

# Frinton-on-Sea Lawn Tennis Club Summer Menu 2020

## Sandwiches, toasties, baps and dogs

|   | Granary | Panini |
|---|---------|--------|
| Coronation chicken with crisp lettuce                             | £4.5    | £5.5   |
| Brie and ham with red onion chutney                               | £4.5    | £5.5   |
| Crayfish with marie rose dressing with crisp lettuce              | £5      | £6     |
| Avocado, crisp lettuce mustard, mango chutney & pine nuts (vegan) | £4.5    | £5.5   |
| Ham and tomato  | £4      | £4.5   |
| Mature cheese and onion (vegetarian)                              | £4      | £4.5   |
| Grilled bacon bap with ketchup                                    |         | £4     |
| Classic hot dog with sauté onions, ketchup & American mustard     |         | £4     |

## Mains

- Spicy Arabiatta spaghetti – (vegan) £7  
*With chilli flakes, sun blushed tomatoes & basil oil*
- Spaghetti carbonara £7.5  
*With local ham, egg yolks, black pepper, parmesan & cream*
- Crayfish and tomato spaghetti £7.5  
*With sun blushed tomatoes, basil oil & fresh parmesan*
- Chopped house salad – (vegetarian) £7  
*Mixed summer leaves, feta, tomato, cucumber, avocado, croutons & dressing*
- Garlic chicken salad £8  
*Crispy chicken, cos lettuce, croutons, parmesan & garlic dressing*

## Clubhouse Specials

- The 'Clubhouse' burger £8.5  
*Homemade beef burger with sautéed onions, lettuce & tomato, served with fries*
- The 'Clubhouse' Chicken £7  
*Chicken fillet burger with lettuce, tomato & mayo, served with fries*
- Bangkok bad boy burger (vegan) £7  
*With lettuce, tomato & sweet chilli, served with fries*
- Clubhouse Chicken bites £7  
*Deep fried with garlic mayo, served with fries*

Add bacon 50p Add cheese 50p Upgrade to large fries £1

## Sides

|                        |                         |
|------------------------|-------------------------|
| Regular fries          | £2.5 / Large fries £3.5 |
| Sweet potato fries     | £2.5                    |
| Garlic baguette        | £2.5                    |
| Cheesy garlic baguette | £3.5                    |
| Mixed Salad            | £3                      |

## Kid's menu

|                                  |    |
|----------------------------------|----|
| Chicken nuggets and fries        | £4 |
| Fish finger and fries            | £4 |
| Quarter pounder burger and fries | £4 |
| Tomato & basil pasta (vegan)     | £4 |