

CAFE MENU

LEVEL ONE BREAKFAST

club
haus& brews
& infusions

COFFEE

Espresso	Caffe Latte
Double Espresso	Flat White
Macchiato	Chai Latte
Americano	Mocha
Cappuccino	Matcha Latte

TEA

English Breakfast	Camomile
Earl Grey	Peppermint
Roobios	Lemon & Ginger
Green	Decaf

SWEET TREATS

Retro Biscuit Brownie
 Tahini Blondie (v)
 Milk Chocolate Chip Cookie (v)
 Beaver Tails (v)
 Butter Tart (v)

BREAKFAST BAKERY

Pumpkin, Maple & Pecan Crumble Muffin
 Pain au Chocolat
 Butter Croissant
 Almond Croissant
 Pain Suisse

Ham & Cheese Croissant
 Poached Egg & Avocado Open Bagel

GRAB & GO HOT BREAKFAST

Plant Based Porridge & Rhubarb Compot
 Bacon, Maple & Pecan Buttermilk Pancakes
 Sausage Muffin, Bacon Coffee Jam & Keen's Cheddar

SAVOURY BITES

Maple Cured Bacon Sausage Roll
 Aged Comté & Pumpkin Tart Fine (v)

SMOOTHIES & JUICES

Summer Berry & Yoghurt Smoothie
 Fresh Berries, Organic Yoghurt, Blossom Honey

Vitaliser Juice
 Apple, Carrot, Celery, Ginger & Orange
 B-Energise Juice
 Pineapple, Spinach, Kale & Apple

Protein Charger
 Espresso, Almond Butter, Dates,
 Whey Protein, Milk, Raw Cacao

LEVEL ONE LUNCH

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GRAZING POTS

St. Ewe's Golden Yolk Boiled Eggs & Spinach (v)
 Radish & Baby Corn Crudites & Split Pea Hummus (vg)
 Crayfish Cocktail

TRIED & TOASTED

Heritage Tomato, Fior Di Latte, Torn Basil Focaccia
 Smoked Ham, Cheddar Cheese & Mustard Ciabatta
 Spicy Tuna Melt
 Chicken Milanese on Brioche
 Falafel Wrap Pickled Cabbage, Hot Sauce & Tahini Dressing

GRAB & GO HOT POT

M Black Bean & Smoked Ancho Chilli Burrito Bowl (vg)
 T Slow Roasted Porchetta, Feve au Lard, Salsa Verdi
 W Braised Beef Shin Strozapretti, Pangratatto
 T Chilli Paneer, Pilaf Rice & Bombay Pickle (v)
 F Buttermilk Chicken Burger, Fries, Slaw & House Pickles

GRAB & GO SALADS

Pulled Yuzu Chicken Poke Bowl
 Spicy Sweet Potato, Lentil & Quinoa (vg)
 Seared Salmon, Tenderstem & Freekah Pilaf

GRAB & GO SOUP

M Lentil & Chickpea Harira (vg)
 T Charred Tomato & Wholegrain (vg)
 W Black Bean & Chipotle Chilli (vg)
 T Sweet Potato Laksa (vg)
 F Split Pea Soup (vg)



club oasis

ST HELEN'S PLACE

BREAKFAST POTS

Coconut Bircher, Stewed Apple & Organic Seeds (vg)

Greek Yoghurt, Yorkshire Forced Rhubarb Compote & Jumbo Oat Granola (v)

Melon & Pomegranate (vg)

Berry Blush Bowl (vg)

SALAD BOX

Pulled Yuzu Chicken Poke Bowl

Spicy Sweet Potato, Lentil & Quinoa (vg)

Seared Salmon, Tenderstem & Freekah Pilaf

DELI

Selection of Triangle, Deli Sandwiches & Wraps

SNACK POTS

St. Ewe's Golden Yolk Boiled Eggs & Spinach (v)

Radish & Baby Corn Crudites & Split Pea Hummus (vg)

Crayfish Cocktail



LEVEL FIVE BREAKFAST

HOT BREAKFAST

Maple Cured Back Bacon
Cumberland Pork Sausage
Hash Brown

Baked Beans
Roast Tomato
Roast Mushroom

PORRIDGE

Plant Based Porridge (vg)
Organic Toasted Essex Seeds (vg)
Rhubarb Compote (vg)
Honey (v)
Maple Syrup (vg)

EGGS

Free Range St Ewe's Golden Yolker Eggs
Prepared to order scrambled, poached or Fried

club
haus

TOASTED

BASE

Sourdough
White Sliced
Whole Wheat Sliced
English Muffin

TOPPINGS

Unsalted Butter
Dairy Free Spread
Marmite

Jam

Marmalade
Peanut Butter

BUILD YOUR OWN BAGEL

1

CHOOSE YOUR BAGEL

Seeded Bagel
Plain Bagel
Sourdough Bagel
Onion Bagel

House Made Montreal Style
Bagel (the honey boiled secret)

