

WINE

WHITE WINE

	75cl Bottle	250ml Glass	175ml Glass
Fraser's Bay Chenin Blanc Country of origin: South Africa.	£10.50	£3.60	£2.60
Santa Serena Sauvignon Blanc Country of origin: Chile.	£11.75	£4.00	£3.00
Wolf Blass Bilyara Chardonnay Country of origin: Australia.	£12.95	£4.30	£3.30
Trulli Pinot Grigio Country of origin: Italy.	£12.50	£3.90	£2.90

RED WINE

Fraser's Bay Pinotage Country of origin: South Africa.	£10.50	£3.60	£2.60
Santa Serena Merlot Country of origin: Chile.	£11.50	£4.00	£3.00
Wolf Blass Bilyara Shiraz Country of origin: Australia.	£14.50	£4.65	£3.65

ROSÉ WINE

Humboldt Coast Rosé Country of origin: California, USA.	£13.50	£4.30	£3.30
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CHAMPAGNE/SPARKLING

Cava Pere Ventura Brut Imperial Country of origin: Spain.	£17.95
Mumm Cordon Rouge Country of origin: France.	£32.00

BOTTLED SOFT DRINKS

Gatorade	£1.60
Pepsi, Diet Pepsi and Pepsi Max	£1.60
7 Up and Diet 7 Up	£1.60
Tango	£1.60
Feel Good Drinks	£1.80
J2O	£1.60
Drench Water 750ml	£1.50
Pressed Apple Juice	£1.70
Squeezed Orange Juice	£1.70

Please visit our bar for our full range of beers, spirits and soft drinks.

GATORADE

A refreshing isotonic sports drink that works in two ways; it replaces the fluid and electrolytes lost through sweat and refuels tired muscles with carbohydrates to fuel prolonged exercise sessions. As the world's most researched and widely used sports drink, Gatorade is the ultimate sweat replacement.



BREAKFAST *served until 12 noon.*

Club Breakfast **£5.95**
Two eggs, crispy grilled bacon, two grilled Cumberland pork sausages, baked beans, half a grilled tomato and sautéed button mushrooms. Served with a slice of brown or white toast.

Without toast the Club Breakfast is recommended as part of the 'Lose & Shape Up' programme. ☉

Vegetarian Breakfast **£4.50**
Two eggs, two vegetarian sausages, baked beans, half a grilled tomato and sautéed button mushrooms. Served with a slice of brown or white toast.

Three Egg Omelette **£4.95**
Choose two fillings of your choice: sautéed button mushrooms, tomatoes, crispy bacon, cheese, broccoli, smoked salmon or Cumberland pork/vegetarian sausage.

Something on Toast **£3.30**
Choose from either baked beans, scrambled or poached eggs. Served on either brown or white toast.

Bacon or Sausage Bap **£3.30**
Served in either a brown or white bap.

Bacon, Egg and Sausage Bap **£3.95**
Served in either a brown or white bap.

Toast and Preserves **£1.55**
Choose from either brown or white toast.

Muesli **£2.75**
Choose from semi, skimmed or soya milk.

Muesli with Fruit and Natural Greek Style Yoghurt **£2.95**

Seasonal Fruit Platter **£2.95**
Served with natural Greek style yoghurt and dried cranberry pieces.

Porridge **£1.50**
Honey, sugar or fruit compote.
Sliced banana and honey. **£1.65**

Breakfast Extras **Each £0.90**
Grilled Cumberland pork/vegetarian sausage. Crispy grilled bacon.
Free-range fried or poached egg. Sautéed button mushrooms.
Half a fresh grilled tomato. Baked beans.

SNACKS & SHARING

Soup of the Day **£3.25**
Ask our team about today's choice of soup, served with Artisan Fusetta bread.

Nachos **£3.45**
Topped with melted Mexicana cheese and crème fraîche.

Oven Baked Potatoes
Freshly baked potatoes served with a generous topping of your choice and finished with a fresh garnish.

Plain with butter or low fat spread **£2.75**

Simply Cheddar cheese **£4.15**

Dolphin-friendly tuna in mayonnaise **£4.25**

Baked beans and Cheddar cheese **£4.25**

SALADS *Why not add a free sprinkle of sunflower seeds?*

Chicken Caesar Style Salad **£5.95**

Caesar Style Salad **£3.50**

Just Salad **£3.50**

Fresh mixed leaves, sun-ripened cherry tomatoes, red peppers and sliced cucumber with or without the dressing of your choice. Choose from olive oil or French dressing.

