Everybody Health & Leisure Macclesfield Park Cafe



DRINKS MENU

HOT DRINKS		COLD DRINKS	
Double Espresso 24kca	£2.55	Flavoured Milk 200ml	£1.25
Americano 12kcal	£2.90	Bottled Water 500ml	£1.55
Cappuccino 182kcal	£3.30	Flavoured Water 500ml	£1.75
Latte 216kcal	£3.30	Fruit Shoot 275ml	£1.95
Iced Latte 216kcal	£3.30	Fairtrade Juice Apple/ Orange 500m	£2.55
Flat White 127kcal	£3.30	Coke 500ml	£2.65
Hot Chocolate 267kcal	£3.30	Coke Zero / Diet Coke 500ml	£2.45
Mocha 222kcal	£3.50	Fanta / Sprite 500ml	£2.45
Теа	£2.55	Lucozade 500ml	£2.45
Speciality Tea	£2.65	Slush 27kcal	£2.25

<u>MILKSHAKES</u>	£4.65
Strawberry 288kcal	
Banana 205kcal	
Chocolate 362kcal	
SMOOTHIES & JUICES	£4.65
Classic Banana, strawberries & oat milk 210kcal	
Tropical Mango, banana & orange juice 279kcal	
Kale Kick Kale, spinach, mango & apple juice 150kcal	
Kids Smoothie	£3.40

All Kcal based on whole milk / Soya & oat milk available / Syrup shot 40p / Cream 40p For food & drink allergies and intolerances please speak to a member of staff





HOT BAGUETTE OR BLOOMER	£5.30
kcal based on baguette	
Served with a hash brown & a salad garnish	
Bacon 668kcal	
Sausage 662kcal	
Veggie Sausage VG 628kcal	
Full English Sausage & Bacon 984kcal	£7.40
Served with scrambled egg & a hash brown	
AVOCADO & SCRAMBLED EGG ON TOAST V 420kcal	£5.00
Served on brown toast	
BEANS ON TOAST V 525cal	£3.70
Served on brown toast & topped with cheese	
SIDES	£2.10
Teacake 296kcal	
Toast & lam 236kcal	

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LUNCH MENU

Please see the board for today's specials

TOASTIES / PANINIS	£5.85	<u>SALADS</u>	£6.80
kcal based on panini Toasties served on white or brown bloomer, paninis +20p. Both served with a salad garnish Cheese & Tomato V 719kcal Ham & Cheese 588kcal Ham & Cheese 588kcal BBQ Chicken & Cheese 654kcal Avocado & Vegan Cheese VG 588kcal		Crispy Chicken 311kcal Mixed leaf, cucumber, pepper, red onion & cherry tomatoes in a lemon vinaigrette dressing Tuna Mayo 325kcal Mixed leaf, cucumber, pepper, red onion & cherry tomatoes in a lemon vinaigrette dressing	
FLATBREADS£5.85Served with a salad garnishChicken & Mango Chutney 436kcalBeetroot Falafel & Mango Chutney VG 422kcal		Beetroot & Falafel Tabbouleh V 315kcal Bulgur wheat, courgette, pepper, cucumber & chickpeas in a lemon vinaigrette dressing	
HOT BAGUETTES	£765	SOUP OF THE DAY	£5.00
HOT BAGUETTES	£7.65	SOUP OF THE DAY Served with a roll	£5.00
HOT BAGUETTES Served with potato wedges & a salad g Jerk Crispy Chicken 766kcal Pulled Pork 720kcal		Served with a roll Chips 495kcal Sweet Potato Fries 445kcal	£2.95 £3.40
Served with potato wedges & a salad g Jerk Crispy Chicken 766kcal Pulled Pork 720kcal		Served with a roll Chips 495kcal	£2.95
Served with potato wedges & a salad g Jerk Crispy Chicken 766kcal	arnish £6.05	Served with a roll Chips 495kcal Sweet Potato Fries 445kcal	£2.95 £3.40
Served with potato wedges & a salad g Jerk Crispy Chicken 766kcal Pulled Pork 720kcal SANDWICHES Served on white or brown bloomer with a salad garnish Jumbo Fish Finger with tartar sauce 464	arnish £6.05	Served with a roll Chips 495kcal Sweet Potato Fries 445kcal	£2.95 £3.40
Served with potato wedges & a salad g Jerk Crispy Chicken 766kcal Pulled Pork 720kcal SANDWICHES Served on white or brown bloomer with a salad garnish Jumbo Fish Finger with tartar sauce 4644 Chicken, Bacon, Lettuce & Tomato Cla	arnish £6.05	Served with a roll Chips 495kcal Sweet Potato Fries 445kcal	£2.95 £3.40

oer vea with a salaa garnish	
Cheese & Beans V 608kcal	£6.15
Coleslaw V 485kcal	£6.15
Tuna Mayo 475kcal	£6.90
Pulled Pork 471kcal	£6.90

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CHILDREN'S MENU

MAIN MEALS

£5.55

Served with a choice of mash or chips & peas or beans Chicken Dippers 545kcal Sausages 663kcal Fish Goujons 304kcal Veggie Nuggets 388kcal

Tomato & Mascarpone Pasta V 347kcal Served with a slice of garlic bread

PUZZLE BAG

Served with crisps, biscuit, apple & carton drink Ham 491kcal Cheese V 491kcal £6.05