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FUZEN MENU

SERVED FROM 8AM UNTIL 11.30 AM

Porridge oats
Vanilla porridge oats, forest fruits, honey (V) (M) | 364 kcal

Toasted granola
Natural yoghurt, lavender honey, raspberries, blueberries, strawberries, banana (V) (M) (Ve on request) | 329 kcal

Açaí yoghurt bowl
Açaí yoghurt, granola, honey, kiwi, blueberries, strawberries, banana, raspberries (V)(M) | 288kcal

Full English breakfast Two free-range eggs, bacon, sausage, baked beans, hash brown, grilled mushrooms, grilled tomato, toasted sourdough (G) (E) $\mid 857 \mathrm{kcal}$

Vegetarian breakfast
Two free-range eggs, hash brown, vegan sausage, grilled mushrooms, grilled tomato, baked beans, toasted sourdough, hollandaise sauce (V) (E) (Ve on request) | 760 kcal

Avocado sourdough
Chilli flakes, toasted sourdough, feta crumbs, avocado, free-range poached eggs, pumpkin seeds (V) (G) (E) | 4llkcal
6.5 Eggs Benedict 12.5

Two free-range poached eggs, bacon, toasted sourdough, hollandaise sauce, fresh dill (G) (E) | 470kcal

Eggs royale
Two free-range poached eggs, smoked salmon, toasted sourdough, hollandaise sauce, fresh dill (G) (E) (F) | 329 kcal

Eggs Florentine 10.5
Two free-range poached eggs, toasted sourdough, hollandaise sauce, spinach, fresh dill (V) (G) (E) | 240kcal

## Omelette

Free-range eggs, with a choice of up to four toppings (E) (M) | 274 kcal

Avocado (V) | 133kcal
Feta (V) $\mid 75 \mathrm{kcal}$
Red onion (V) | 9kcal
Bacon I 144kcal
Grilled mushrooms (V)|4kcal
Chicken | illkcal
Smoked salmon | 92kcal
Grilled tomatoes (V) | 15kcal
Spinach (V) $\mid$ 3kcal
Tofu (V) | 55 kcal

MYPROTEIN KITCHEN

| Banana protein pancakes | High protein omelette | Sweet potato hash |
| :---: | :---: | :---: |
| (E) (M) (G) 9.5 | (E) (M) 11 | (E) (M) (GF on request) (H) 10 |
| Myprotein sugar-free maple syrup, | Egg white omelette with garlic, red onion, cherry | Chorizo, chickpeas, two free-range fried eggs |
| Myprotein Whey | tomatoes \& spinach | 817 kcal \| 35 g protein |
| 364 kcal \| 25 g protein | 108 kcal \| 12 g protein |  |

CREATE YOUR OWN BREAKFAST

Avocado (Ve) 133kcal 2 | Bacon 144kcal 3 | Baked beans (V) 65 kcal 2
Vegan black pudding (Ve) 70kcal 3 | Feta (V) 75 kcal 2
Free-range eggs (V) 152kcal 3 | Grilled mushrooms (Ve) 4kcal 2
Grilled tomatoes (Ve) 15 kcal 2 | Hash brown (V) 125 kcal 2
Hollandaise sauce 36kcal 2 | Sausage (Su) 206kcal 3
Smoked salmon 192kcal 3 | Spinach (Ve) 3kcal 2
Toasted sourdough (V) 88kcal 2

# An unrivalled dining experience to complement every occasion. 

The Fuzen kitchen produces innovative, expressive and delicious food that is meticulously prepared, offering an unrivalled dining experience to complement every occasion.

Hale loves. This symbol indicates dishes that are amongst our most popular choices.

