

# Sides

Served 11am – 3pm

|                                        |       |       |
|----------------------------------------|-------|-------|
| <b>Garlic Bread</b> 420kcal            | V     | £4.95 |
| <b>Thick Cut Chips</b> 480kcal         | VE GF | £4.50 |
| <b>Battered Onion Rings</b> 350kcal    | V     | £4.95 |
| <b>Sweet Potato Fries</b> 390kcal      | VE GF | £5.50 |
| <b>Cauliflower Wings</b> 340kcal       | VE    | £6.95 |
| Served with sweet chilli dipping sauce |       |       |

## Little Golfers' Menu

|                                      |       |
|--------------------------------------|-------|
| <b>Chicken Nuggets</b> 520kcal       | £8.95 |
| Served with thick cut chips and peas |       |
| <b>Breaded Fish Goujons</b> 490kcal  | £8.95 |
| Served with thick cut chips and peas |       |
| <b>Mini Beef Burger</b> 550kcal      | £8.95 |
| Served with thick cut chips and peas |       |

# Desserts

Served 11am – 5pm

|                                                         |      |        |
|---------------------------------------------------------|------|--------|
| <b>Cheesecake of the Day</b> 520kcal                    | V    | £7.95  |
| Served with cream or vanilla ice cream                  |      |        |
| <b>Sticky Toffee Pudding</b> 690kcal                    | V    | £8.50  |
| Served with vanilla ice cream and toffee sauce          |      |        |
| <b>Salted Caramel Tart</b> 580kcal                      | V    | £7.95  |
| Served with vanilla ice cream and salted caramel sauce. |      |        |
| <b>Ice Cream</b> 120kcal per scoop                      | V GF | £2.50  |
| Selection of vanilla, chocolate or strawberry ice cream |      |        |
| <b>British Cheeses &amp; Crackers</b> 650kcal           | V    | £10.95 |
| Served with grapes, celery and chutney                  |      |        |

If you have a food allergy or intolerance, please inform a member of staff before ordering. Full allergen information is available on request.

V = Vegetarian, VE = Vegan, GF = Gluten-Free. All calorie values are approximate and based on standard serving sizes.

Adults need around 2000 kcal per day.

# Lunch Menu



**Meon Valley**

HOTEL, SPA & GOLF

ELITE VENUE SELECTION

# Soup

Served 11am – 3pm

**Soup of the Day** 320kcal **£8.95**  
Please ask your server about today's freshly prepared soup, served with warm crusty bread and butter

# Sandwiches

Served 11am – 5pm

All sandwiches are served with your choice of white, brown bloomer or ciabatta. Served with dressed salad and crisps. Upgrade to thick cut chips for **£2.50**. Gluten-free options available upon request.

**Club Sandwich** 780kcal **£14.95**  
Tender chicken and crispy bacon with crisp lettuce, tomato, and mayonnaise

**Tuna & Mayo** 540kcal **£11.95**  
A classic combination of flaked tuna and mayonnaise with crisp salad leaves

**BLT** 590kcal **£11.95**  
Classic crispy bacon, lettuce, tomato and mayonnaise

**Mature Cheese & Tomato** 510kcal **£10.95** **V**  
Rich mature cheddar cheese with sliced tomato and mixed leaves

**Grilled Ham & Cheese** 650kcal **£11.95**  
Grilled ham and melted cheddar cheese served toasted

# Pizza

Served 11am – 3pm

**Margherita** 860kcal **£13.95** **V**  
Classic tomato sauce topped with mozzarella and oregano

**Pepperoni** 980kcal **£15.95**  
Tomato sauce base, mozzarella and sliced pepperoni

# Salads

Served 11am – 5pm

**Caesar Salad** 540kcal **£12.95** **V**  
Crisp romaine lettuce, parmesan cheese, herb croutons and classic Caesar dressing  
**Add Grilled Chicken** (+180 kcal) **£4.00**

**Grilled Halloumi Salad** 610kcal **£14.95** **V** **GF**  
Grilled halloumi served with mixed leaves, cherry tomatoes, cucumber, red onion and balsamic dressing

**Superfood Salad** 440kcal **£13.95** **VE** **GF**  
Quinoa, mixed leaves, beetroot, roasted sweet potato, cucumber, cherry tomatoes, pomegranate seeds and pumpkin seeds with citrus dressing

## Classic Favourite

Served 11am – 3pm

**Beer Battered Fish & Chips** 1050kcal  
Served with thick cut chips, mushy peas, tartare sauce and lemon

**£17.95**

# Burgers

Served 11am – 5pm

**The Meon Burger** 1120kcal **£16.95**  
British beef patty, mature cheddar, smoked bacon, burger relish and crispy onions. Served with thick cut chips

**Southern Fried Chicken Burger** 1240kcal **£17.95**  
Buttermilk chicken breast coated in seasoned southern fried breadcrumbs, topped with mature cheddar cheese and burger relish. Served with thick cut chips

**Mediterranean Veggie Burger** 880kcal **£15.50** **V**  
Grilled vegetable patty in a toasted brioche bun, rocket and garlic mayo. Served with thick cut chips

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