

## **BREAKFASTS**

### **Breakfast Roll**

One/two/three fillings • £4.25/£5.25/£6.25

Choose from smoked bacon, grilled sausages, vegetarian sausages or egg your way.

Served in wholemeal 'fibre packed' roll or white roll

- bacon brown/white bread 934 kcal/1092 kcal

- eggs brown/white bread 842 kcal/970 kcal

- sausages brown/white bread 1777 kcal/1920 kcal

### **Full English Breakfast • £8.25 2187 kcal**

Two rashers of smoked bacon, grilled sausage, hash brown, grilled tomato, baked beans, eggs your way and wholemeal toast. Extra items £1.00 each

### **Vegetarian Breakfast • £8.25 1449 kcal**

Two vegetarian sausages, hash brown, grilled tomato, baked beans, eggs your way and wholemeal toast. Extra items £1.00 each

### **Smashed Avocado & Eggs on Toast • £6.75**

Scrambled, poached 'for less calories' or fried brown bread 389 kcal/white bread 394 kcal

### **Eggs Your Way • £6.25 229 kcal**

Scrambled, poached or fried served on wholemeal toast. Extra items £1.00 each

### **Homemade Porridge • £3.50**

- with choice of topping. Berries, honey or nuts

- with berries/honey/nuts 365/378/641 kcal

## **LIGHT BITES**

### **Classic Sandwich or Baguette**

**All served with a side salad and choice of wholemeal or white bread**

#### **Tuna • £5.25**

Tuna with light mayo

438 kcal (brown)/1087 kcal (white)

#### **Chicken • £5.25**

Fresh Avocado and pesto sauce

517 kcal (brown)/1167 kcal (white)

#### **Prawns • £6.25**

Prawns with Marie Rose sauce

408 kcal (brown)/1057 kcal (white)

#### **Classic Cheese & Ham • £4.25**

Honey baked ham and mature cheddar slice

490 kcal (brown)/1140 kcal (white)

#### **Club Sandwich • £7.95**

with chicken, bacon, tomatoes, salad and egg mayonnaise

378 kcal (brown)/573 kcal (white)

**Lemon Sole Goujons • £5.25**

Served with light mayo and salad

475 kcal (brown)/1124 kcal (white)

**Oven Baked Jacket Potatoes • £3.95**

Choose one filling, extra items £1.00 each

Cheese 215 kcal, Beans 90 kcal, Tuna 149 kcal, Prawns 66 kcal,  
Coleslaw 357 kcal or Bacon 123 kcal

**OUR MAINS**

**Chicken Caesar or Tuna Niçoise • £8.95**

chicken 313 kcal/tuna 305 kcal

**Classic Ham on the Bone with Poached Eggs • £8.95 444 kcal**

Served with Chunky Chips

**Mytime Active Beef Burger • £10.75**

Served with fresh relish and side salad. Add cheese and/or bacon £1.00 each

SF 553 kcal/CC 598 kcal or with cheese/bacon/cheese & bacon 806/713/921 kcal

**Chargrilled Chicken Breast • £10.95**

Served with light mayo and crunchy salad SF 551 kcal/CC 596 kcal

**Halloumi Burger • £10.75**

Served with light mayo and avocado SF 699 kcal/CC 744 kcal

**Vegan Burger • £10.75**

Served with tomato, onion and avocado

SF 551 kcal/CC 596 kcal

**All served with a choice of chunky chips, fries or sweet potato fries**

**STONE BAKED PIZZAS**

**Margherita • £8.95 393 kcal**

Original mozzarella cheese and tomato sauce

**Pepperoni • £9.50 654 kcal**

Extra pepperoni, mozzarella cheese and tomato sauce

**Chicken • £9.50 470 kcal**

Tomato sauce, mozzarella, chicken roasted peppers and rosemary

**Classic Hawaiian • £9.25 476 kcal**

Tomato sauce, mozzarella, ham and pineapple

**Vegetarian • £9.25 534 kcal**

Onions, peppers, sweetcorn, mushrooms, mozzarella cheese and tomato sauce

## **SIDES**

**Chunky Chips** • £2.85 640 kcal

**Fries** • £2.75 375 kcal

**Sweet Potato Fries** • £2.95 275 kcal

**Chunky Chips with Cheese & Bacon** • £5.75 643 kcal

**Loaded Nachos** • £6.75 572 kcal

Melted cheese, salsa and topped with jalapenos

## **FRESH AND FULL OF FLAVOUR!**

We believe that the freshness and flavour of our nutritious food is essential to wellbeing. Our menu is carefully crafted to serve the health of our members, and the communities we live in.

So we prepare our food to order and can trace it back to the Red Tractor Approved farm it came from. And, if possible, it's local and British. We will only serve free range chicken and eggs, sustainably sourced fish, and work with ethical suppliers.

We have something for everyone, whether you are looking for healthy light-bites , a delicious meal to share with family and friends, or a refreshing post workout drink. We also offer a kids menu, making eating out as a family easy and fun!

Check out our freshly stoned baked pizzas, our wholesome baguettes and sandwiches, and the goodness of our British burger range, with vegetarian and vegan options also available.

Eat Well – Providing healthy options and the knowledge to be able to make healthy choices!

## **CELEBRATE IN STYLE AT MYTIME ACTIVE!**

### **THINKING OF THROWING A PARTY?**

From our function suites to private hire of our facilities, we have the perfect place to host your upcoming event.

**Please ask a member of the team for more details.**