



BREAKFAST

Served Monday - Friday 8.30am - 11.30am and Weekends 7.30am - 11.30am

Full English Breakfast	£3.85
2 Bacon, 1 Sausage, 1 Egg, Baked Beans, Tomato, 1 Toast, 1 Hash Brown	
Vegetarian Breakfast	£3.50
1 Quorn Sausage, 1 Egg, Baked Beans, Tomato, 1 Toast, 2 Hash Brown	
Additional Breakfast items	From £0.60
Mushrooms, Black Pudding, Egg, Bacon, Sausage, Beans, Tomato	
Eggs Benedict	£4.50
Toasted Muffin Topped with Gammon Ham, Eggs and Hollandaise Sauce	
Cereal	£1.50
Served with fresh milk	

ALL DAY BRUNCH

Bacon Sandwich	£1.95
Sausage Sandwich	£1.95
Fried Egg Sandwich	£1.40
2 Eggs on Toast	£2.10
Scrambled, Fried or Poached	
Baked Beans on Toast	£2.00
Buttered Toast	£0.90
2 Slices of White or Malted Bread	
Buttered Toasted Teacake	£1.30
Jam Portion	£0.30

SANDWICHES & SALAD

Freshly Made Sandwiches	From £2.30
Toasted Panini	From £2.50
Salad Bar	Reg £1.50 Large £2.70

SNACKS

Sausage Roll	£1.30
Beef and Vegetable Pasty	£2.00
Cheese & Onion Pasty	£1.90
Homemade Soup & Roll	£2.75
Fries	Reg £1.45 Large £1.70
Breadcake & Butter	£0.90

JACKET POTATOES

With Butter	£2.00
Additional Fillings;	Each £1.10
Cheese, Tuna, Baked Beans	
Additional Filling;	£1.70
Beef Chili	

BURGERS

All our Burgers are cooked to order and served on a Toasted Bun with Salad and regular Fries

Beef Burger	£3.95		
Chicken Burger	£3.95		
Falafel Burger	£3.75		
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Toppings			
Cheese	£0.30	Fried Onions	£0.75
BBQ Sauce	£0.50	Fried Egg	£0.70
Bacon	£1.00		

HOMEMADE SPECIAL OF THE DAY

Please See The Board From £3.50

15% OFF
FOR FITNESS UNLIMITED
MEMBERS



CHILDREN'S MENU

Children's Meal Deal	£3.25
Choice of: Fish Fingers, Burger, Cheese Burger, Pizza, Sausage, Chicken Nuggets or Veggie Fingers.	
All served with Small Fries and Small Soft Drink, Bottle of Water or Capri Sun	
Packed Lunch Box	£3.25
Sandwich: Ham, Cheese or Jam, Fresh Fruit, Yogurt & Bottle of Water or Capri Sun	
Toasted Bagel With Cream Cheese	£1.95
Tomato Pasta and Garlic Bread	£3.25
With Small Soft Drink, Bottle of Water or Capri Sun	
Homemade Hummus with Pitta Bread Dippers	£1.90
Vegetable Crisps	£1.20
Fresh Fruit Pizza	£1.30
Watermelon, Grapes, Kiwi, Orange & Strawberry	

Allergen Information:

As a responsible caterer we must advise that all our menu items may contain one or more of the 14 allergens we now by law must make you aware of - gluten, crustaceans, eggs, fish, peanuts, soybeans, milk, nuts, celery, mustard, sesame, sulphur dioxide preservation, lupin and molluscs.

On placing your order, please ask our staff if you require specific allergen information and they will be happy to provide the advice you need.