LOUNGE MENU

SMALL PLATES

Pitted Olives £4.20 VG
Tossed in a Mediterranean dressing

Mini Sweet Peppers £5.00 V
Stuffed with cream cheese

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

Sourdough Bread £4.95 VG
Served with balsamic vinegar & olive oil

Any 3 small plates for £13.50

SHARING PLATES

Nachos £9.95 V
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

2 Plates for £18.00

SOUP OF THE DAY

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

OMELETTES

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

SANDWICHES

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

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

Served Monday – Saturday between 12pm and 6pm

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

MACHYNYS
MONKS ISLAND

LOUNGE MENU

MAINS

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

Homemade Beer Battered Fish and Chips £19.95
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 above are served with chips

Chicken Caesar Salad £15.95
Tender grilled chicken, mixed lettuce leaves, hard Italian cheese and crunchy croutons, tossed in our classic creamy Caesar dressing

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 VG V 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 V
Spelt grains, roasted cauliflower, falafel, cucumber, tomatoes confit, pickled red cabbage, grilled peppers, carrot, spinach, edamame, roasted sweet potato, Tahini-miso dressing

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

Roast Chicken & Grains Salad Bowl £12.95
Spelt grains, roast chicken, 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

V *Vegetarian Dish* VG *Vegan Dish*
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.

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