




# LOUNGE MENU

## SMALL PLATES

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Pitted Olives £4.20   
Tossed in a Mediterranean dressing

Mini Sweet Peppers £5.00   
Stuffed with cream cheese

Patatas Bravas £5.50  
Served with spicy tomato sauce and garlic aioli

Sourdough Bread £4.95   
Served with balsamic vinegar & olive oil

Any 3 small plates for £13.50

## SHARING PLATES

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Nachos £9.95   
Topped with melted Cheddar cheese and jalapenos, served with  
sour cream, tomato salsa and diced avocado

Loaded Fries £9.95  
with bacon, cheddar cheese and jalapeños

Burrata, Melon & Chilli Honey £11.95   
Creamy burrata, ripe melon, mint & basil, tomatoes confit, toasted  
pine nuts, chilli honey drizzle. Served with bread

2 Plates for £18.00

## SOUP OF THE DAY

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Choice of Homemade Soup £8.95   
Served with sourdough bread and garlic butter

## OMELETTES

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Choice of two fillings: bacon, cheddar cheese, mushroom, or  
tomato. Served with chips or mixed salad £11.95

## SANDWICHES

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Chipotle Chicken Sandwich £10.20  
with toasted red pepper and avocado

BLT Sandwich £9.95  
Bacon, lettuce, tomato and mayonnaise

Prawn Sandwich £10.95  
Lettuce, prawns and homemade marie rose sauce

Sandwiches are served with homemade coleslaw and crisps

Smoked Salmon Bagel £10.95  
Bagel filled with smoked salmon, avocado, cream cheese,  
rocket leaves, tomato confit and lemon



MACHYNYS


MONKS ISLAND



# LOUNGE MENU

## MAINS

 *Homemade Lebanese Falafel* £14.95   
Served in pita bread with tahini sauce & vegetables


 *Fredrick's Traditional Chicken Curry* £18.95  
Rice, naan bread, poppadom

 *Homemade Beer Battered Fish and Chips* £19.95  
Cod served with tartare sauce and mushy peas

*Fredrick's Classic Club Sandwich* £15.95  
Chicken, turkey, bacon, cheddar cheese,  
Caesar sauce, egg, tomato and lettuce

All mains are served with chips

## BURGERS

 *Chargrilled Beef Burger* £18.95  
Brioche bun, lettuce, tomato, onion and tomato chutney


 *Chargrilled Chicken Burger* £17.95  
Brioche bun, chipotle sauce, lettuce, tomatoes and onion

 *Homemade Veggie Burger* £14.95   GFA  
Lettuce, tomatoes, onion, mango chutney and tomato chutney

All burgers served with homemade coleslaw and chips

Add cheese £2.00 Add bacon £2.50

## DELICIOUSLY HEALTHY BOWLS

*Crispy Falafel & Roast Cauliflower Bowl* £11.95   
Spelt grains, roasted cauliflower, falafel, cucumber, tomatoes  
confit, pickled red cabbage, grilled peppers, carrot, spinach,  
edamame, roasted sweet potato, Tahini-miso dressing

*Grilled Chicken & Peanut Bowl* £12.95  
Spelt grains, grilled chicken, shredded carrot, cucumber, red  
cabbage, edamame, spinach, pickled onion, fresh coriander,  
roasted sweet potato, crushed peanuts, peanut dressing

*Charred Chicken Kebab Bowl* £12.95  
Spelt grains, grilled chicken kebab, roasted sweet potato,  
cucumber, cherry tomatoes, pickled onion, mixed leaves,  
pomegranate seeds, toasted almonds, mint,  
yogurt & lemon sauce

## SIDES

*Hand Cut Chips* £4.95

*Sourdough Garlic Bread* £4.95

*Cheesy Garlic Bread* £5.95



| Vegetarian



| Vegan Available

GFA | Gluten Free Available DFA | Dairy Free Available

If you have any dietary requirements, please advise your server.  
We cannot 100% guarantee that any dish is allergen free. As your safety is our  
primary concern, if you have any allergies we request that you think carefully  
before placing your order. Allergies can be life threatening.

Served Monday – Saturday between 12pm and 6pm

Our small & sharing plates are served until  
8pm Wednesday – Saturday



Golf members receive 20% off with a valid Golf Membership Card