

## STARTERS

Vietnamese Spring rolls - rice noodles   Thai basil (V) .....	35
<b>Sailor's Basket</b> 🍷 - battered calamari   mussels   prawns   Haddock fish   zucchini   carrots (D-S-G-F) .....	50
<b>Tuna Marinated</b> – tuna seared   shallots   slices garlic   dill   red vinegar   cilantro leaves (F).....	40
<b>Chicken Wings</b> – BBQ   Buffalo   honey chili   choice (G) .....	50
<b>Prawns &amp; Cream</b> - lobster bisque   basil (S-D-F) .....	40
<b>Seafood Soup</b> – carrot jus   cardamom   lemon   mussels   prawns   squid (S-D) .....	40

## SALAD BAR

<b>CAESAR SALAD</b> 🍷 – Romaine   anchovies   parmesan   croutons   Caesar dressing (D-F) .....	50
With chicken .....	55
<b>Cobb Salad</b> – Romaine   grilled chicken   bacon (contains pork) or veal bacon   egg   cherry tomato   blue cheese   Cobb dressing (D-P-E).....	55
<b>Hot and Sour Thai Beef Salad</b> - loin   young cos   lettuce   powdered rice   lemongrass (F).....	50
<b>Greek Salad</b> – Feta   black olives   fresh & dried oregano   cucumber   cherry tomato   red onions (D).....	45

## SANDWICHES

<b>Mexican Chicken Wrap</b> – flour tortilla   cilantro   capsicum   red onion   sour cream   pico de gallo   guacamole   spicy choice (G-D).....	60
<b>Ham Sandwich</b> (contains pork) - candied onions   leaves   aioli   cheddar   black pepper   baguette   salad   fries (D-G-P) .....	70
<b>Spikes Lobster Club</b> – lobster   aioli   mint   tomato relish   streaky (contains pork) or veal bacon   avocado   potato salad (S-G-P).....	90

## PASTA

<b>Spaghetti Alla Chitarra</b>   beef ragout   tomato sauce   parmesan (G-D) .....	60
<b>Linguini</b>   lobster   prawns   asparagus   garlic   butter   chili flakes   truffle oil (S-D).....	65
<b>Raviolacci</b> – Porcini mushrooms   Tomato sauce   capers   basil   kalamata   cherry tomato   feta (D-G).....	65
<b>Capelli</b> – pumpkin & nuts & cheeses   Vegetable stock   parmesan flakes   flat mushrooms   wilted garlic (D-N-G).....	65

*\*\*Gluten free Spaghetti & Penne on request\*\**

## PIZZA

<b>Margarita</b> – tomato sauce   mozzarella   buffalo   basil (G-D).....	50
<b>Meat Lovers</b> - tomato sauce   mozzarella   Pastrami (contains pork)   honey pressed ham (contains pork)   mortadella (contains pork) (G-D-P).....	70
<b>Seafood</b> 🍷 - tomato sauce   mozzarella   prawns   tuna   squid   garlic & parsley oil   chili flakes   green chili (G-D-S-F).....	70
<b>Vegetarian</b> - tomato sauce   mozzarella   mix grill vegetables   artichokes   arugula (G-D).....	55

## GRILLS

<b>TENDERLOIN WAGYU AUSTRALIA</b> 🍷   MR6   200 grs.....	195
<b>Striploin Wagyu Australia</b>   MR6   250 grs.....	175
<b>Lamb Chops Welsh</b>   3 Bones.....	150
<b>Salmon Norwegian</b>   skin on   150 grs (F).....	80
<b>Seabass Mediterranean</b>   skin on   225 grs (F).....	120
<b>Cod Atlantic</b>   skin on   200 grs (F).....	95
<b>Tuna Saku</b>   skinless   200 grs (F).....	105
<b>Organic Chicken Breast</b>   free range   200 grs.....	90

## { SAUCES }

<b>Chimichurri</b>   lemon butter (D)   garlic charred & chili oil   peppercorn   Romaine tomato & basil
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## { SIDES }

<b>Potato Mashed</b> (D)   sautéed spinach & garlic slices   steamed vegetables   country salad   mix of mushrooms   fries.....	20
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## BURGERS

<b>SPIKES</b> 🍷 – prime Angus beef   smoked cheddar   salad   tomato relish   fries (G).....	75
<b>BLUE</b> – prime Angus beef   Stilton   arugula   candied onions   mayo   salad   fries (D-G).....	75
<b>PULLED PORK</b> – (contains pork)   apple slaw   gherkin relish   fries (G-P).....	75
<b>KING MUSHROOM</b> – mix of mushrooms   lemon basil   avocado   salad   fries (G-V) .....	70
<b>CHICKEN &amp; AVOCADO</b> – chicken breast   aioli   tomato relish   salad   avocado   fries (G).....	70

## { EXTRA SIDES }

Bacon (contains pork)   turkey bacon   fries   smoked cheddar (D)   blue cheese (D)   avocado .....	20
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## MAINS

<b>Fish and Chips</b> – mushy peas   chunky fries   tartar sauce   lemon (G-E-D).....	70
<b>Baby Back Ribs</b> (contains pork) – roasted garlic and honey   BBQ sauce   country salad (P-D).....	80
<b>Veal Escalope</b> – lemon skin   parmesan   charred baby potatoes   country salad (G-D) .....	90
<b>Crispy Duck Soup</b> – chicken stock   Udon noodles   cilantro   chili red   onions   ginger   duck breast (G-light spicy).....	50
<b>Nasi Goreng</b> 🍷 – fried rice   prawns crackers   fried egg   chicken satay (S-E-Spicy).....	65
<b>Butter Chicken</b> – Biryani rice   papadum   raita   pickles   chutney (D-G- medium Spicy).....	65

