



BREAKFAST Served Until 11am

Bacon Sandwich	£1.95
Sausage Sandwich	£1.95

SANDWICHES & QUICK BITES

Freshly Made Sandwiches	From £2.30
Toasted Panini	From £2.50
Sausage Roll	£1.30
Buttered Toast	£0.90
<small>2 slices of white or malted bread</small>	
Buttered Toasted Teacake	£1.30
Jam Portion	£0.30

HOT FOOD

Jacket Potato with butter	£2.00
Additional Fillings	Each £1.10
<small>Cheese or Tuna</small>	
Soup & Roll	£2.75

SNACKS

Cake Bar	£1.50
Tray Bake	£1.50
Giant Cookie	£1.35
Mini Pack Biscuits	£0.80
Confectionery	From £0.90
Yogurt	£0.85
Crisps	From £0.80
Pringles Tub	£1.20
Fresh Fruit	£0.50

CHILLED DRINKS

Bottled Soft Drinks	From £1.50
Mineral Water	£1.10
Powerade	£1.70
Oasis	£1.50
Capri Sun	£1.00
5 Alive	£1.20
Milkshake	£1.50

HOT DRINKS

	Sml	Reg
Yorkshire Tea	£1.35	£1.70
Fruit / Herbal Tea	£1.40	£1.70
Espresso	£1.45	
Americano	£1.45	£1.75
Cappuccino	£1.80	£2.05
Latte	£1.70	£1.95
Mocha	£1.65	£1.90
Hot Chocolate	£1.75	£2.05
Luxury Hot Chocolate	£2.05	
<small>With whipped cream & mini mallows</small>		
Extra Coffee Shot	£0.80	
Flavoured Syrup Shot	£0.50	

All our coffees are made with fresh semi-skimmed milk

CHILDREN'S MENU

Children's Packed Lunch	£3.25
<small>Sandwich; choice of Ham, Cheese or Jam. Fresh fruit, yogurt and a bottle of water or a Capri Sun.</small>	

15% OFF
FOR FITNESS UNLIMITED MEMBERS



Allergen Information:

As a responsible caterer we must advise that all our menu items may contain one or more of the 14 allergens we now by law must make you aware of - gluten, crustaceans, eggs, fish, peanuts, soybeans, milk, nuts, celery, mustard, sesame, sulphur dioxide preservation, lupin and molluscs.

On placing your order, please ask our staff if you require specific allergen information and they will be happy to provide the advice you need.