

# SNACKS

- Classic Scotch Egg £3.25 (DF)
- Kettle Chips £2.95
- Sea Salt & Balsamic, Sweet Chilli, Sea Salt, Cheddar & Red Onion, Veg Chips
- Freshly Baked Pastries £2.95 (V)
- Homemade Double Chocolate Cookie £2.25 (V)

For The Course:  
Boxed Pack of the Day £14.95  
Any cold Sandwich or wrap, crisps and scotch egg



# SANDWICHES

- Club Sandwich £13.95
- Grilled chicken, maple cured back bacon, avocado, tomato and lettuce. (GFO, DFO)
- Homemade Fish Finger Sandwich £9.50
- Homemade tartare sauce, crispy lettuce.
- Prawn Cocktail Wrap £12.95
- Prawn salad, dill and lemon mayo. (GFO,DFO)
- Chicken and Bacon Caesar Wrap £12.95
- Grilled chicken, bacon, cos lettuce and Caesar sauce. (DFO, GFO)
- Lobster Roll £18.25
- Lobster meat, garlic butter and sriracha mayo. (GFO)
- Ham Sandwich £10.50
- Home cured ham, crispy lettuce and mustard mayo. (GFO,DFO)

NYC Pastrami Sandwich £11.25  
Pastrami, sauerkraut, pickles and mustard mayo. (GFO,DFO)

Egg Mayonnaise £9.50  
Egg mayonnaise and watercress. (GFO,DFO)

Club Steak Ciabatta £16.95  
Grilled steak, caramelised onions, tomato, mustard and Swiss cheese.  
(GFO,DFO)

Oak Smoked Salmon Sandwich £10.95  
Oak smoked salmon, dill cream cheese, pickled cucumber. (GFO,DFO)

Croque Monsieur £11.95  
Classic toasted bread with ham, mustard and cheese bechamel.

Croque Mademoiselle £9.95  
Classic toasted bread with cheese, mustard and bechamel sauce and a fried egg.

All served in your choice of Bread and side of fries or side salad.

Gluten Free Bread Options available



# MAINS

Chicken Parmigiana £15.50

Breaded chicken breast, side salad and tomato soffrito.

Fish and Chips £16.50

Beer battered cod, triple cooked chips, mushy peas and tartare sauce. (DF)

Ham, Egg and Chips £12.50

Home glazed ham, fried eggs and triple cooked chips. (DF,GFO)

Scampi and Chips £14.95

Scampi, triple cooked chips, tartare sauce and garden peas. (DFO)

Thai Red Vegetable Curry £14.95

Jasmine rice, garlic naan and mango salsa. (GF,DF,VE)

Add King Prawns £5.00

# SALADS

Caesar Salad £13.95

Crispy cos lettuce, parmesan, homemade croutons, Caesar dressing and a soft-boiled egg. (GFO)

Mediterranean Quinoa Salad £12.95

Red and white quinoa, bulgar wheat, roasted squash, red onion, mixed peppers, zucchini, and a light vinaigrette. (DF)

Burrata Salad £13.95

Cherry tomato, red onion and basil dressing. (GF)

Goats Cheese £14.95

Goats cheese crumbs, toasted walnuts, pink peppercorns, mixed leaf lettuce, cherry tomato, red onion and a light French dressing. (GFO)

# SALAD EXTRAS

Smoked Salmon £4.95  
Soft-boiled Egg £3.00  
Smoked Bacon £2.50  
Half Avocado £3.95

Burrata £5.00  
Grilled Chicken Breast £5.00  
4oz Rib Eye Steak £9.00  
Grilled Halloumi £3.95

# SIDES & TOPPERS

Triple cooked chips £4.95  
Skin on fries £4.95  
Smoked mash potato £4.95  
Almond & chilli tender stem broccoli £4.95  
Garlic butter mushrooms £4.95  
Parmesan side salad £4.95  
Loaded fries with bacon and cheese £7.95

Mac 'n' cheese £4.95  
BBQ beef brisket £6.25  
Extra burger patty £4.95  
Swiss cheese £2.25  
Maple cured back bacon £2.50  
Asian Slaw £4.95

