

Poolside Kitchen Menu

Sandwiches

granary or farmhouse white

served with tortilla chips & house salad

Mature Cheddar	£4.50
Mature Cheddar and onion	£5
Mature Cheddar and ham	£5
Ham and tomato	£5
Ham and chutney	£5
Tuna mayonnaise	£5
Classic BLT	£5
Chicken, lettuce and tomato	£6
Crayfish and Marie Rose sauce	£6
Crushed Avocado, sun-blushed tomatoes and mayo (vegan)	£5
Want it toasted?	£1

Smoothies and Shakes

Power £4

A smooth combo of banana, spinach, apple, pineapple, fresh ginger with a hint of lime juice and coriander for the best energy booster in Frinton!

Detox £4

A vibrant combo of apple, beets, strawberries, pineapple, avocado, spinach, a hint of lemon juice and a pinch of cayenne to kickstart your detox

Shakes £3

Strawberry, chocolate or banana with whipped cream and sprinkles

Sharing Plates

Nacho Platter £6

Tomato salsa, melted cheese and sour cream

add Cajun chicken £4

Antipasti £9.50

Cured meats, olives, sautéed chorizo, olive oil and balsamic, sliced mozzarella and garlic bread
(Ideal for sharing or served as a main course)



Burgers

'Clubhouse' burger and fries <i>homemade beef burger with sautéed onions, lettuce, beef tomato and burger sauce</i>	£9.50
Chicken fillet burger and fries <i>with lettuce, tomato & mayo, served</i>	£8.50
Add mature cheddar	75p
Add bacon	75p
Bangkok 'bad boy' burger and chips (vegan) <i>with lettuce, tomato and sweet chilli</i>	£8
Jumbo fish finger sarnie and chips <i>with lettuce, tomato and crunchy tartare sauce</i>	£8
Quinoa salad <i>with cherry tomatoes, cucumber, mint, red onion, rocket, lemon and olive dressing</i>	£6
Add grilled chicken	£4
Add seared salmon	£4
Garlic chicken salad <i>with cos lettuce, croutons, parmesan and garlic dressing</i>	£9
Clubhouse chicken bites with fries <i>deep fried with garlic mayo</i>	£8
Fusilli with crayfish <i>sautéed with garlic, chilli, parsley and lemon butter, topped with rocket</i>	£8
Fusilli with tomato and basil, fresh parmesan, olives (V)	£7
Add grilled chicken	£4
Add seared Salmon	£4

Sides

Regular fries	£2.50
Sweet potato fries	£3.50
Garlic baguette	£2.50
Cheesy garlic baguette	£3.50
House salad	£3
Junior's menu	
Chicken nuggets and fries	£4
Fish finger and fries	£4
Quarter pounder burger and fries	£4
Tomato & basil pasta (vegan)	£4