2

ADD SCHMEAR

Cream Cheese
Chive Cream Cheese
Plant Based Cream Cheese
Hummus (vg)
Peanut Butter (vg)

3

PICK YOUR FILLING

Smoked Salmon
Egg Mayonnaise
Pastrami
Avocado (vg)
Maple Cured Bacon

ADD ONS & TOPPINGS

Capers, Red Onion, Beef Tomato, Cucumber, Pickled Cucumber, Chilli, Maple Syrup, Berries

LEVEL FIVE LUNCH

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HOT MAINS

- M Chicken Holstein, Purple Sprouting Broccoli
Black Bean & Smoked Ancho Chilli Burrito Bowl (vg)
- T Slow Roasted Porchetta, Feve au Lard, Salsa Verdi
Malfatti Dumplings, Tomato Sauce & Dressed Rocket (v)
- W Braised Beef Shin Strozapretti, Pangratatto
Sweet Potato & Chickpea Falafel Mezze Plate, Pickles & Dips (vg)
- T Sherpa Braised Lamb Neck, Vagharelo Bhatt
Chilli Paneer, Pilaf Rice & Bombay Pickle (v)
add ons - Carrot Sambal, Homemade Naan, Mango Chutney, Mint Yoghurt

- F Buttermilk Chicken Burger Pickles Buffalo Cauliflower Burger,
Blue Cheese Dressing, both served with Fries, Slaw & Pickles
add ons – Wings, Onion Rings



SOUP

- M Lentil & Chickpea Harira (vg) T Sweet Potato Laksa (vg)
- T Charred Tomato & Wholegrain (vg) F Split Pea Soup (vg)
- W Black Bean & Chipotle Chilli (vg)

SALADS & PROTEINS

- M Peri Peri Roast Chicken
Grilled Sea Trout, Blood Orange, Sauce Vierge
Baba Ghanoush Stuffed Aubergine (vg)
- Cavolo Nero, Kale, Labneh & Walnut Crumble
Cannelini Beans, Red Onion & Sherry Vinegar
- T Lamb Kofta, Pickled Pink Onions & Tzatziki
Chapel & Swan Smoked Salmon on Rye
Tunworth Cheese & Caramelised Onion Tart (v)
- Harissa Roasted Aubergine & Chickpea
White Chicory, Baby Spinach & Green Bean
- W Tandoori Chicken Thighs, Green Chutney & Bombay Potato
Seared Tuna, Grilled Vegetable Caponata, Torn Basil
Crisp Poleta, Chargrilled Vegetable Antipasti (vg)
- Heritage Carrots, Feta & Pea Shoots
Beetroots, Horseradish & Toasted Seeds

- T Seared Beef, Pumpkin Seed Romesco, & Baby Watercress
Whipped Cods Roe on Toast
Sweetcorn Fritter, Tomato & Avocado Salsa
- Isle of Wight Tomatoes, Aged Balsamic & Torn Basil
Roasted Mids, 'Mac Sauce' Dill & Cornichons
- F Lemon & Herb Roast Chicken
Arctic Char, Celery & Raisin Salsa
Chickpea Panisse, Roasted Red Pepper Pesto
- Hot & Sour Roots
Pear, Chicory & Walnut Dukkah

FIXED SALADS

- Sweet Potato, Red Cabbage Slaw, Pecan & Maple Dressing (vg)
Seasonal Green Salad (vg)

WEEKLY SPECIAL

- Sprouting Broccoli, Bitter Leaves & Pomelo (vg)

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HOT DRINKS

COFFEE

Americano	Mocha
Cappuccino	Matcha Latte
Flat White	Espresso
Latte	Double Espresso
Chai Latte	Hot Chocolate

TEA

English Breakfast	Camomile
Earl Grey	Peppermint
Roobios	Lemon & Ginger
Green	Decaf

BAKERY

Butter Croissant
Pain au Raisin
Pain au Chocolat
Almond Croissant
Apricot Danish
Apple Crumble Muffin

BREAKFAST BOWLS

Coconut Bircher, Pomegranate (vg)
Greek Yoghurt, Jumbo Oat Granola (v)
Bulk & Blush Bowl, Peanut & Berries (v)
Seasonal Fruit Pot (vg)

SPECIALS

Isle of Wight Tomato, Capers & Almond Ricotta Bagel (vg)
Swiss Cheese & Plum Tomato Croissant (v)
Smoked Salmon & Cream Cheese Bagel
Parma Ham, Swiss Cheese Croissant

ON TOAST

Avocado & Smoked Chilli (vg)
Salted Chunky Peanut Butter & Berries (vg)
Cornish Egg Mayo, Capers & English Pecorino (v)

THANK YOU

THE *good eating* CO.