## GRAZING DISHES

Our grazing dishes are a lighter way to experience our Fuzen menu, whether on their own or accompanying another dish.
Chicken satay skewers (GF on request) (N) (P) (M) (So) ..... 9
Served with a peanut dip | 639 kcal
Halloumi fries (V) (M) (Su) (Se) ..... 8.5
Asian-style slaw, sweet chilli jam | 811kcal
BBQ Korean chicken (GF on request) (C) (So) (Se) ..... 7
Spring onion, chilli, slaw | 515kcalCrab tacos (E) (Cr)(C)(Su)(Mu)9.5Pico de gallo, sriracha mayonnaise | 907kcal
Crispy wagyu beef (So) (Su) (Se)11
Spring onions, beansprouts ..... | 377kcal
Tempura cod (F) (G) (Su) (Mu) ..... 9.5
Spiced chickpeas, wasabi pea purée, caper \& tomato relish | 429kcalSalt \& chilli squid (Mo) (G) (Se) ${ }^{(1)}$9
Sweet pickled vegetables | 413kcal
Miso wakame soup (So) (Se)6.5
Sesame oil, spring onions | 77kcal
Option to add protein to Miso Wakame Soup:Chicken 195kcal | 36 g protein 4 | King prawns (Cr) 105 kcal | 20 g protein 4.5Rump steak ( 40 z) $177 \mathrm{kcal} \mid 4 \mathrm{lg}$ protein 5 | Tofu (V) $118 \mathrm{kcal} \mid 36 \mathrm{~g}$ protein 3
Shiitake mushroom (V) 34kcal| 2g protein 3
PERFECT FOR SHARING
Trio of bao buns13.5

Also available individually


## Trio of gyozas

Served with an Asian dipping sauce and toasted sesame seeds | 413kcal

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## MYPROTEIN KITCHEN

Fuel your active lifestyle whilst hitting your daily protein goals with our new Myprotein Kitchen menu, created exclusively for Hale Country Club by the world's leading sports nutrition brand.
Myprotein kitchen salad (Ve) (GF on request) ( N ) (P) (H) ..... 13Brown rice, quinoa, macadamia, pomegranates, pak choi, spinach, Tenderstem ${ }^{\circledR}$ broccoli,with Myprotein Peanut \& Coconut Dressing 503kcal 12 g protein
Buddha bowl (Ve) (GF on request) (F) (So) (Su) (Mu) ..... 12Shiitake mushroom, sweet potato, pickled heritage carrots, pak choi, ramen dressing$432 \mathrm{kcal} \mid 10 \mathrm{~g}$ protein
Miso noodle salad (Ve on request) (E) (G) (So) ..... 12.5
Soba noodles, Tenderstem ${ }^{\circledR}$ broccoli, pickled egg, spring onion, chilli $179 \mathrm{kcal} \mid 10 \mathrm{~g}$ protein
Option to add more protein to any of the above three dishes:
Chicken $195 \mathrm{kcal} \mid 36$ g protein 4 | King prawns (Cr) $105 \mathrm{kcal} \mid 20 \mathrm{~g}$ protein 4.5
Rump steak (40z) 177kcal| 4lg protein 5 | Shiitake mushroom (V) $34 k$ cal | 2 g protein 3
Tofu (V) 118kcal | 36 g protein 3
Maple glazed salmon belly poke bowl (GF on request) (F) (So) (Se)
Cucumber, carrot, chilli, sesame, avocado, sriracha, edamame beans, red cabbage $424 \mathrm{kcal} \mid 25 \mathrm{~g}$ protein13.5
Spiced chipotle tiger prawn salad (GF on request) (F) (Su) ..... 13Quinoa, cucumber, chilli, spinach, sweet chilli dressing $523 \mathrm{kcal} \mid 38$ g protein
Peanut butter noodles (Ve) (P) (E) (M) (G)13Udon noodles, spring onion, ginger, peanuts, maple syrup 399 kcal । 10 g protein
Beef brown rice (GF on request) (So) (Su)13
Brown rice, sirloin steak, spinach, spring onions 558 kcal । 35 g protein
Sticky wagyu beef (So) (Su) (Se) ..... 17.5Noodles, beansprouts, chilli, coriander, radish 436 kcal | 26 g proteinMyprotein oat-crushed katsu chicken curry (P) (E) (M) (G) (Su)15.5
Crispy chicken, katsu sauce, rice, coriander 576 kcal । 42 g protein

