



DRINKS MENU

HOT DRINKS

Double Espresso 24kcal	£2.10
Americano 12kcal	£2.65
Cappuccino 182kcal	£2.90
Latte 216kcal	£2.90
Iced Latte 216kcal	£2.90
Flat White 127kcal	£2.90
Hot Chocolate 267kcal	£2.90
Mocha 222kcal	£3.00
Tea	£2.20
Speciality Tea	£2.30

COLD DRINKS

Flavoured Milk 200ml	£1.00
Bottled Water 500ml	£1.25
Flavoured Water 500ml	£1.45
Fruit Shoot 275ml	£1.65
Fairtrade Juice 500ml	£2.20
Coke 500ml	£2.35
Coke Zero / Diet Coke 500ml	£2.10
Fanta / Sprite 500ml	£2.10
Lucozade 500ml	£2.10
Slush 27kcal	£2.10

SMOOTHIES & JUICES

£4.05

Classic Banana, strawberries & oat milk 210kcal

Tropical Mango, banana & orange juice 279kcal

Kale Kick Kale, spinach, mango & apple juice 150kcal

Workout Junkie Strawberries, banana, oat milk

& whey protein 279kcal **£4.45**

Kids Smoothie **£2.90**

MILKSHAKES **£4.05**

Strawberry 288kcal

Banana 205kcal

Chocolate 362kcal

All Kcal based on whole milk / Soya & oat milk available / Ask about our syrup options

For food & drink allergies and intolerances please speak to a member of staff

Everybody Health & Leisure



BREAKFAST MENU

HOT BAGUETTE OR BLOOMER £4.95

Served with a hash brown & a salad garnish

Bacon 668kcal

Sausage 662kcal

Veggie Sausage VG 628kcal

Full English Sausage & Bacon 984kcal £6.95

Served with scrambled egg & a hash brown

AVOCADO & SCRAMBLED EGG V 420kcal £4.35

Served on brown toast

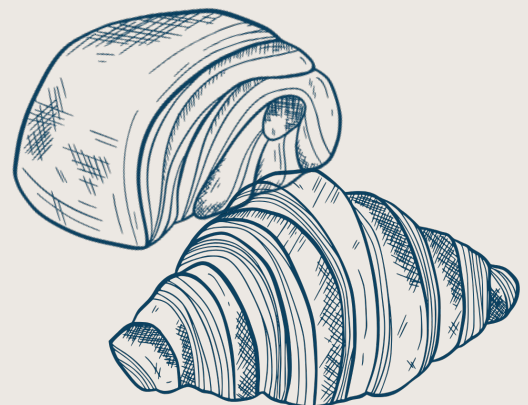
SIDES £1.95

Teacake 296kcal

Toast & Jam 236kcal

Pain au Chocolat 288kcal

Butter Croissant 288kcal



Breakfast served until 11:30am

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LUNCH MENU

TOASTIES

Served on white or brown bloomer
with a salad garnish

Ham & Cheese 399kcal

Cheese & Tomato V 376kcal

£5.20

SANDWICHES

Served on white or brown bloomer
with a salad garnish

Jumbo Fish Finger with tartar sauce 464kcal

Chicken, Bacon, Lettuce & Tomato Club 505kcal

£5.40

PANINIS

Served with a salad garnish

Cheese & Tomato V 719kcal

Ham & Cheese 588kcal

Tuna Mayo & Cheese 654kcal

BBQ Chicken & Cheese 688kcal

Avocado & Vegan Cheese VG 588kcal

£5.40

FLATBREADS

Served with a salad garnish

Chicken & Mango Chutney 436kcal

Beetroot Falafel & Mango Chutney VG 422kcal

£5.20

JACKET POTATOES

Served with a salad garnish

Cheese & Beans V 608kcal **£5.35**

Coleslaw V 485kcal **£5.35**

Tuna Mayo 475kcal **£6.00**

Pulled Pork 471kcal **£6.00**

SALADS

£6.00

Crispy Chicken 311kcal

Mixed leaf, cucumber, pepper, red
onion & cherry tomatoes in a lemon
vinaigrette dressing

Beetroot & Falafel Tabbouleh V 315kcal

Bulgur wheat, courgette, pepper,
cucumber & chickpeas in a lemon
vinaigrette dressing

SOUP OF THE DAY

£4.30

Served with a roll

HOT BAGUETTES

£6.85

Served with potato wedges
& a salad garnish

Jerk Crispy Chicken 766kcal

Pulled Pork 720kcal

Please see the board for today's specials

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CHILDREN'S MENU

PUZZLE BAG

£5.20

Served with crisps, biscuit, apple & carton drink

Ham 491kcal

Cheese V 491kcal



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