

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 4.00 (V)

Smashed avocado with poached egg on granary toast 5.00 (V)

Smoked salmon & scrambled eggs on granary toast 5.85

**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** 3.15 **Two fillings** 3.65 **Three fillings** 4.20

**English breakfast** 6.85

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 (V)

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

**Breakfast baguette** 4.75

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** 3.15 (V)

**Two slices of toast** 1.45 (V)

White or granary, butter, jam or marmalade

# Wholesome Baguettes & Sandwiches

**Club sandwich** 5.25

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

**Fish fingers & Heinz ketchup** 4.00

**Cumberland sausages, mustard & onions** 4.00

**Hummus, falafel, raw vegetables, leaves & chilli jam** 4.75 (N)

**Smoked mackerel, apple, spring onion & fennel** 4.75

**Baby spinach, shredded carrot, kale & avocado,  
tomato relish** 4.75

**Smoked salmon & cream cheese** 4.75

**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** 8.45

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

**Cajun spiced free range chicken burger** 8.45  
bacon & cheddar cheese

**Grilled Portobello mushroom burger** 7.35 (V)

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

**Salmon fillet burger** 9.50

avocado, lettuce, lemon mayonnaise. Served with  
courgette fries

*Upgrade* to sweet potato fries 80p

# All sides 2.65

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 8.45  
Children 4.75

## 1. Protein

Chargrilled chicken breast

GRILLED

Roasted salmon fillet

Smoked salmon

Flat iron steak

Grilled halloumi cheese (V)

Grilled goat's cheese (V)

## 2. Vegetable

Steamed broccoli

Baby spinach

Steamed kale

Mixed leaf salad

Edamame beans

STEAMED

## 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 (S)

Pesto (N)

Balsamic vinegar & extra virgin olive oil

Rapeseed oil

MIXED

## Colourful, fresh light bites

Chicken Caesar salad with parmesan & croutons 8.25

Smoked salmon, baby leaf spinach, avocado & soft poached egg 8.25

Grilled halloumi cheese with cherry tomato & red onion compote & balsamic syrup 8.25 (V)

Hummus, crunchy vegetables, pitta 4.00 (V)

Edamame beans, sea salt & soy sauce 2.10 (V)

Freshly made soup of the day with fresh baguette 3.20 (V)

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/venue-hire](http://www.mytimeactive.co.uk/venue-hire)

# SPORT EVENTS



VEGETARIAN



NUTS



SESAME

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.