

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

brown bread 438 kcal/white bread 1087 kcal

Chicken • £5.25

Fresh Avocado and pesto sauce

brown bread 517 kcal/white bread 1167 kcal

Prawns • £6.25

Prawns with Marie Rose sauce

brown bread 408 kcal/white bread 1057 kcal

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*

EAT WELL
with mytimeactive

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



PLEASE SCAN THE QR CODE OR ASK A MEMBER
OF THE TEAM FOR ALLERGEN ADVICE.



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!

EAT WELL
with mytimeactive

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.**

