

Dish	Total Cal	Cal per100g	Allergen
<b>Sam's Breakfast</b>			
Sam's full Clubhouse English Breakfast	<b>1263</b>	<b>162</b>	<b>GLUTEN, SOYA, EGGS, MILK, SULPHITE</b>  MAY CONTAIN-CELERY, MUSTARD
Sam's Clubhouse Vegetarian Breakfast	<b>1055</b>	<b>161</b>	<b>GLUTEN, SOYA, EGGS, MILK</b>
Sam's Clubhouse Vegan Breakfast	<b>1024</b>	<b>142</b>	<b>GLUTEN, SOYA</b>
Thick Greek Style Yogurt Bowl- Kiwi, Strawberry, Crunchy Granola & Maple			<b>GLUTEN, MILK</b>  MAY CONTAIN-TREE NUTS
2 slices of white or Brown Toast, Butter & Preserves	<b>466</b>	<b>298</b>	<b>GLUTEN, SOYA, MILK</b>
Warm Porridge, Blueberry Compote & Seeds	<b>366</b>	<b>77</b>	<b>GLUTEN, TREE NUTS, MILK, SULPHITES</b>  MAY CONTAON-PEANUT, SOYA, SESAME
Poached Eggs, Crushed Avocado, Whole Meal Toast, Chilli & Pomegranate	<b>445</b>	<b>143</b>	<b>GLUTEN, , SOYA, EGGS</b>  MAY CONTAIN-CELERY, MUSTARD
Sweat American Style Pancakes Blueberry & Golden syrup	<b>363</b>	<b>136</b>	<b>GLUTEN, EGGS, MILK</b>
Sweat American Style Pancakes Streaky Bacon & Maple	<b>1022</b>	<b>345</b>	<b>GLUTEN, EGGS, MILK</b>
BREAKFAST ROLL Bacon	<b>563</b>	<b>227</b>	<b>GLUTEN, MILK,</b>  MAY CONTAIN-SESAME
BREAKFAST ROLL Sausage	<b>753</b>	<b>324</b>	<b>GLUTEN, MILK, SULPHITES</b>  MAY CONTAIN-SOYA, EGGS, SESAME, CELERY, MUSTARD
BREAKFAST ROLL Fried Eggs	<b>437</b>	<b>221</b>	<b>GLUTEN, EGGS, MILK</b>  MAY CONTAINS-SESAME
Black pudding- ADDITIONAL ITEMS	<b>166</b>	<b>122</b>	<b>GLUTEN</b>
Hash browns -ADDITIONAL ITEMS	<b>248</b>	<b>186</b>	<b>NO ALLERGENS</b>

Crushed Avocado -ADDITIONAL ITEMS	<b>105</b>	<b>176</b>	<b>NO ALLERGENS</b>
Mushrooms-ADDITIONAL ITEMS	<b>50</b>	<b>33</b>	<b>NO ALLERGENS</b>
On the Greens Smoothie Banana, Spinach, Ginger & Turmeric	<b>485</b>	<b>83</b>	<b>MILK</b>
Super Berry Breakfast Shake Mixed Berries, Banana & Coconut	<b>387</b>	<b>123</b>	<b>MILK, SULPHITES</b>