

Make small changes,
one meal at a time

mytimeactive
#EatWell

Breakfasts

A balanced diet starts with a nutritious breakfast. All served with white or brown bread, bloomer or baguette

Breakfast Roll

Served in your choice of Bread

• £3.25 one filling • £3.65 two fillings • £4.20 three fillings
Choose from Smoked Back-Bacon, Grilled Sausages, Vegetarian Sausages or Fried Eggs

Full English Breakfast £6.95

Two rashers of Smoked Back-Bacon, Sausage, Hash Brown, Grilled Tomato, Baked Beans, Eggs your way & Toast

Vegetarian Breakfast £6.95

Two Vegetarian Sausages, Hash Brown, Baked Beans, Eggs your way & Toast

Smashed Avocado & Eggs on Toast £4.95

Scrambled, Poached 'for less calories' or Fried

Eggs Your Way £3.95

Scrambled, Poached or Fried served on Toast

Homemade Porridge £2.50

With choice of topping. Nuts, Berries or Honey

Light Bites

All served with white or brown bread, bloomer or baguette

Chicken, Avocado & Pesto Sandwich £4.95

Classic Club Sandwich £5.95

Chicken, Smoked Back-Bacon, Tomatoes, Salad & Egg Mayonnaise on your choice of Bread

Classic Cheese & Ham Sandwich £5.95

Lemon Sole Goujons £5.95

With Light Mayonnaise & Salad

Prawns & Marie Rose Sauce Sandwich £5.95

Served on your choice of Bread

Sides

Chunky Chips or Sweet Potato Fries £2.75

Chunky Chips with Cheese and Bacon £3.75

Loaded Nachos £4.95

Melted Cheese, Salsa & topped with Jalapenos

Mixed Side Salad £2.50

In a Low-Calorie French Dressing

Active Menu

Post workout, opt for a High Protein meal

Chicken Caesar Salad £6.95

Classic Ham, Egg & Chips £7.95

Lasagne £8.95

Packed with Lean Beef & Vegetables, with Salad & Garlic Bread

Thai Sweet Chilli Noodles £8.95

Mixed Vegetables topped with Chargrilled Chicken or Quorn Fillets

Burgers

Choose your Protein Packed Filling, served in a Brioche Bun

All Burgers served with a choice of Chunky Chips or Sweet Potato Fries & accompanied with a Fresh Garden Salad

Butternut Squash Goat's Cheeseburger £9.95

Butternut Squash, Goat's Cheese and Beetroot, coated in Gluten Free Breadcrumbs flecked with Rice Flakes & Black Pepper

Aromatic Garden Burger £9.95

Lightly spiced mix of Broad Beans, Peas & Spinach, coated in Oat & Herb flecked Breadcrumbs

Chargrilled Chicken Breast Burger £9.95

Served with Light Mayonnaise & Crunchy Salad

Beef Burger £9.95

Served with fresh Relish

Add Cheese £1.00

Add Smoked Back-Bacon £1.00

**Did you know we cater
for all types of functions?**

**Birthdays, weddings, events, celebrations; we love
to help friends and family with their social events.**

Find out more at www.mytimeactive.co.uk/venue-hire
#BeTogether

Allergen Guide

Our menu items may contain or come into contact with WHEAT, EGGS, PEANUTS, TREE NUTS and MILK. For more information, please ask a member of staff or ask to see our allergens version of this menu.

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

SPORT EVENTS

mytimeactive