

Hot & Cold Drinks

At the club we serve Costa Coffee and a full selection of hot beverages and fruit smoothies.

We stock a full range of soft drinks, sports drinks, draught & bottled beers and a large selection of wines from around the world.

Please ask for our beverage card and wine list.



Counting Calories

The calorie information contained within our menu will help those of you looking to monitor your intake as part of a healthy lifestyle. On average men should aim to consume around 2,500 calories per day and women around 2,000 calories per day.

Remember you can burn on average over 550 Kcals in one of our 55min based cardio classes.

Calorific values (Kcals) have been calculated using a combination of supplier nutritional guidelines and calculations from generally established and accepted data working to typical portion sizes. Values are a good indication at the time of going to print but please note there may be some variation due to the nature of the product and products involved.

All weights are approximate prior to cooking. Some items on the menu may contain genetically modified soya or maize and some of our products may contain nuts or nut derivatives. Please ask our staff for further information.

Allergens - If you have a specific allergen requirement please ask our team for information on the dishes in this menu.

(v) vegetarian

(ng) gluten containing ingredients - please note our kitchens work with gluten containing products so we cannot guarantee that our dishes will be free of gluten traces.

Looking for a venue to hold a party?

Don't forget that we can cater for all types of functions and have various packages and menus available which we are sure will appeal to your tastes!

MENU

Sandwich Selection

Our sandwiches are made to order on your choice of white or granary bread or as a freshly filled baguette with a salad garnish and crisps.

Carvery cut roast ham & tomato <i>Less than 500 Kcal</i> with grain mustard	£5.00
Houmous with black olive & red pepper (v) with crisp lettuce	£4.95
Mature Cheddar cheese (v) with Branston pickle	£4.75
Chicken, avocado & basil with crisp lettuce and a light mayonnaise dressing	£5.35
Tuna with cucumber <i>Less than 525 Kcal</i> in a light mayonnaise	£5.00
Prawn cocktail <i>Less than 500 Kcal</i> bound in a traditional Marie Rose sauce with crisp lettuce	£5.35
Free range egg mayonnaise (v) with cracked black pepper	£4.60

We use a soft spread made with 50% vegetable oil

Hot Sandwiches

Swap your chips on any of our hot sandwiches for a small side salad with half a corn cob and save 250 kcal

Tuna melt Freshly baked baguette, split and filled with tuna, topped with mature Cheddar cheese melted golden and then drizzled with sweet chilli sauce. Served with chips.	£7.25
Club sandwich A three layer toasted stack of white or granary bread filled with sliced grilled chicken, back bacon, sliced boiled egg, tomato, crisp lettuce and a light mayonnaise. Served with chips. Also available on Genius™ gluten free toast (ng)	£7.95

Paninis

A sesame and nigella seed topped panini grilled to order and served with crisps and a salad garnish. Choose from:

- Sweet chilli chicken & mature Cheddar cheese
- Carvery cut roast ham & mature Cheddar cheese
- Haloumi, black olive, crunchy red pepper & a hint of pesto (v)

Wraps

A flour tortilla wrap made to order and served with crisps and a salad garnish. Choose from:

Falafel (v) <i>Less than 500 Kcal</i> served warm with crisp lettuce and a coriander yoghurt dressing	£5.95
Cajun chicken Caesar served warm with cos lettuce, Italian hard cheese shavings and a classic Caesar dressing	
Avocado & prawn <i>Less than 500 Kcal</i> with crisp lettuce and a lemon mayonnaise	

Omelettes

Swap your chips for a portion of green beans and half a corn cob to save over 400Kcal

A free range three egg omelette served with a mixed garden salad and chips. Choose any two of the following fillings:

- Mature Cheddar cheese (v) (ng)
- Roast ham (ng)
- Back bacon (ng)
- Sautéed onions (v) (ng)
- Tomato (v) (ng)
- Sautéed potato (v) (ng)
- Grilled mushrooms (v) (ng)

For each additional filling add 85p

Jacket Potatoes

Served with a mixed garden salad. Choose any two of the following fillings for our freshly baked jackets:

- Mature Cheddar cheese (v) (ng)
- Back bacon (ng)
- Baked beans (v) (ng)
- Tuna (ng)
- Sweetcorn (v) (ng)
- Coleslaw (v) (ng)

A tuna & sweetcorn jacket is less than 425 Kcal

For each additional filling add 85p

Salad Bowl

Caesar salad (v) <i>Less than 450 Kcal</i> Crisp cos lettuce, crunchy croutons, Italian hard cheese shavings and a classic Caesar dressing.	£6.35
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Make it a chicken Caesar with chargrilled chicken fillets
Less than 600 Kcal **Add £2.95**

The Club Caesar salad **£10.50**
Crisp cos lettuce, crunchy croutons, Italian hard cheese shavings topped with chargrilled chicken served warm with avocado, sliced boiled egg, crispy bacon pieces and a classic Caesar dressing.

Warm crispy bacon & poached egg salad *Less than 550 Kcal* **£7.75**
A mixed leaf and cherry tomato salad with crispy bacon pieces, sautéed potato slices, crunchy garlic & herb croutons finished with a warm vinaigrette dressing and a poached egg.

Make it gluten-free - remove the croutons and replace with extra sautéed potato (ng)
Less than 475 Kcal

All of our salads and salad garnishes are dressed with a healthy (low calorie) French dressing and we use only light mayonnaise and low-fat natural yoghurt in all dishes unless otherwise stated.

Soup

Homemade soup of the day Chefs choice served with a freshly baked baguette	£3.75
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Burgers & Larger Plates

Beefburger **£7.95**
A 100% Aberdeen Angus 6oz beefburger served in a toasted sesame seed topped bun with tomato, crisp lettuce and a light mayonnaise. Served with chips.

Go bunless with your beef or chicken burger (ng) - save 50p and 270 Kcal

Chargrilled chicken burger **£7.95**
A split breast of chicken in a toasted sesame seed topped bun with tomato, crisp lettuce and a light mayonnaise. Served with chips.

Add a topping of mature Cheddar cheese or back bacon to your burger **Add 85p per topping**

Gourmet burger - The New Yorker **£10.75**
Upgrade your burger experience for our ultimate combo served with chips and a side of coleslaw. Chicken or beefburger topped with back bacon, BBQ sauce, mature Cheddar cheese and onion rings.

Spicy bean burger (v) **£7.25**
A spicy kidney bean and vegetable burger coated in breadcrumbs served in a toasted sesame seed bun with guacamole, tomato, crisp lettuce and a light mayonnaise. Served with chips.

Swap your chips for a jacket potato with any of our large plates and save over 250 kcal

Pasta of the day **£7.95**
Please ask your server for today's pasta dish.

All our pasta dishes are now available with gluten-free pasta. (ng)
Please allow a little extra time for your dish to arrive.

Scampi & chips **£8.50**
Breaded wholetail scampi deep fried and served with chips, garden peas, tartare sauce and a lemon wedge.

Please ask our team for details of the daily specials available

Side Orders

Warm teacake (v) A toasted teacake with your choice of preserve	£1.95
Mixed side salad (v) (ng)	£3.95
Freshly baked baguette (v)	£2.15
Garlic baguette (v)	£3.15
Garlic baguette with cheese (v)	£3.60
Plain chips (v) (ng)	£3.00
Cheesy chips (v) (ng)	£3.65
Curly fries (v)	£4.00
Battered onion rings (v)	£3.00
Green beans (v) (ng)	£1.95
Corn on the cob (v) (ng)	£2.35
Coleslaw (v) (ng)	£1.95

Please ask our team for details of the daily dessert and cake specials