# THE GRILL

Vegan Beyond Meat Burger £15.50 (DF,GFO, VE)

6oz Beef Burger £16.00 (GFO,DF)

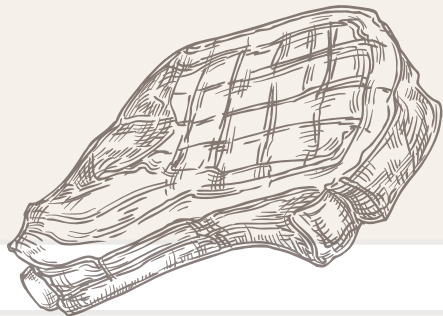
6oz Salmon Steak £22.00 (GF,DFO)

Katsu Burger £15.50 (DFO)

8-day dry aged 10 oz Rib Eye Steak £28.00 (GF,DFO)

# SAUCES

Bearnaise Sauce £2.50  
Peppercorn Sauce £2.50  
BBQ Sauce £2.50  
Chimichurri £2.50  
Blue Cheese Sauce £2.50



# GRAZING

Franks Crispy Hot Wings £9.95

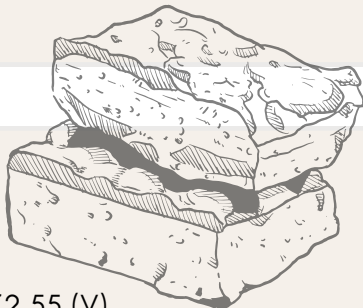
Sticky BBQ Chicken Wings £8.95

Korean Pork Belly Bites £9.95

Arancini Balls with Black Truffle Mayo £9.50

Crispy Prawns and Sweet Chilli Mayo £9.95

Teriyaki Chicken Karaage Bites £9.95



# DESSERT

Homemade Double Chocolate Cookies £2.55 (V)

Vanilla New York Style Cheesecake with fruit coulis £8.95 (V)

Pecan Pie with cherry compote and vanilla cream £8.95 (V)

Rocky Road Chocolate Brownie with chocolate sauce £8.95 (V)

Sticky Toffee Pudding, vanilla ice cream and toffee sauce £8.95 (V)

Selection of Ice Cream or Sorbet £2.45 per scoop: (V)

Vanilla  
Strawberry  
Salted Caramel  
Coconut

Lemon Sorbet  
Mango Sorbet  
Raspberry Sorbet

Please inform your server of any allergies or dietary requirements before ordering. While every effort is made to accommodate dietary needs, all dishes are prepared in a kitchen that handles allergens, and we cannot guarantee the absence of trace ingredients.

GF - Gluten Free / GFO - Gluten Free Option Available / DF - Dairy Free / DFO - Dairy Free Option Available  
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Toft Road, Bourn, Cambridge,  
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# BREAKFAST SALADS

## Active Start £9.95

Avocado, quinoa, mixed nuts, burnt feta, mixed leaf.

## Health Benefit £9.95

Greek yoghurt, mixed berries, nuts and honey glaze.



# POWER SMOOTHIES

## Green Latifah £6.95

(cals 370, protein 33g, carbs 17g, fats 18g)

Almond milk, mango, spinach, almond butter, vanilla whey protein

## The 18th Green £6.95

(cals 395, protein 33g carbs- 23g, fats 18g)

Almond milk, banana, spinach, almond butter, matcha powder, Vanilla whey protein

## Mochaliscious £6.95

(cals 377, protein 33g, carbs 42g, fats 9g)

Almond milk, cold brew coffee, banana, cacao powder, chocolate protein powder

## Simply PB £6.95

(cals- 425, protein 37g, carbs 41g, fats 22g)

Almond milk, banana, peanut butter, vanilla whey protein or chocolate whey protein

## PB & J £6.95

(cals 419, protein 36g, carbs 19g, fats 21g)

Almond milk, strawberries, blueberries, peanut butter, vanilla whey protein

## The Club Classic £6.95

(cals 469, protein 34g, carbs 32g, fats 21g)

