



# DRINKS MENU

## HOT DRINKS

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

## COLD DRINKS

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

## SMOOTHIES & JUICES

**£4.05**

<b>Classic</b> Banana, strawberries & oat milk 210kcal	
<b>Tropical</b> Mango, banana & orange juice 279kcal	
<b>Kale Kick</b> Kale, spinach, mango & apple juice 150kcal	
<b>Workout Junkie</b> Strawberries, banana, oat milk & whey protein 279kcal	<b>£4.45</b>
<b>Kids Smoothie</b>	<b>£2.90</b>

## MILKSHAKES £4.05

<b>Strawberry</b> 288kcal
<b>Banana</b> 205kcal
<b>Chocolate</b> 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



# 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

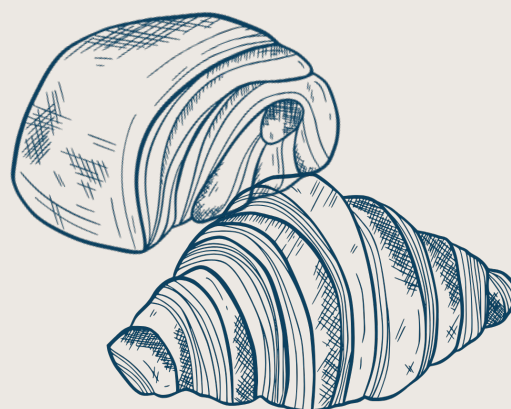
**SIDES** £1.95

**Teacake** 296kcal

**Toast & Jam** 236kcal

**Pain au Chocolat** 288kcal

**Butter Croissant** 288kcal



**Breakfast served until 11:30am**

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

**Everybody Health & Leisure**



# LUNCH MENU

## TOASTIES

£5.20

Served on white or brown bloomer with a salad garnish

**Ham & Cheese** 399kcal

**Cheese & Tomato V** 376kcal

## SANDWICHES

£5.40

Served on white or brown bloomer with a salad garnish

**Jumbo Fish Finger** with tartar sauce 464kcal

**Chicken, Bacon, Lettuce & Tomato Club** 505kcal

## PANINIS

£5.40

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

## FLATBREADS

£5.20

Served with a salad garnish

**Chicken & Mango Chutney** 436kcal

**Beetroot Falafel & Mango Chutney VG** 422kcal

## HOT BAGUETTES

£6.85

Served with potato wedges & a salad garnish

**Jerk Crispy Chicken** 766kcal

**Pulled Pork** 720kcal

## 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

**Chips** 640kcal **£2.40**

**Sweet Potato Fries** 450kcal **£2.80**



Please see the board for today's specials

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

Everybody Health & Leisure



# CHILDREN'S MENU

## MAIN MEALS

£4.75

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

**Chicken Dippers** 545kcal

**Sausages** 663kcal

**Fish Goujons** 304kcal

**Tomato & Mascarpone Pasta V** 347kcal

Served with a slice of garlic bread

## PUZZLE BAG

£5.20

Served with crisps, biscuit, apple & carton drink

**Ham** 491kcal

**Cheese V** 491kcal

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