sandwich & Crisps £3.50 *Discount £2.80, 359 cal*

Tuna & Cucumber Sandwich & Crisps £3.50 *Discount £2.80, 370 cal*

Beans, Sausage and Mash/Chips £4.00 *Discount £3.20, 282/407 cal*

(V option available)

Snacks

Cookie freshly baked £1.00 *Discount £0.80, 227/234 cal*

KitKat or Twix £1.40 *Discount £1.12, 209/212 cal*

Drinks

Available from £0.50

Milk, Capri Sun, Freshly Squeezed Orange

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