

Dish	Total Cal	Cal per100g
Sam's Breakfast		
Sam's full Clubhouse English Breakfast	1263	162
Sam's Clubhouse Vegetarian Breakfast	1055	161
Sam's Clubhouse Vegan Breakfast	1024	142
Thick Greek Style Yogurt Bowl- Kiwi, Strawberry, Crunchy Granola & Maple		
2 slices of white or Brown Toast, Butter & Preserves	466	298
Warm Porridge, Blueberry Compote & Seeds	366	77
Poached Eggs, Crushed Avocado, Whole Meal Toast, Chilli & Pomegranate	445	143
Sweet American Style Pancakes Blueberry & Golden syrup	363	136
Sweet American Style Pancakes Streaky Bacon & Maple	1022	345
BREAKFAST ROLL Bacon	563	227
BREAKFAST ROLL Sausage	753	324
BREAKFAST ROLL Fried Eggs	437	221
Black pudding- ADDITIONAL ITEMS	166	122
Hash browns -ADDITIONAL ITEMS	248	186
Crushed Avocado -ADDITIONAL ITEMS	105	176
Mushrooms-ADDITIONAL ITEMS	50	33
On the Greens Smoothie Banana, Spinach, Ginger & Turmeric	485	83
Super Berry Breakfast Shake Mixed Berries, Banana & Coconut	387	123