## 🍷 BEST SELLERS

(D) dairy product, (E) egg, (G) gluten, (N) nuts, (S) seafood, (F) fish, (V) vegetarian, (P) contains pork

# BREAKFAST

**BAKER'S BASKET**  
 Croissant | muffin | Danish | toasts  
 | butter | honey | jam (G-D)  
**35**

**PANCAKES**  
 Fresh berries | clothed cream  
 | Ricotta cheese (G-D)  
**35**

**BACON AND EGG SANDWICH**  
 Bacon (contains pork) | fried egg  
 | mayo | tomato | baguette (D-G-E-P)  
**50**

## SPIKES SPECIALS

**GOLFER'S BREAKFAST**   
 | Two eggs any style | smoked bacon (contains pork) | pork sausage (contains pork)  
 | sliced black pudding (contains pork) | grilled tomato | hash browns  
 | baked beans | mushrooms | toasted country bread | slices (D-G-E-P).....**55**

**SPIKES BREAKFAST**  
 | Two eggs any style | Croissant & choice of whole grain  
 or white toasts | butter | honey | jam | smoked turkey ham  
 | grilled tomato | mushrooms | fruit salad | plain yoghurt (E-G-D)...**50**

### EGG SPECIALTIES

**TWO FREE RANGE EGGS ANY STYLE**

Scrambled | fried | boiled | poached | sourdough toasts | tomato (E-D)..... **40**

**SPIKES BENNIES**

English muffin | Hollandaise | poached egg | choice smoked salmon or sautéed spinach or ham (contains pork) (E-D-P)..... **45**

**HUEVOS RANCHEROS**

Spicy tomato sauce | fried eggs | fried tortillas | cilantro | sour cream (E-D-G)..... **35**

**OMELETTE**

Choice whole egg or egg whites | bell pepper | onions | mushrooms | cheddar | turkey ham | with roasted tomato & spinach (E-D)..... **40**

### ASIAN INSPIRED

Beef soup | egg noodles | stewed beef brisket | bok choy | shallot  
 | broccoli | ginger | garlic (E-G).....**45**  
 Wok vegetable fried rice | fried egg sunny side up (E).....**30**

**ARABIC HERITAGE**

- Labneh | Halloumi | Foul | Mint  
 | Olives stuffed | Falafel | Cucumber | Tomatoes  
 | Zataar Pita bread | Chocolate Filo Parcels (D-G-N).....**40**

### BALANCED OPTIONS

**HIGH FIBER** - All Bran | plain yoghurt | seasonal fruits  
 | golden raisins (G-D).....**35**

**GRANOLA** – Almonds | Plain yoghurt & honey (D-N).....**40**

**OATS** - Chopped banana and sliced strawberries (D).....**35**  
 Choice of full fat milk | fat free | almond (V)

### FRUIT SALAD

Seasonal fresh fruit (V).....**30**

### EXTRA SIDES

Turkey bacon | turkey ham | grilled tomato | baked beans  
 | hash browns (G) | mushrooms.....**20**  
 Bacon (contains pork) | ham (contains pork) | smoked salmon..... **25**

### BEVERAGES

**TEA** ..... **18**

English breakfast | Early Grey | Jasmine needle | Green tea  
 | Moroccan mint | Red berries | Chamomile breeze

**COFFEE**

American | Decaffeinated..... **18**  
 Cappuccino | Café Latte | Espresso | Turkish..... **22**

**HOT SPECIALTIES** ..... **22**

Flavoured latte - Vanilla | Hazelnut  
 Caramel Macchiato - Espresso | Milk Foam and Caramel Topping

**HOT CHOCOLATE**..... **22**

Served with Valrhona chocolate shavings and marshmallow

**ICED TEA OR COFFEE**..... **25**

Lemon | Peach | Cranberry

**ENERGY BOOSTERS**

Pink Purifier..... **25**

Beetroot, apple, carrot and ginger packed with iron, vitamin A  
 and vitamin C. Powerful liver cleanser and immune system booster  
 also improves blood flow and healthy respiration

**VITAMIN C**..... **25**

Pineapple, lemon and orange

All the vitamin C you'll need, with manganese, a critical mineral  
 for strong bones and muscle tissue. Pineapple also aids digestion

**VITALITY**..... **25**

Strawberry, orange and apple

A powerful anti-inflammatory and anti-oxidant, which is also high  
 in fibre, vitamin C

**FRESH JUICE**..... **25**

Orange | Carrot | Pineapple | Green Apple | Grapefruit | Watermelon

**WATER**

Local..... **12 / 18**

Voss Still | sparkling..... **20 / 30**

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# DESSERTS

## MOLTEN LAVA CAKE

Candied & nuts Parfait | salted caramel (N-D-G)

35

## CLASSIC BREAD & BUTTER PUDDING

Cinnamon pudding | custard | vanilla ice cream (D-G)

25

## TIRAMISU

Ladyfingers in coffee | chocolate chips | almonds biscotti (D-G)

30

## PHILADELPHIA STYLE CHEESECAKE

Cheese cream | berries | berries coulis (D-G)

35

## MANGO CREMEUX MILLE FEUILLES

Marinated mango | mango jelly | mango sweet basil (D-G)

30

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and marshmallow

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