| SUS HI | Half \| Full roll |
| :---: | :---: |
| Our sushi menu is a showcase of our chef's creativity with im dishes and exciting flavour combinations. |  |
| Teriyaki beef (So) (Su) (Se) | 11 \| 18 |
| Miso marinated asparagus, cucumber, carrots, teriyaki beef mayonnaise and diced shallots 394 kcal । 789 kcal |  |
| Sakura denbu roll (F) (Cr) (G) (So) (Su) | 12 \| 19 |
| Soft shell crab tempura, cucumber and avocado with teriyaki | ess |
| $276 k$ cal \| 512kcal |  |
| Hale crunch roll (E) (Cr) (G) (So) (Su) (Mu) ${ }_{\text {( H }}$ | 11 \| 18 |
| Prawn tempura in a California reverse roll with teriyaki gel, T | picy mayo |
| 292 kcal \| 585 kcal |  |
| Torched salmon roll (F) (Su) (Se) | 12 \| 19 |
| Soft cheese, avocado, salmon with unagi mayonnaise and tog | \| 644 kcal |
| Fuzen maki roll (N) (P) (M) (So) | 18 |
| Chicken satay, cucumber, coriander, candied peanuts, satay | 30kcal |
| Crispy duck roll (E) (G) (So) (Mu) (Se) | 12 \| 19 |
| Crispy duck with plum, sesame and orange dressing, gem let mayonnaise dipped in breadcrumbs 300kcal \| 600kcal |  |
| Sesame tempura tofu Cali roll (G) (So) (Su) (Se) | 10 \| 17 |
| Tofu with green beans and carrots with teriyaki gel dipped in seeds $235 \mathrm{kcal} \mid 470 \mathrm{kcal}$ | te sesame |
| SUSHI BASKET BITES H | Ten bites for 12 |
| Ten miniature sushi bites topped with our 'Chef's Choice' of | on request) |
| Tempura nobashi prawn, spicy mayonnaise (Cr) |  |
| Cod, wasabi, pea (F) \| 30kcal |  |
| Salmon, teriyaki (F) (So) \| 29kcal |  |
| Teriyaki beef, wasabi ponzo mayonnaise (So) \| 31k |  |
| Chicken satay, satay sauce (M) (So) (P) \| 31kcal |  |
| Shiitake mushroom, cucumber, ramen dressing |  |
| Fried kimchi (So) (Se) \| 21kcal |  |
| Avocado, Japanese mayonnaise (Mu) (E) (So) \| 26kcal |  |
| Spinach, Goma dressing (Se) (So) \| 18kcal |  |
| Halloumi, Asian slaw, chilli jam (M) (So) (Se) (Su) \| 24kca |  |



Crispy buttermilk chicken burger (E)(M) (G) (Se)
Crisp lettuce, tomato, American cheese on a brioche bun | 485 kcal

Teriyaki steak sandwich (E) (M) (G) (Su)
Fried egg, onions, watercress served on ciabatta | 815kcal

Waygu beef burger (E) (M) (G) (Se)
Caramelised shallots, American cheese, miso ketchup on a brioche bun | 689 kcal

Club sandwich (E) (M) (G) (So) (Su) (Mu) H
Chicken, bacon, soft boiled egg, mayonnaise, baby gem $\delta$ tomato, served on an artisan baguette | 849kcal

Crispy bean burger (V) (E) (M) (G) (So) (Su) (Se)
Slaw served on a brioche bun | 462kcal

## SIDES

The perfect accompaniment to your Fuzen favourites.

Padron peppers (E) (Su) (Mu) (Se)
With chilli dressing | 317kcal

Fried kimchi (G) (So) (Se)
With toasted sesame seeds | 210kcal

Mixed greens
Pak choi, cabbage, Tenderstem ${ }^{\oplus}$ broccoli in a Tonkatsu sauce \| 17lkcal

Chilli \& ginger glazed corn (M)
With coriander butter | 285 kcal

Chopped house salad (Su) (Mu)
With honey and mustard dressing | 86kcal

Chips All served with rosemary salt or truffle and parmesan.

| Hand-cut chips |  |  |
| :---: | :---: | :---: |
| 414 kcal | Skinny fries <br> 527 kcal | Sweet potato fries <br> 360 kcal |

