

## Breakfast- (6:00 am to 3:00 pm)

<b>Healthy Start</b> [V] [N] <b>Tf</b> Fruit, yoghurt, muesli & honey	<b>40</b>
<b>French Toast</b> Served with caramelized banana & chocolate sauce	<b>46</b>
<b>Banana Pancakes</b> [N] Topped with berry mascarpone mousse, honey & Maple syrup	<b>46</b>
<b>Huevos Rancheros</b> [N] Corn tortilla, free range fried eggs, spicy refried beans, avocado, mint sour cream, coriander, Rocca, red tomatillos toasted cumin & paprika sprinkle	<b>62</b>
<b>Masala Scrambled Eggs</b> [N] Spiced scrambled eggs, served with paratha	<b>52</b>
<b>Steak &amp; Egg Florentine</b> [N] Grain fed black angus beef, free range poached eggs, spinach, Hollandaise sauce & onion tomato jam on sour dough toast	<b>62</b>
<b>The full English Breakfast</b> [N] Eggs, beef sausage, veal bacon, sautéed mushrooms, baked beans cherry tomatoes & toast	<b>64</b>

<b>2 Way Avocado, Scrambled Eggs &amp; Smoked Salmon Toast</b> [N] <b>60</b> Smashed Hass avocado, chia seeds, scrambled eggs Scottish smoked salmon, cherry tomatoes on multigrain toast	<b>52</b>
<b>Shakshouka</b> [N] Free range eggs, tomato, onion, cumin, chili peppers & served with Arabic bread	<b>52</b>
<b>Spinach &amp; Egg White Frittata</b> [N] [GF] <b>Tf</b> Free range egg whites, baby spinach, mushrooms	<b>52</b>
<b>Egg &amp; Bacon Roll</b> [N] Turkey bacon & fried egg in a soft roll	<b>34</b>
<b>Omelet Selection</b> [N] <b>48</b> • Turkey ham, Cheddar cheese • Spanish omelet • Mushroom & Swiss cheese <b>Served with homemade hash brown potatoes, cherry tomatoes, sautéed mushrooms &amp; toast</b>	

### Breakfast Sides:

• Baked beans [V] • Grilled turkey bacon • Roasted baby potato [V] • Toasts [V]	<b>17</b>
• Smoked salmon • Chicken sausage	<b>22</b>
• Avocado	<b>25</b>

<b>Soup of the Day</b> [N] <b>32</b> May contain dairy & nuts	
<b>Tom Yum Soup</b> * Kaffir lime & lemongrass flavored Thai soup with vegetables & chicken	<b>34</b>
<b>Old Bay Crab Cakes</b> [N] <b>48</b> Jumbo lump crab meat cakes flavored with herbs and celery, served with chili mayonnaise	
<b>Shish Taouk</b> [N] <b>48</b> Char grilled Persian spiced chicken, served with mint & sumac lebneh & Khubus	
<b>Mac &amp; Cheese Boulettes</b> [N] Spicy marinara, rosemary oil	<b>48</b>

## Soups, Appetizers & Salads

\* Vegetarian options available

<b>Jalapeno &amp; Cheese Melt</b> [N] * Welsh Cheddar, jalapenos, spring onions, smoked turkey & pomegranate arils	<b>46</b>
<b>Open Faced Mediterranean Tuna</b> [N] <b>68</b> Tuna mayo, celery, olives, artichoke, arugula, parsley, sun dried tomatoes & mozzarella cheese	
<b>Caesar Salad</b> [N] * <b>48</b> Crisp romaine, anchovies, turkey bacon, garlic croutons, parmesan shavings, quail eggs & Caesar dressing with grilled chicken	<b>64</b>
	<b>68</b>

<b>Yam Kai Yang</b> [N] [GF] Grilled chicken, lettuce, tomato, cucumber, green onions, mango & Thai chilli dressing	<b>62</b>
<b>Winter Harvest Salad</b> [V] [N] [GF] <b>Tf</b> Mesclun, green apple, carrot, broccoli, avocado, pineapple, pumpkin, orange segments & yuzu dressing	<b>58</b>
<b>Smoked Salmon with Arugula</b> [GF] <b>Tf</b> Scottish smoked salmon, arugula, cucumber ribbons, cherry tomatoes & onion rings	<b>64</b>
<b>Farro Salad with Peas &amp; Feta</b> [N] <b>Tf</b> Kale, baby beetroot, crunchy almonds, green peas, wheat germ, chick peas & feta tossed in balsamic vinaigrette	<b>58</b>

