

mytimeactive

NUTRITIOUS CHOICES

We believe that the freshness and flavour of our nutritious food is

FARM TO TABLE

essential to wellbeing. Our menu is carefully crafted to serve the health

SUSTAINABLY SOURCED FISH

of our members, and the communities we live in.

BRITISH MEAT

So we prepare our food to order and can trace it back to the Red Tractor

ENGLISH BREAKFAST

Approved farm it came from. And, if possible, it's local and British.

FREE RANGE EGGS

We will only serve free range chicken and eggs, sustainably sourced fish,

AVOCADO

and work with ethical suppliers. Please enjoy!

FREE RANGE CHICKEN

Free Ranging Breakfast

Poached eggs with spinach & grilled tomatoes 3.75

Smashed avocado with poached egg on granary toast 4.75

Smoked salmon & scrambled eggs on granary toast 5.50

Breakfast sandwich on granary or white sliced bread
or a tomato or plain tortilla wrap

Choose from egg, prime smoked back bacon & grilled lower-fat
Cumberland sausage

One filling 2.95 Two fillings 3.45 Three fillings 3.95

English breakfast 6.45

Eggs served your way, grilled lower-fat Cumberland sausage,
prime smoked back bacon, grilled tomato, hash brown, sautéed
mushrooms, Heinz baked beans & two slices of toast

Vegetarian breakfast 5.45

Eggs served your way, grilled tomato, hash brown, sautéed
mushrooms, Heinz baked beans & two slices of toast

Breakfast baguette 4.95

Grilled, lower-fat Cumberland sausage, two rashers smoked
back bacon & a fried free range egg

Two eggs served your way on white or granary toast 2.95

Two slices of toast 1.35

White or granary, butter, jam or marmalade

Wholesome Baguettes & Sandwiches

Club sandwich 4.95

Free range chicken, bacon, free range egg, tomato & crunchy lettuce

Fish fingers & Heinz ketchup 3.75

Cumberland sausages, mustard & onions 3.75

Hummus, falafel, raw vegetables, leaves & chilli jam 4.50

Smoked mackerel, apple, spring onion & fennel 4.50

Baby spinach, shredded carrot, kale & avocado,
tomato relish 4.50

Smoked salmon & cream cheese 4.50

Classics – Ham, cheese, tuna or egg mayonnaise 3.75

British Burger goodness

Served in a rustic bun with chips,
dill pickle & leaves

Mytime Active burger 7.95

100% British beef, Emmental cheese, lettuce, plum
tomato, red onion, tomato relish & low fat mayonnaise

Cajun spiced free range chicken burger 7.95

bacon & cheddar cheese

Grilled Portobello mushroom burger 6.95

roasted red pepper, goat's cheese, baby spinach,
tomato & red onion

Salmon fillet burger 8.95

avocado, lettuce, lemon mayonnaise. Served with
courgette fries

Upgrade to sweet potato fries 75p

All sides 2.50

ROASTED

Roasted sweet potato

Chips

Courgette fries

Brown long grain rice

Steamed broccoli

Sweet potato fries

STEAMED

Nutritious Choices

Pick one from each section

Adults 7.95

Children 4.50

1. Protein

Chargrilled chicken breast

GRILLED Roasted salmon fillet

Smoked salmon

Flat iron steak

Grilled halloumi cheese

Grilled goat's cheese

2. Vegetable

Steamed broccoli

Baby spinach

STEAMED Steamed kale

Mixed leaf salad

Edamame beans

3. Grains & fibre

Brown long grain rice

Quinoa

Roasted sweet potato

Puy lentils

Wholemeal pitta bread

ROASTED

4. Dressings & sauces

House dressing

Soy sauce, rice wine & sesame

Pesto

Balsamic vinegar & extra virgin olive oil

Rapeseed oil

MIXED

Colourful, fresh light bites

Chicken Caesar salad with parmesan & croutons 7.75

Smoked salmon, baby leaf spinach, avocado & soft poached egg 7.75

Grilled halloumi cheese with cherry tomato & red onion compote & balsamic syrup 7.75

Hummus, crunchy vegetables, pitta 3.75

Edamame beans, sea salt & soy sauce 1.95

Freshly made soup of the day with fresh baguette 2.95

Did you know we cater for all types of functions?

WEDDINGS

We love to help friends and family with their social events.

SEMINARS & CONFERENCES

Whether it's in one of our historic or modern buildings

BIRTHDAYS

with views over green spaces, we'd be excited to host

REUNIONS RETREATS

and cater for your special events.

GOLF EVENTS

TEAM BUILDING

Check out our venues at www.mytimeactive.co.uk/events

SPORT EVENTS

ALLERGIES: Some of our menu items contain allergens, including gluten, nuts, milk, eggs, fish, shellfish, soya, celery, mustard, sulphites, sesame and lupin. **Please ask a member of staff for more information.**