Alternatively, add the topping of your choice:

Scottish Smoked Salmon and Dill Fishcake **£6.25**

Succulent Grilled Chicken with or without Fajita Spice **£5.95**

Sun Blaze Tomato and Mozzarella Pearls **£5.75**

PASTA AND NOODLES

All of our pasta and noodle dishes are freshly made to order.

Pasta

Al dente wholemeal or white fusilli pasta tossed with sun-ripened cherry tomatoes, button mushrooms, broccoli, red peppers, red onions and basil, tossed in a traditional style tomato sauce with the topping of your choice:

	Half portion	Full portion
Scottish Smoked Salmon and Dill Fishcake	£5.95	£7.95

Succulent Grilled Chicken with or without Fajita Spice	£5.75	£7.75
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Sun Blaze Tomato and Mozzarella Pearls	£4.95	£6.95
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Just Pasta with or without sauce	£3.50	£5.50
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Noodles

Wok-seared wheat noodles with stir-fried broccoli, cos lettuce, beansprouts, button mushrooms, red peppers, ginger and teriyaki sauce, with the topping of your choice:

Scottish Smoked Salmon and Dill Fishcake **£7.95**

Succulent Grilled Chicken with or without Fajita Spice **£7.75**

Sun Blaze Tomato and Mozzarella Pearls **£6.95**

Just Noodles with or without sauce **£5.50**

SANDWICHES

All of our sandwiches are served in either a brown or white bap, finished with a fresh garnish.

Grilled Fajita Spiced Chicken Breast **£5.95**

Sun Blaze Tomato and Mozzarella Pearls **£5.95**

Re:fuel

Visit our **RE:FUEL** cabinet for fresh food on the go! Enjoy a range of delicious breakfast options from fresh fruit pots and croissants to a range of breakfast cereals.

Try our 'Lose & Shape Up' **RE:FUEL** salads, fruit pots and protein shakes – a great way to lose weight.

All of our freshly made sandwiches, wraps, salads and snacks are prepared daily and can be enjoyed either in the club or on the go.

FROM THE GRILL

All of our burgers are served with fresh green leaves, sliced red onion and mayonnaise, between either a brown or white bap with a side of fries.

Our Loaded Burgers are topped with your choice of Cheddar or Mexicana cheese and crispy grilled bacon.

	Loaded	Plain
Prime British Beef Burger	£7.50	£6.50
Succulent Grilled Chicken Breast	£7.70	£6.70

CLASSICS

Succulent Grilled Chicken **£7.50**
Served with seasonal vegetables.

Thai Green Curry **£7.50**
Served with steamed rice and fresh lime.

Spaghetti Bolognese **£6.95**
Served with garlic tortilla and Italian hard-style cheese.

Three Egg Omelette **£5.95**
Choose two fillings of your choice: sautéed button mushrooms, tomatoes, crispy bacon, cheese, broccoli, smoked salmon or Cumberland pork/vegetarian sausage. Served with a side salad.

DESSERTS

Ginger and Lemon Cake **£2.95**
Served warm with your choice of crème fraîche or vanilla Mövenpick ice cream.

Seasonal Fruit Platter **£2.95**
Served with natural Greek style yoghurt and dried cranberry pieces.

SIDES

Enjoy something extra!

Seasonal Vegetables	£1.75
Crisp Salad	£2.45
Garlic Bread	£1.95
Garlic Bread with Melted Cheese	£2.65
Bread and Butter	£1.50

And if you must . . .

Fries	£1.75
Curly Fries	£2.25

Better for you...

All our baked beans are reduced salt and sugar and all our sliced breads are reduced salt.

All our eggs are free-range.

V SUITABLE FOR VEGETARIANS **☉** LOSE & SHAPE UP PROGRAMME

🐟 MAY CONTAIN BONES

HOW TO ORDER

Simply place your order at the bar, remembering to quote your table number. Your drinks will be served immediately and all other items ordered will be freshly prepared and brought to your table.

LOSE & SHAPE UP

Dishes recommended as part of our weight loss programme 'Lose & Shape Up'. Ask about joining our 'Lose & Shape Up' programme combining support, nutritional advice and exercise to give you a better shape in just 12 weeks.