

Golf Society Menu 2020



Breakfast options	£
Bacon Bap and tea or coffee (refillable)	4.50
Sausage Bap and tea or coffee (refillable)	5.00
9 Hole English Breakfast: Sausage, 2 Rashers Bacon, Beans, Tomato, Crispy Potato, Fried Egg & Toast and tea or coffee (refillable)	9.50
18 Hole English Breakfast: 2 Sausage, 2 Rashers Bacon, Beans, Tomato, Crispy Potato, Black pudding, Fried Egg, Mushrooms & Toast and tea or coffee (refillable)	11.50

Lunch options	
A Round and a Half of Sandwiches with Bowls of Chips to Share	5.50
Home Glazed Ginger Beer Cooked Ham, Egg & Chunky Chips	8.50
Scampi, Balsamic & Sea Salt Skinny Fries & Peas Tartare Sauce	9.95
6 oz Cheese & Bacon Burger in a Brioche Bun, Skinny Fries & Coleslaw	10.50
Cottage Pie with Seasonal Vegetables and Gravy	8.95
Dingley Dell Cumberland Pork Sausages, Creamy Mash, Onion Gravy & Peas	9.95
Southern Fried Chicken Breast, Buttered Corn, Slaw & Fries	9.50
Lasagne Chips and Salad	9.50
Chilli Con Carne with Rice & Nachos	9.50
Cornish Pasty Chips & Beans	8.50
Chicken Caesar Salad	9.00

Dinner - starters	
Soup of the Day served with Crusty Bread	4.95
Homemade Chicken Liver & Orange Pate, Chunky Bread, Salad & Chutney	6.00
Tandoori Chicken Salad, Charred Pineapple, Masala Onions & Mint Raita	6.00
Creamy Garlic Mushrooms on Toasted Brioche	5.50
Roasted Beetroot & Goats Cheese Salad with a Rocket & Balsamic Dressing	5.75
Mackerel, Celeriac & Apple Dressed Salad	6.00
Smoked Salmon & Prawn Cocktail with Brown Bread and Butter	6.95
Our Honey Roast Ham Eggs Benedict	6.00
English Breakfast salad	6.50

Dinner – main course: all served with a selection of seasonal vegetables	
Roast Dinner & Accompaniments (Choose from Beef, Pork or Turkey)	11.95
Chicken, Leek & Smoked Ham Filo Topped Pie with Herb Buttered New Potatoes	10.95
Roast Chicken Breast, Sauce Forestiere with Thyme Roasted New Potatoes	11.50
Steak and Suffolk Ale Pie with Mustard Mash and Seasonal vegetables	11.95
Lamb Navarin with Rosemary Dumplings, Buttered New Potatoes	12.95
Mango Glazed Chicken Breast on Muddled Potatoes & A Lightly Curried Coconut Sauce	11.50
Salmon, Chive Cream Cheese en Croute with Herb Buttered New Potatoes and Herb Fish Cream Sauce	12.95
Smoked Haddock Fish Cake on Warm Green Bean & Potato Salad Topped with Poached Egg and a Herb & Sweet Mustard Sauce	11.95
Doom Bar Beer Battered Cod Fillet with Chips Peas and Tartare Sauce	10.95
8oz Sirloin Steak With Garlic Baked Mushroom & Tomato, Chunky Chips and Pepper sauce	18.95

Desserts	
3 Ball English Handmade Ice Cream selection with Wafer Cigars	5.25
Seasonal Crumble Served with Custard or Ice Cream	5.75
Fruit Salad Basket with Vanilla Ice Cream	5.75
Treacle Tart Topped with Rhubarb & Custard Ice Cream Sauce Anglaise	6.00
Vanilla Crème Brulee with Strawberries & Shortbread	6.00
Baked Cheesecake with Red berry Compote	6.00
Steamed Jam Sponge Pudding and Custard	6.00
Warm Chocolate Brownie with Mint Choc Chip Ice Cream	6.00
Sticky Toffee Pudding with Ice Cream & Butterscotch Sauce	6.00
Lemon Meringue Pie with Raspberries	6.00
Giant Chocolate Profiterole with Warm Rich Chocolate Sauce	6.00
Red Berry Pavlova Pillows	6.00
Millionaires Caramel Tart with Raspberry Coulis	6.50
European Cheese Board, Fruit, Chutney & Biscuit Selection	6.50

A Choice of Filter Coffee or Tea	1.50
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Any vegetarians, vegans, dietary requirements or allergens will be catered for separately, just contact Julie or James at the addresses below. Also, if you have an idea of something you would like, not listed above, please don't hesitate to contact our chefs, James or Wayne to discuss further.

Chefs: jamesoxley@frintongolfclub.com or wayneharland@frintongolfclub.com

Julie Fennelly (Office): office@frintongolfclub.com

We look forward to welcoming you to Frinton.