## DRINKS

| English breakfast | 2.75 | Americano | 3.5 |
| :---: | :---: | :---: | :---: |
| Earl grey | 2.75 | Latte | 3.5 |
| Green tea | 2.75 | Cappuccino | 3.5 |
| Lemon \& ginger | 2.75 | Flat white | 3.5 |
| Peppermint | 2.75 | Mocha | 3.5 |
| Superfruit | 2.75 | Macchiato | 3.5 |
| Hot chocolate | 3.5 | Add an extra shot | 1.5 |
| Add cream \& marshmallows | 1 |  |  |
| Milk options |  | Espresso Single 2.6 | Double 3.3 |
| Oat \| 120kcal |  |  |  |
| Coconut \| 66kcal |  | Syrups | 0.5 per shot |
| Almond \| 50 kcal |  | Sugar-free syrups available |  |
| Soya \| 82kcal |  | Vanilla \| 30kcal |  |
| Semi \| 92kcal |  | Hazelnut \| 32kcal |  |
| Skimmed \| 70kcal |  | Caramel \| 30kcal |  |
| Full \| 140kcal |  |  |  |
| SOFT DRINKS |  |  |  |
|  |  |  | 200 ml |
| Coke |  |  | 3 |
| Coke Zero |  |  | 2.75 |
| Fever-Tree Lemonade |  |  | 3 |
| Fever-Tree Indian Premium Tonic |  |  | 3 |
| Fever-Tree Light Tonic |  |  | 2.75 |
| Fever-Tree Elderflower Tonic |  |  | 3 |
| Fever-Tree Ginger Beer |  |  | 3 |
| Orange Juice (Freshly Squeezed) |  |  | 4.5 |

## Adults need around 2,000 calories per day.

V) Vegetarian (Ve) Vegan (GF on request) Gluten-free on request

If you have an allergy to any of the following ingredients, please scan the QR code below:
(G) Gluten (DF) Dairy free (P) Peanuts (N) Nuts (C) Celery (Mu) Mustard (E) Eggs (M) Milk (S) Sesame (F) Fish (Cr) Crustaceans (Mo) Mollusc (So) Soya (Su) Sulphates (Lu) Lupin

Please advise your server if you require any additional information. All the above dishes are inclusive of VAT. A discretionary charge of $10 \%$ will be added to the bill.



SWEET TREATS

# SWEET <br> TREATS 

Banoffee sticky toffee pudding (V) (Lu) (E) (M) (G) (So) (Su)
Carmelised banana, miso salted caramel, vanilla ice cream I 476kcal
8

Matcha crème brûlée (V) (GF on request) (Lu) (E) (M) (G) (So)
Mini warm white chocolate cookie with blueberry compote | 59kcal

Chocolate \& Myprotein peanut butter mousse (GF)(V)(N)(P)(E)(M)(So) Dark chocolate and avocado cake, toasted peanuts and caramel \| 603keal

8

Myprotein layered cheesecake (Lu)(E) (M) (G) (So) Raspberry \& vanilla cheesecake, berries, oat \& poppy seed granola with Myprotein Whey Protein $\mid$ 483kal

8

Exotic fruit salad (Ve) (GF) (N)
Vegan coconut ice cream, toasted almonds | 150keal
6

## Chef's selection

Minature selection of sweet treats | 544 kcal
10

Adults need around 2,000 calories per day.<br>(V) Vegetarian (Ve) Vegan (GF on request) Gluten-free on request



CHILDREN'S MENU

## CHILDREN'S MENU

| Three cheese omelette (V)(E)(M) 5 |  |
| :---: | :---: |
| Crepes with blueberries and honey $(\mathbb{C})(E)(M)\left(S_{0}\right)$ |  |
| Sausage and beans on toast (G) (Su) 5 |  |
| Porridge with strawberries (G)(M) |  |
| mains |  |
| Breaded chicken (G)(E) 8 |  |
| Grilled prawns (Cr) \% |  |
| Sausages (G)(Su) - |  |
| Tofu 8 |  |
| Choose your side: Choose a side below to accompany your main. | Choose your sauce: Choose any sauce below to accompany your main |
| Broccoli Sticky rice (su) Mixed leaf salad Fries | Satay (P)(M) (So) |
|  | Teriyaki (G) (So) (Su) |
|  | Sweet chilli |
|  |  |
| Sticky rice |  |
| Noodles (G) |  |

