



DRINKS MENU

HOT DRINKS

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| 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

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|------------------------------------|--------------|
| 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

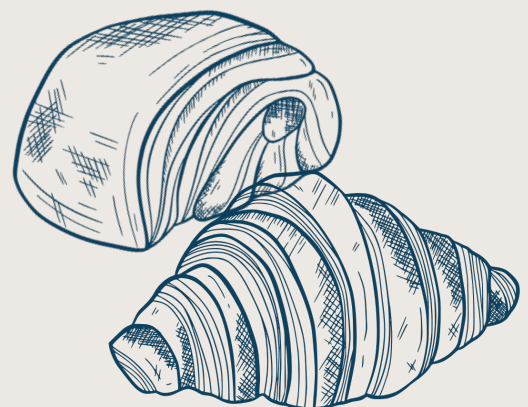
SIDES £1.95

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

HOT BAGUETTES

Served with potato wedges & a salad garnish

Jerk Crispy Chicken 766kcal

Pulled Pork 720kcal

£6.85

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

12" STONE BAKED PIZZA

Classic Margherita V 1192kcal **£ 9.00**

Vegan Cheese VG 1225kcal **£ 9.00**

Spicy Pepperoni 1409kcal **£10.30**

BBQ Chicken BBQ sauce 1360kcal **£10.30**

Veggie V Pepper & red onion 1226kcal **£10.00**

Please see the board for today's specials

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CHILDREN'S MENU

MAIN MEALS

£4.75

Served with a choice of mash or chips & peas or beans

Chicken Dippers 545kcal

Sausages 663kcal

Tomato & Mascarpone Pasta V 347kcal

Served with a slice of garlic bread

Margherita Flatbread Pizza V 436kcal

Served with cherry tomatoes & cucumber sticks

PUZZLE BAG

£5.20

Served with crisps, biscuit, apple & carton drink

Ham 491kcal

Cheese V 491kcal

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