

# 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

**EAT WELL**  
with mytimeactive

# 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*



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# CELEBRATE YOUR BIRTHDAY PARTY WITH US!

## 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

Please ask a member  
of the team for  
more details

