

## STARTERS

	20% Leisure Club Member Discount	
<b>MUSHROOMS AND BOURSIN (v)</b> Sauté of mushrooms in white wine, fresh rosemary, Boursin cheese and cream, served in a filo pastry pot.	£4.45	£3.56
<b>SESAME CHICKEN (n)</b> Sesame chicken, toasted peanut and bean-shoot salad, sweet and sour sauce.	£4.45	£3.56
<b>GRILLED SARDINE FILLETS (f)</b> Marinated in Piri Piri spices, set on a chopped dressed salad.	£4.25	£3.40
<b>CHICKEN AND PEPPER TERRINE</b> Layered chicken and pepper terrine, flavoured with oregano and Parmesan, with balsamic reduction and olive oil.	£4.75	£3.80
<b>MELON MOJITO (v)</b> Galía melon filled with iced lime, mint and Bacardi rum cocktail.	£3.95	£3.16
<b>PAELLA (f)</b> Calamari, shrimp, chicken, Chorizo, chopped vegetables, rice and peppers, finished with cream, white wine and saffron.	£4.45	£3.56
<b>ANTIPASTO</b> Prosciutto crudo, coppa di Parma, salami Milano, black olives, rockette and Parmesan salad.	£4.75	£3.80
<b>PRAWN COCKTAIL</b> Classic prawn cocktail with crusty brown bread and cocktail sauce.	£4.35	£3.48
<b>SOUP OF THE DAY</b> Home-made soup of the day, served with crusty bread.	£3.45	£2.76
<b>SALAD TABLE (v) (n)</b> Take unlimited trips to our salad table.	£4.55	£3.64

## MAINS

<b>THAI CHICKEN (n)</b> Sauté of chicken with lemon grass, coriander, ginger, chilli and coconut milk on fragrant Basmati rice.	£8.95	£7.16
<b>SEA BASS</b> Baked sea bass fillets with crisp vegetables, saffron, white wine and cream.	£13.95	£11.16
<b>GNOCCHI (v)</b> Finished with creamed exotic mushrooms, asparagus tips, Parmesan and olive oil.	£7.95	£6.36
<b>LAMB TAGINE (n)</b> Braised lamb with Moroccan spices, apricots and almonds. Served with minted cous cous.	£9.75	£7.80
<b>SCALLOP AND PRAWN NOODLES</b> Wok fried scallops and prawns, pak choi, fish sauce, chilli and crisp vegetables.	£10.95	£8.76
<b>PENNE PASTA WITH SPICY CHICKEN AND SPINACH</b> Penne pasta sautéed with chicken breast, Cajun spices, button mushrooms and fresh leaf spinach, finished with white wine and cream.	£8.45	£6.76

3 COURSE CARVERY  
AVAILABLE EVERY  
SUNDAY LUNCHTIME

\*All weights are approximate prior to cooking. All items are subject to availability. All prices are inclusive of VAT. We cannot guarantee that fish products on this menu do not contain bones. (v) Suitable for vegetarians. (n) Known to contain nuts. However we cannot guarantee that other items do not contain nuts or nut derivatives. Village Hotels and Leisure Clubs will not knowingly sell any food required to be labelled as containing GM material. Salingers is a non smoking restaurant.

## MAINS (CONTINUED)

	20% Leisure Club Member Discount	
<b>CHICKEN IN BANANA LEAF</b> Breast of chicken baked in banana leaf with satay sauce, served with pineapple rice, fried noodles and Tempura vegetables.	£8.95	£7.16
<b>ROAST VEGETABLE PIZZA (n)</b> Roasted Mediterranean vegetables and tomato on a stone baked crust, with rockette, Parmesan and basil oil.	£7.95	£6.36
<b>BREAST OF DUCK</b> Breast of duck carved over rosti potatoes with a plum and apple sauce, served with seasonal vegetables.	£11.25	£9.00
<b>MESQUITE SALMON</b> Grilled salmon fillet, dusted in mesquite spices with home cut chips and mango salsa.	£8.95	£7.16
<b>GOATS CHEESE AND ONION TART (v)</b> Caramelised red onion and goats cheese filo tart with crushed new potatoes, olive oil and mixed salad.	£7.95	£6.36
<b>MEDALLIONS OF BEEF</b> Pan-fried medallions of beef with glazed Gorgonzola, red wine jus, seasonal vegetables and potatoes.	£14.95	£11.96
<b>CHICKEN OR VEGETABLE FAJITA</b> Sizzling skillet of chicken or vegetables, with bell peppers and onions seasoned with Cajun spices and served with guacamole, sour cream, tomato salsa and flour tortillas.	£10.25	£8.20
<b>CHICKEN VEGETABLE (v)</b>	£8.95	£7.16

## GRILLS & FISH

All steaks and grills are accompanied with tomato and field mushroom, spiced onion rings, your choice of potatoes and either vegetables or a trip to the salad table.

