



## BREAKFAST MENU

**FULL ENGLISH BREAKFAST** 872kcal **£9.25**

Bacon, sausage, fried or scrambled egg, hash brown, tomato, beans & a slice of bloomer toast

**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 Baguette** 984kcal **£6.95**

Served with scrambled egg & a hash brown

**AVOCADO & SCRAMBLED EGG V** 420kcal **£4.75**

Served on brown toast

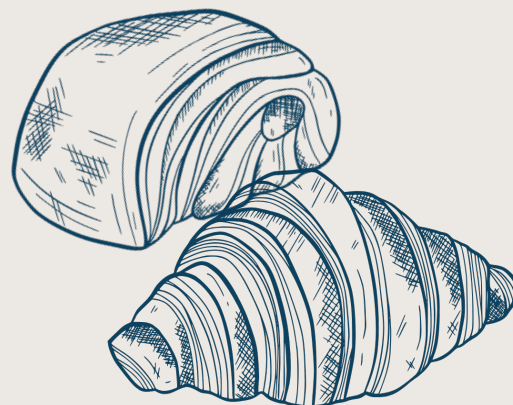
**SIDES** **£1.95**

**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**



# DRINKS MENU

## HOT DRINKS

<b>Double Espresso</b> 24kcal	<b>£2.40</b>
<b>Americano</b> 12kcal	<b>£2.75</b>
<b>Cappuccino</b> 182kcal	<b>£3.10</b>
<b>Latte</b> 216kcal	<b>£3.10</b>
<b>Iced Latte</b> 216kcal	<b>£3.10</b>
<b>Flat White</b> 127kcal	<b>£3.10</b>
<b>Hot Chocolate</b> 267kcal	<b>£3.10</b>
<b>Mocha</b> 222kcal	<b>£3.30</b>
<b>Tea</b>	<b>£2.40</b>
<b>Speciality Tea</b>	<b>£2.50</b>

## COLD DRINKS

<b>Flavoured Milk</b> 200ml	<b>£1.20</b>
<b>Bottled Water</b> 500ml	<b>£1.45</b>
<b>Flavoured Water</b> 500ml	<b>£1.65</b>
<b>Fruit Shoot</b> 275ml	<b>£1.85</b>
<b>Fairtrade Juice</b> 500ml	<b>£2.40</b>
<b>Coke</b> 500ml	<b>£2.30</b>
<b>Coke zero / Diet Coke</b> 500ml	<b>£2.30</b>
<b>Fanta / Sprite</b> 500ml	<b>£2.30</b>
<b>Lucozade</b> 500ml	<b>£2.30</b>
<b>Slush</b> 27kcal	<b>£2.30</b>

## SMOOTHIES & JUICES

**£4.40**

**Classic** Banana, strawberries & oat milk 210kcal

**Tropical** Mango, banana & orange juice 279kcal

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

**Kids Smoothie** **£3.20**

## MILKSHAKES **£4.40**

**Strawberry** 288kcal

**Banana** 205kcal

**Chocolate** 362kcal

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

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## CHILDREN'S MENU

### MAIN MEALS

£5.25

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

**Margherita Flatbread Pizza V** 436kcal

Served with cherry tomatoes & cucumber sticks

### PUZZLE BAG

£5.70

Served with crisps, biscuit, apple & carton drink

**Ham** 491kcal

**Cheese V** 491kcal

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## LUNCH MENU

### TOASTIES

Served on white or brown bloomer with a salad garnish

**Ham & Cheese** 399kcal

**Cheese & Tomato V** 376kcal

£5.50

### HOT BAGUETTES

Served with potato wedges & a salad garnish

**Jerk Crispy Chicken** 766kcal

**Pulled Pork** 720kcal

£7.20

### SANDWICHES

Served on white or brown bloomer with a salad garnish

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

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

£5.70

### JACKET POTATOES

Served with a salad garnish

**Cheese & Beans V** 608kcal

**Coleslaw V** 485kcal

**Tuna Mayo** 475kcal

**Pulled Pork** 471kcal

£5.80

£5.80

£6.50

£6.50

### 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

£5.70

### SALADS

**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

£6.40

### FLATBREADS

Served with a salad garnish

**Chicken & Mango Chutney** 436kcal

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

£5.50

### SOUP OF THE DAY

Served with a roll

£4.70

### 12" STONE BAKED PIZZAS

**Classic Margherita V** 1192kcal

**Vegan Cheese VG** 1225kcal

**Spicy Pepperoni** 1409kcal

**BBQ Chicken BBQ sauce** 1360kcal

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

£ 9.30

£ 9.30

£10.60

£10.60

£10.30

**Chips** 640kcal

**Sweet Potato Fries** 450kcal

£2.80

£3.20

Please see the board for today's specials

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