

Sides

Served 11am – 5pm

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

Little Golfers' Menu

Chicken Nuggets 520kcal	£8.95
Served with thick cut chips and peas	
Breaded Fish Goujons 490kcal	£8.95
Served with thick cut chips and peas	
Mini Beef Burger 550kcal	£8.95
Served with thick cut chips and peas	

Desserts

Served 11am – 5pm

Cheesecake of the Day 520kcal	V	£7.95
Served with cream or vanilla ice cream		
Sticky Toffee Pudding 690kcal	V	£8.50
Served with vanilla ice cream and toffee sauce		
Salted Caramel Tart 580kcal	V	£7.95
Served with vanilla ice cream and salted caramel sauce.		
Ice Cream 120kcal per scoop	V GF	£2.50
Selection of vanilla, chocolate or strawberry ice cream		
British Cheeses & Crackers 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**
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**
Classic tomato sauce topped with mozzarella and oregano

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

Salads

Served 11am – 3pm

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

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

Superfood Salad 440kcal **£13.95**
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 – 3pm

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**
Grilled vegetable patty in a toasted brioche bun, rocket and garlic mayo. Served with thick cut chips

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