Fish dishes come with your choice of potato and either vegetables or a trip to the salad table.		
<b>10oz* SIRLOIN</b>	£12.95	£10.36
<b>8oz* FILLET</b>	£14.95	£11.96
<b>10oz* BARNSLEY LAMB CHOP</b>	£11.95	£9.56
<b>16oz* WHOLE SPATCHCOCK CHICKEN</b>	£10.95	£8.76
Marinated in garlic and herbs (allow 20 mins)		
<b>STEAK AND CHICKEN</b>	£10.95	£8.76
Grilled chicken fillet with 6oz* rump steak.		
<b>MIXED GRILL</b>	£11.95	£9.56
6oz* rump steak, 4oz* chicken fillet, gammon steak and sausage, home cut chips and fried egg.		
<b>8oz* POACHED OR GRILLED SALMON</b>	£8.55	£6.84
<b>8oz* GRILLED TUNA STEAK</b>	£8.95	£7.16
<b>GRILLED SEABASS FILLETS</b>	£12.95	£10.36
Served with parsley butter.		
<b>SAUCES:</b>	£1.25	£1.00
Port and Stilton, Pepper, Diane, Bearnaise, Tomato and Chilli or Hollandaise.		

## SIDES (V)

<b>FRIES</b>	£2.05	£1.64
<b>SPICED ONION RINGS</b>	£2.05	£1.64
<b>SAUTÉED MUSHROOMS</b>	£2.05	£1.64
<b>GARLIC AND HERB PANINI</b>	£2.15	£1.72
<b>GARLIC AND HERB PANINI WITH MOZZARELLA</b>	£2.45	£1.96
<b>UNLIMITED TRIPS TO THE SALAD TABLE</b>	£4.55	£3.64
<b>PANACHE OF MIXED VEGETABLES</b>	£2.45	£1.96

## DESSERTS

<b>CHOCOLATE FUDGE CAKE</b> Warm chocolate fudge cake, banana ice cream and chocolate milk shake.	£3.95	£3.16
<b>SELECTION OF ICE-CREAMS</b> Chocolate with milk chocolate curls, strawberry with strawberry pieces, banana with banana pieces, tiramisu or vanilla with vanilla pods in a brandy snap basket, with whipped cream and either chocolate, fudge or strawberry sauce.	£3.75	£3.00
<b>MAPLE AND PECAN CHEESECAKE (n)</b> With vanilla sauce.	£3.95	£3.16
<b>FRESH FRUIT SALAD</b> Fresh fruit salad served in a brandy snap basket with cream or ice cream.	£3.45	£2.76
<b>CARAMEL AND ALMOND CRÊPE (n)</b> Crêpe with Tiramisu ice cream and Tia Maria toffee sauce.	£3.95	£3.16
<b>BELGIAN WAFFLES (n)</b> Belgian waffles, vanilla ice cream, nut brittle and fudge sauce.	£3.95	£3.16
<b>APPLE TART</b> Warm apple tart with hot custard.	£3.95	£3.16
<b>CHEESE</b> Choose from mature Cheddar, Stilton, Gorgonzola or Brie with grapes, biscuits and chutney.	£4.25	£3.40
<b>CHOCOLATE COOKIE DROP</b> Chocolate cookie drop, layered with cheesecake and chocolate ganache, served with vanilla ice cream and toffee sauce.	£4.15	£3.32

## TEAS AND COFFEES

<b>CAPPUCCINO</b>	<b>Regular</b>	£1.65	£1.32	<b>House</b>	£1.95	£1.56
<b>LATTE</b>	<b>Regular</b>	£1.65	£1.32	<b>House</b>	£1.95	£1.56
<b>DOUBLE ESPRESSO</b>					£1.75	£1.40
<b>FILTER COFFEE</b>					£1.45	£1.16
<b>POT OF TEA PER PERSON</b>					£1.45	£1.16
<b>LIQUEUR COFFEES</b> Choose from Baileys, Grand Marnier, Drambuie, Jameson, Courvoisier, Cointreau or Tia Maria. Coffees served with a chocolate mint.					£3.25	N/A