

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

## The Pavilion Bowling Sharing Platters

### Wings Strips & Dips £17.95

Hot & Spicy Chicken Wings, Buffalo Chicken Wings, BBQ Chicken Wings, Southern Fried Chicken Strips with Sweet Chili Dip, BBQ Dip & Sour Cream

### The Pavilion Platter £15.95

Potato Wedges, Onion Rings, Garlic Mushrooms, Sliced Garlic Bread, Chicken Strips with Nachos, Salsa & Sour Cream

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

# SPORT EVENTS

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