Almond milk, strawberries, banana, honey, peanut butter, spinach, vanilla whey protein

## Basically Air £6.95

(cals- 133, protein 24g, carbs 7g, fats 0g)

Water, blueberries, vanilla whey protein

## Additional Items at £1.00 per scoop

- Creatine
- BCAAs
- Extra scoop of protein
- Collagen
- Vegan protein powder supplement



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SPIKES BAR

AT CAMBRIDGE COUNTRY CLUB

# BREAKFAST MENU

available until 11.30am

## Breakfast Baps & Sandwiches

**Bacon £5.95** (DFO, GFO)

**Sausage £5.95** (DFO, GFO)

**Bacon & Sausage £7.95** (DFO, GFO)

**Breakfast Bap £9.45** (DFO, GFO)

Powters of Newmarket sausage, maple cured bacon and fried egg in a toasted brioche bun.

## Full English Breakfast £13.95 (served all day) (DFO, GFO)

Powters of Newmarket sausage, maple cured bacon, fried egg, roasted flat mushroom, grilled tomato, baked beans, hashbrown and toasted sourdough.

## Regular English Breakfast £9.95 (DFO, GFO)

Powters of Newmarket sausage, maple cured bacon, fried egg, baked beans, hashbrown and toasted sourdough.

## Omelette £8.50 (GF)

3 egg omelette with a choice of: Classic, Ham and Cheese or Mushroom and Onion.

## Eggs Benedict £14.25

Poached egg, home glazed ham, toasted muffin and hollandaise sauce.

## Eggs Royale £15.25

Poached egg, oak smoked salmon, toasted muffin and hollandaise sauce.

## Eggs Florentine £13.25

Poached egg, creamed spinach, toasted muffin and hollandaise sauce.

## Avocado Toast £9.95 (DFO, GFO)

Poached eggs, smashed avocado, harvest vegetable salsa, toasted seeds and sourdough.

## Scrambled Eggs £7.50 (DFO, GFO)

On Sourdough toast.

## American Pancakes £10.25

### Choice of:

Maple cured bacon, buttermilk and maple syrup or

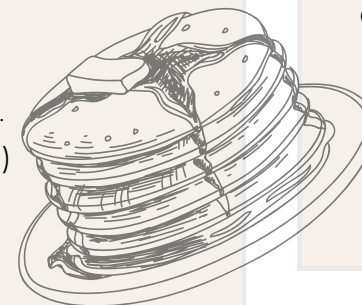
Greek yoghurt, mixed berry compote and maple syrup.

## Fried Egg and Ham £8.95 (DFO, GFO)

Fried eggs, ham and toasted sourdough.

## Porridge with Honey £5.95 (DFO)

Add fresh fruit £2.00



**Looking for something special;** our team would love to host your next event. From Birthdays to Business lunches and Weddings to Corporate events we are here for you. Ask us about Private Dining, Terrace Events, Golf Days and Spa Packages.

# HOT DRINKS

## Coffees

Espresso £3.00

Double Espresso £3.30

Black Americano £3.50

White Americano £3.75

Latte £3.95

Cappuccino £3.95

Flat White £3.95

Mocha £4.25

Chai Latte £3.95

Turmeric Latte £3.95

Matcha Latte £4.25

## Teas

Breakfast Tea £3.30

Decaffeinated Tea £3.30

Earl Grey £3.30

Green Tea £3.30

Camomile Tea £3.30

Peppermint Tea £3.30

Berry Tea £3.30

St Clements Lemon Tea £3.30

## Barista Specials

Iced Coffee £4.60

Hot Chocolate £3.95

Babyccino £2.00

# EARLY MORNING EXTRAS

Maple Cured Bacon £2.50

Powters of Newmarket Sausage £1.95

Grilled Halloumi £2.50

Smashed Avocado £2.95

Fried Egg £1.50

Poached Egg £1.50

Scrambled Egg £1.50

Hash Brown £1.50

Sourdough Toast £1.50

Honey Glazed Ham £2.25

Roasted Flat Mushroom £1.95

Grilled Whole Tomato £1.25



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