Members Notice

We respectfully request that only food purchased from The Society may be consumed on the premises. Thank you.

Allergen Advice

If you have any food allergies or intolerances please speak to a manager who will discuss your requirements with you.
FROM THE COUNTER
Available 12.00 pm – 14.15pm
Build your own Salad from the counter, all served with mixed leaf as base

Any 4 items £8.00
Any 6 items £9.50

Panini’s
All served with rocket salad
Ham, Cheddar, tomato £6.50
Grilled vegetable, pesto mozzarella £6.50
Tuna Melt, red onion £6.50

SMALL PLATES
(Available 12.00 pm – 21.00)

Crispy calamari with tartar sauce and rocket £6.00
Welsh rarebit on artisan bloomer with mixed baby leaves £6.00
Lamb koftas with yogurt dip and flat bread £6.00
Home-made fish cakes with rocket salad & sweet chilli sauce £7.50
Chicken skewers, sate sauce £6.00
Hummus and tzatziki, flatbread £5.00
Charred Halloumi and roasted vegetables £6.00

ALL DAY MENU
(Available 12.00 pm – 21.00)
Sandwiches made to order served with olives, plum tomato, red onion and rocket

Please choose from our bread selection
Black rye, English farm house, Mediterranean, flat bread or baguette

Prawn Marie rose and iceberg lettuce £7.00
Roast sirloin or beef, rocket, gherkins and horseradish butter £7.50
Egg mayonnaise and watercress £6.00
Chicken, baby gem and lemon mayonnaise £6.50
Smoked salmon £7.00
Cream Cheese and smoked bagel £8.00
Honey roast ham vine plum tomato, vintage cheddar £6.50
Tuna sweetcorn £6.50
BLT Sandwich £6.00

or choose any 3 of the above for only £15.00

French fries £3.00
Sweet potato fries £4.00
Antipasto misto £10.50
Prosciutto crudo, Milano salami, salami cacciatore, buffalo mozzarella, vine tomatoes, black olives and sourdough.

or to share £18.50

Antipasto vegetarian £8.00
Grilled artichokes, bell peppers, courgettes, buffalo mozzarella, plum tomatoes, black olives, sourdough bread

or to share £13.50
MAIN PLATES

**Free range omelette**  £7.50
Cheddar cheese or honey roasted ham with French fries and salad

**Cheese Burger**  £10.00
Tomato relish on Brioche bun and French fries & onion rings

**Grilled Cumberland sausages and mashed potatoes**  £9.00
Served with onion gravy

**Shepherd's pie**  £10.00
Served with a mixed salad

**RSM club sandwich**  £9.00
Mixed leaf salad & French fries

**Fish and chips with mushy peas, tartare sauce and lemon**  £10.00

**Penne pasta with tomato sauce and olives**  £9.50

BREAKFAST
(Available 9.00am – 12.00am)

- **Toasted bloomer** with Tiptree preserve and butter  £1.50
- **Mini pastries**
  - pain au chocolate, pain au raisin, butter croissant  £0.65
- **Fresh fruit salad**  £3.50
- **Yoghurt & berry compote**  £3.50
  - with Maple & pecan granola  £4.00
- **Beans on Toasted Sourdough**  £3.00
- **Bacon sandwich on a Bloomer**  £4.00
  - with a fried egg  £5.00
- **Fried free range egg sandwich on toasted bloomer**  £3.00
- **Smoked Salmon with scrambled or poached egg**  £7.50
  - on toasted sourdough.

CAKES & BARS
Available all day

- **Crisps, biscuits, nuts, popcorn, wafers, peanuts** from £0.75
- **Cake of the day** £2.00
### AFTERNOON TEA
(Available 2.15pm – 5.00pm)

All items are served with a pot of Birchall tea

<table>
<thead>
<tr>
<th>Item Description</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Toasted tea cake</td>
<td>£4.00</td>
</tr>
<tr>
<td>Fruit scone</td>
<td>£4.50</td>
</tr>
<tr>
<td>Light Afternoon Tea</td>
<td>£8.00</td>
</tr>
<tr>
<td>Traditional Full Afternoon Tea</td>
<td>£14.00</td>
</tr>
</tbody>
</table>

Add a glass of Prosecco to your Afternoon Tea for £19.00
Add a glass of Champagne Canard Duchene for £22.00

### DESSERT
(Available 12.00pm – 9.00pm)

<table>
<thead>
<tr>
<th>Item Description</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Summer pudding with clotted cream</td>
<td>£7.00</td>
</tr>
<tr>
<td>Selection of Ice Cream &amp; Sorbet</td>
<td>£6.25</td>
</tr>
<tr>
<td>Fresh fruit salad with a lemon sorbet</td>
<td>£7.00</td>
</tr>
<tr>
<td>Dark chocolate Panna cotta</td>
<td>£8.00</td>
</tr>
<tr>
<td>Treacle tart</td>
<td>£7.00</td>
</tr>
<tr>
<td>Trio of English cheese served with celery and a pear and grape chutney</td>
<td>£9.00</td>
</tr>
</tbody>
</table>