

OUR MAINS

Chicken Caesar or Tuna Niçoise • £8.95

chicken 313 kcal/tuna 305 kcal

Lean 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

SHARING PLATTERS

Wings & Strips Platters • £14.95 1,612 kcal

Hot & spicy chicken wings, buffalo chicken wings, BBQ chicken wings, southern fried chicken strips with sweet chilli dip, BBQ dip and sour cream

The Vegetarian Platter • £12.95 1,162 kcal

Potato wedges, onion rings, garlic mushrooms, sliced garlic bread, with nachos, salsa and sour cream

LIGHT BITES

Classic Sandwich or Baguette

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

Sausage or Bacon • £4.75

Smoked bacon or grilled sausages

Bacon - 226 kcal (brown)/264 kcal (white) Sausages - 160 kcal (brown)/178kcal (white)

Tuna • £4.75

Tuna with light mayo

438 kcal (brown)/1087 kcal (white)

Chicken • £4.75

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

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

KIDS MEALS

Chicken or Cod Goujons • £4.50

Served with chunky chips, fries or sweet potato fries

Chicken - chunky chips 464 kcal/fries 519 kcal or sweet potatoes fries 419 kcal

Cod - chunky chips 428 kcal/fries 483 kcal or sweet potatoes fries 383 kcal

Pasta Bows in Tomato Sauce • £4.25 724 kcal

Served with garlic bread

Mac N Cheese • £4.25 767 kcal

Macaroni pasta in a creamy cheese sauce

Burger 405 kcal/Vegan Burger 640 kcal • £4.50

Served with chunky chips, fries or sweet potato fries. Chunky chips 416 kcal/fries 471 kcal or sweet potatoes fries 371 kcal

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 YOUR BIRTHDAY PARTY WITH US!

Please ask a member of the team for more details.