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DESSERTS
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Ice cream sundae (M) $\quad 5$
Chocolate pave with raspberry sorbet (E) (M) $\quad 5$
Freshly baked chocolate chip cookies (G) (M) (So) $\quad 5$


THE DRINKS SELECTION

THEDRINKS SELECTION

## THEDRINKS SELECTION

| Americano |  | Mocha |  |
| :---: | :---: | :---: | :---: |
| Regular | 3.5 | Regular | 3.5 |
| Extra shot | 1.5 | Extrashot | 1.5 |
| Latte |  | Macchia |  |
| Regular | 3.5 | Regular | 3.5 |
| Extra shot | 1.5 | Extrashot | 1.5 |
| Cappuccino |  | Espress |  |
| Regular | 3.5 | Single | 2.6 |
| Extra shot | 1.5 | Double | 3.3 |
| Flat White |  |  |  |
| Regular | 3.5 |  |  |
| Extra shot | 1.5 |  |  |
| H OT CHOCOLATE |  |  |  |
| Hot Chocolate Cream \& marshmallow |  |  | $\begin{array}{r} 3.5 \\ 1 \end{array}$ |
|  | K S | S Y R U P |  |
| Milks |  |  |  |
| Syrups (Per shot) |  |  | 0.5 |
| Vanilla \| Hazelnut | Caramel Sugar-free options available. |  |  |  |
| T E A |  |  |  |
| English Breakfast |  |  | 2.75 |
| Earl Grey |  |  | 2.75 |
| Green Tea |  |  | 2.75 |
| Green Tea with Fresh Mint |  |  | 2.75 |
| Lemon and Ginger |  |  | 2.75 |
| Peppermint |  |  | 2.75 |
| Superfruit |  |  | 2.75 |

SIGNATURE LATTES
Charcoal Latte ..... 4.5
One shot of espresso, agave syrup, coconut milk.
Matcha Latte ..... 4.5
Vanilla syrup, coconut milk.
Chai Latte ..... 4.5
Coconut milk.
Golden Latte ..... 4.5
Oat milk, vanilla syrup.
Other milks are available upon request.
LIQUEUR COFFEE

$\qquad$
Irish Coffee ..... 6.5
Calypso Coffee ..... 6.5
Baileys Coffee ..... 6.5
Tia Maria Coffee ..... 6.5
AUTUMN WARMERS
Peppermint Mocha ..... 5.5
Chocolate powder, espresso, peppermint tea, milk, whipped cream.
Pumpkin Spiced Latte5.5
Pumpkin purée, vanilla syrup, milk, espresso, whipped cream, cinnamon.
Red Velvet Latte5.5
Cocoa powder, beetroot juice, vanilla syrup, espresso, milk.

## THE DRINKS SELECTION



## THE DRINKS SELECTION



## THESPARKLINGSELECTION

C H A M PAGNE

Laurent-Perrier La Cuvée
Champagne, France
A perfect balance between freshness and delicacy with hints of fresh citrus and white flowers. Complex fruity flavours on the finish.
$125 \mathrm{ml} \quad 15.5$ Bottle 85

Laurent-Perrier La Cuvée Rosé
Champagne, France
Elegant colour and precise nose that offers the sensation of plunging into a basket of freshly picked red berries.

Bottle 115

## PROSECCO

Sea Change Prosecco
Veneto, Italy
The elegant mousse gives way to tempting notes of acacia flowers, ripe apple and stone fruit. There is an uncommon depth to the flavour that follows through on the crisp and lengthy finish.
$125 \mathrm{ml} \quad 8.5 \quad$ Bottle 42

Sea Change Prosecco Rosé
Veneto, Italy
Supremely drinkable Prosecco: soft, aromatic and fresh with the perfect balance between crisp apple and floral blossom notes, carried by the gentle, seductive mousse.
$125 \mathrm{ml} \quad 10.5$
Bottle 45

