

# Members' Room

## Toasted sandwiches from 6.15

### Calabrese Club

British chicken, salami Milano, semi-dried tomato tapenade, spinach and Dijon mayo in a stonebaked ciabatta – 694 kcal

### Italian deli

Mozzarella, semi-dried tomato tapenade, coquille olives, basil, mayo and spinach on stone-baked, hand-pulled sourdough ciabatta – 595 kcal

## Baguettes from 4.40

### Ham and Emmental

Sliced Wiltshire ham, Emmental, Dijon mayo on sourdough baguette – 233 kcal

### West Country Cheddar and chutney

Thick sliced West Country Cheddar, farmhouse chutney, semi-dried tomatoes and peppery rocket on multigrain baguette – 276 kcal

## Wedges from 4.40

### Egg and cress (v)

Creamy egg mayo and fresh cress on wholemeal bread – 217 kcal

### BLT

Crispy bacon, sliced tomato, mixed leaves and mayo on wholemeal bread – 330 kcal

### Tuna and cucumber

Tuna and cucumber on wholemeal bread – 210 kcal

## Salad boxes from 6.70

### Harissa chicken & green grain salad

British chicken, harissa paste and green grains – 136 kcal

### Plant power

Falafel, hummus, roast butternut, pomegranate, courgetti, tomato, cucumber, mixed leaves and omega seeds with Middle Eastern spiced vinaigrette – 163 kcal

## Wraps from 5.20

### Fiesta chicken

British chargrilled chicken, fire-roasted corn dip, chipotle mayo, sweetcorn, black beans, tomato, red cabbage, red pepper, coriander, spinach and lime in a multigrain tortilla – 194 kcal

### Middle Eastern meze (vg)

Falafel, hummus, aubergine tapenade, tomato, piquillo peppers, spinach and cucumber on a multigrain wrap – 243 kcal

## Cakes from 2.55

### Scones 624 kcal

### Raspberry & mango and coconut cake 597 kcal

### Carrot & orange cake 511 kcal

### Walnut & coffee and cardamom cake 589 kcal

### Blubbery muffin 381 kcal

### White chocolate & raspberry muffin 391 kcal

### Plum, almond & raspberry ripple cake 467 kcal

### Nutty brownie 537 kcal

### Triple chocolate muffin 400 kcal

### Croissant 355 kcal

### Pain au chocolat 376 kcal

### Pain aux raisins 294 kcal

## Cold drinks from 2.60

### Life still / sparkling water 330 ml

### Apple / orange juice

### Coke / Diet Coke

### Elderflower pressé

### Fentimans Ginger Beer, Rose lemonade, Victorian lemonade

## Hot drinks

Our coffee is carbon neutral and Rainforest Alliance Certified

**Espresso** single / double 0 kcal 2.25 / 2.70

**Macchiato** single / double 6 kcal 2.60 / 2.90

**Americano** 0 kcal 3.05

**Latte** 202 kcal 3.25

**Cappuccino** 135 kcal 3.25

**Flat white** 117 kcal 3.40

**Mocha** 282 kcal 3.40

**Hot chocolate** 310 kcal 3.40

**Tea** 1 kcal 2.80

Please ask us for available flavours

**Milk alternatives** 0.20

(v) vegetarian | (vg) vegan

We use a wide range of ingredients in our kitchen, some of which may contain allergens.

Please let us know if you have a specific allergy or dietary requirement so we can let you know of the most appropriate food choice.

Adults need around 2000 kcal a day.