## Sandwiches, Burgers & Rolls

Served with Deli slaw & choice of French fries or sweet fries or side salad

\* Vegetarian options available

<b>Red Bean &amp; Quinoa Butty</b> [V] [N] <b>62</b> Red beans, sweet corn, cumin, mushrooms & smoked paprika patty in an oat meal bun		<b>Crunchy Shrimp Roll</b> [N] Crispy fried shrimps, spicy tarragon aioli, baby arugula & cabbage slaw in a hoagie roll	<b>78</b>
<b>Turkish Sloppy Joe</b> [N] <b>74</b> Turkish spiced lamb, Arabic pickle & homemade garlic mayo in gozleme		<b>261 Cubanos</b> [N] <b>78</b> Grilled chicken breast, roast beef, smoked turkey, Swiss cheese, pickled gherkins & yellow mustard in a ciabatta	
<b>Chicken &amp; Avocado Ranch Taquito</b> [N] <b>Tf</b> <b>72</b> Mexican spiced chicken, chunky avocado, cos lettuce, red tomatillos, cilantro & jalapeno ranch		<b>Italian Pressed</b> <b>76</b> Italian roast beef, Portobello mushrooms, gherkins, rocket leaves, Grana Padano cheese, pommery mustard mayo & lettuce in an olive tomato bap	
<b>Barbeque Chicken Wrap</b> [N] <b>72</b> Chicken tenders, celery, romaine & blue cheese dip			
<b>The Els Club Sandwich</b> [N] * <b>76</b> Chicken breast, fried egg, turkey bacon, tomato, Lettuce & Cheddar cheese in white or multigrain bread			
<b>Ernie's Burger</b> [N] <b>78</b> Beef burger, veal bacon, Cheddar cheese, tomato, onion & gherkins			
<b>Chicken Quesadilla</b> [N] * <b>74</b> Chicken, cheese, jalapeno, bell peppers, guacamole, sour cream & pico de gallo			
<b>Cajun Chicken &amp; Portobello Burger</b> [N] <b>78</b> Grilled chicken breast, portobello mushrooms & Swiss cheese			

## Main Course

<b>Ramen Bowl</b> [N] Chicken breast, egg noodles, green scallions, mushroom, boiled egg, peppers & bok choy in an aromatic chicken broth	<b>54</b>	<b>Thai Green Curry</b> [N] [GF] Choice of vegetables or chicken served with steamed rice	<b>78</b>
<b>Asparagus &amp; Wild Mushroom Quiche</b> [V] [N] <b>60</b> Cheddar cheese, almonds & sun dried tomatoes		<b>Whole Wheat Spaghetti</b> [N] <b>74</b> Tossed with vine tomatoes, basil & broccoli	
<b>Fish &amp; Chips</b> [A] <b>78</b> Mushy peas, tartar sauce, malt vinegar & thick cut fries		<b>Chicken Tikka Masala</b> [N] <b>78</b> Chicken tikka simmered in a rich tomato & cashewnut gravy, served with rice & paratha	
<b>Garlic, Parmesan &amp; Herb Crusted Salmon</b> [N] <b>104</b> Asparagus tips, sun dried tomatoes, avocado - lime sauce vierge with olives & baby potatoes		<b>Grilled Lamb Chops</b> [GF] <b>136</b> Mint lebneh, baby potatoes, asparagus tips & bell peppers	
<b>Black Cod</b> [N] <b>138</b> Honey & soya glazed roasted black cod served with butter tossed asparagus		<b>Nasi Goreng</b> [N] Prawn & sambal fried rice, chicken satays, fried egg & achar	<b>78</b>
<b>Lamb Dum Biryani</b> [N] [GF] <b>82</b> Diced lamb simmered with yoghurt & spices layered with saffron flavored basmati rice served with pomegranate raita		<b>Steak &amp; Guinness Pie</b> [A] <b>76</b> Beef cube roll braised with Guinness, served in a puff pastry shell with thick cut fries	
<b>Lemon &amp; Garlic Charred Prawns</b> [N] [GF] <b>110</b> Coriander pesto, confit tomatoes, olive caponata & saffron risotto		<b>Beer Braised BBQ Short Ribs</b> [A] [N] <b>82</b> Garlic mash, baby greens & pan gravy	
		<b>Grilled Steaks</b> [N] <b>145</b> Fillet U.S. <b>125</b> Ribeye U.S. Served with sautéed vegetables, chip & au jus	

## Side Orders [V]

<b>Sautéed garden vegetables</b>	<b>27</b>
<b>Sautéed baby spinach</b>	<b>27</b>
<b>Mashed potato</b>	<b>27</b>
<b>French fries</b>	<b>21</b>
<b>Sautéed mushrooms</b>	<b>27</b>
<b>Sweet potato fries</b>	<b>23</b>
<b>Onion rings</b>	<b>21</b>
<b>Mesclun salad</b>	<b>25</b>
<b>Garlic bread</b>	<b>25</b>

## Desserts

<b>Nutella Cheese Cake</b> [N]	<b>36</b>
<b>Bread &amp; Peanut Butter Pudding</b> [N]	<b>36</b>
<b>Peanut Butter Brownie</b> [N]	<b>36</b>
<b>Sticky Toffee Pudding</b> [N]	<b>38</b>
<b>Mud cake</b> [N]	<b>38</b>
<b>Fresh fruit platter</b> [GF]	<b>34</b>
<b>Choice of ice cream</b> [N] Two scoops	<b>18</b>

**TroonFIT** Dishes under 500 calories Spicy [A] Alcohol [N] Nuts [V] Vegetarian [GF] Gluten free  
• Prices are in UAE Dirham & inclusive of 10% Municipality fee & 10% Service Charge  
• Please notify our service associate if you have any food allergies or specific dietary requirements