Castel Firmian Pinot Grigio, Mezzacorona
Trentino-Alto Adige, Italy
Very clean, nicely balanced Pinot Grigio, with a gentle floral aroma, good medium weight in the mouth, and a refreshing finish.
$\begin{array}{llll}125 \mathrm{ml} & 5.95 & 175 \mathrm{ml} & 7.95\end{array}$

Family Reserve Sauvignon Blanc, Babich
Marlborough, New Zealand
Lively aromas of gooseberry, passionfruit, grapefruit and crisp red capsicum.
$125 \mathrm{ml} 6175 \mathrm{ml} 8 \quad$ Bottle 35

Gewurztraminer Orchidées Sauvages, Muré (Organic)
Controlled yet expressive, this wine offers the characteristic exotic aromas of Gewurztraminer rose petals, lychee and gingerbread in an elegant,mediumbodied style.
125 ml 7
175 ml 9
Bottle 40

EQ Quartz Chardonnay, Matetic
Aconcagua, Chile
The nose reveals ripe, elegant aromas, including notes of tropical and citrus fruit and a salty-savoury character. A fresh, lively palate follows, showing excellent integration of oak to offer a seamless hazelnut-pastry character alongside vivacious lemon.

| 125 ml | 7.25 | 175 ml | 8.95 |
| :--- | :--- | :--- | :--- | Bottle 42

## THE WINE SELECTION

RED WINE
Finca La Colonia Colección Malbec, Norton
Mendoza, Argentina
Deep red colour with violet hues. Aromas of ripe red fruit, cassis and black
pepper, with more fruit and a touch of spice on the palate. Elegant and smooth
with a long finish.

| $125 \mathrm{ml} \quad 6.25$ |
| :--- |$\quad$ Bottle 33

Pinot Noir, Spinyback
Nelson, New Zealand
Black cherry and red berry aromas are followed by succulent red fruit flavours on the palate. The tannins are soft and support the bright fruit, and subtle notes of spices.

| 125 ml | 5.5 | 175 ml | 7.5 | Bottle |
| :--- | :--- | :--- | :--- | :--- |

Montipagano Montepulciano d'Abruzzo, Umani Ronchi
Abruzzo, Italy
Plentiful fresh red berries lead onto pleasing herbal flavours and subtle notes of spice from the oak. The palate is medium-bodied, with elegant, well-rounded tannins and a long, fresh finish.
125ml 5.5
$175 \mathrm{ml} \quad 7.5$
Bottle
35

Côtes-du-Rhône Samorëns rouge, Ferraton
Rhône, France
Medium to full-bodied, the bright, fresh cherry and berry fruit is followed by a savoury earthy note and lifted by floral, peppery aromas. The tannins are silky and well rounded and the finish is fresh.
$\begin{array}{llllll}125 \mathrm{ml} & 5.75 & 175 \mathrm{ml} & 7.75 & \text { Bottle } & 34\end{array}$

## THE WINE SELECTION

ROSÉ WINE $\qquad$

Whispering Angel Côtes de Provence Rosé
Provence, France
A beautifully pale pink, which is pleasing to the eye and draws one in. Fresh red berry fruit characteristics with floral notes. Ripe and fleshy feel on the palate.
$\begin{array}{llll}125 \mathrm{ml} & 9.5 & 175 \mathrm{ml} & 12.5\end{array} \quad$ Bottle 60

## Minuty Prestige Côtes de Provence Rosé

Provence, France
Intense aromas of citrus and white flowers give way to flavours of grapefruits and red berries. There is texture and structure here and a saline, mineral streak running through the wine which gives substance and adds interest.
125 ml 8
$175 \mathrm{ml} \quad 11$
Bottle 55

Château Minuty 281 Côtes de Provence Rosé Provence, France
The most serious and structured of Château Minuty's bottlings, with intense peach and melon fruit flavours perfectly complemented by saline and iodine notes on the mid-palate and a lengthy, mineral-laced finish.

Bottle 135

## THE SPIRITS SELECTION

Spirits are served in measures of 25 ml - With 50 ml available on request




[^0]:    Chicken \& vegetable (G) (So) (Se) | Vegetable (V) | Prawn \& chilli (G) (So) (Se) (Cr)

