

Menu

served from 9am

Breakfast

(can be ordered from 9-11.30am)

Club Towers Full English - £8.95

Two sausages, two bacon, two eggs, mushrooms, tomatoes, beans and toast. Add two hash browns for £1.50

Bacon or Sausage Bap - £3.95

Add an egg for £1 or Halloumi for £2

Vegetarian breakfast - £6.95 V

Two vegetarian sausages, spinach, two eggs, mushrooms, tomatoes, beans and toast. Add two hash browns for £1.50

Toast & Preserves £1.50 V

Protein Punch

Eggs over toast – £4.45 V GFO

Your choice of eggs over malted or white bloomer, sourdough or gluten free bread.

Smoked salmon and scrambled eggs – £7.95 GFO

Grilled sourdough bread topped with creamy scrambled eggs and smoked salmon.

Eggs Avocado – £6.45 GFO V GFO

Two poached eggs over smashed avocado on toasted sourdough.

Eggs Benedict – £6.45 GFO

Poached eggs on ham and English muffin, served with hollandaise sauce.

Eggs Royale – £6.95 GFO

Poached eggs on an English muffin, served with smoked salmon with hollandaise sauce.

Eggs Florentine – £6.45 GFO

Poached eggs on an English muffin, served with spinach and hollandaise sauce.

All day omelette – £4.95 GF V

Our half-baked omelette is served with a lounge salad. Choice of toppings for £1 each: ham, cheddar, spinach, mushrooms, onions, tomatoes or bacon. Smoked salmon for £2.

Spuds & Sandwiches

Jacket potato – £5.75 GF

Our home baked jacket potato served with a lounge salad and one of these toppings: tuna mayo, baked beans, baked beans with cheese, chicken mayo, chicken & bacon mayo, smoked salmon & cream cheese. Add extra toppings for £1.25 each.

Baguettes – White, Brown or Gluten Free - £6.25 GFO

Served with tortilla chips, vegetable root crisps or salad.

Choose from the following fillings:

Chicken Caesar

Feta cheese, beetroot, spinach and red onion marmalade.

Tuna Mayo

Crispy chicken strips with baby gem & sweet chilli sauce

BLT – Bacon, lettuce & tomato

Cream cheese, avocado & spinach

Smoked salmon, cream cheese & cucumber (£1 extra)

Paninis – £6.25

Served with tortilla chips, vegetable root crisps or salad.

Choose from the following fillings:

Steak red onion marmalade & cheese

Pesto & Mozzarella cheese

Roasted Red Pepper, artichoke, cheese & pesto

Ham, Cheese & Tomato

Cajun Chicken, baby gem and tomato

Club Towers club sandwich – £7.25 GFO

A triple tiered toasted sandwich with grilled chicken, crispy bacon, baby gem lettuce and tomato. Served with tortilla chips.

Club Towers

veggie sandwich – £6.45 GFO V

A triple tiered toasted sandwich with hummus, smashed avocado, lettuce and tomato. Served with tortilla chips.

Menu

served from 11am

Specials

Chef's Daily Special

On most days our chefs lovingly create a daily special that they feel passionate about. Please ask at the counter for details.

Gourmet Nutrition Weekly Special

These specially selected dishes are designed for the fit food lover. They are made from fresh ingredients and contain a balanced proportion of protein, carbs and fat and most importantly taste great! Please see the board at the counter for more details.

Hearty Bites

Soup of the day – £5.75

Try one of our freshly cooked soups prepared by our chefs daily. Add a fresh bread roll for 50p

Protein salad – £10.95 GF

Steak, chicken, poached egg, tender-stem broccoli, spinach, topped with feta, pomegranate and mixed seeds and nuts finished with our house dressing.

Chicken Caesar salad – £8.95

Chicken and bacon on baby gem drizzled with Caesar dressing, parmesan and our 'garlicky herb' croutons. (without chicken - £7.95)

Warm halloumi and falafel – £8.95 V

Grilled halloumi and falafel with mixed leaves salad and drizzled in our house dressing.

Chicken pasta – £12.95

Creamy cajun chicken penna pasta with white wine, spring onion and red pepper finish with parmesan cheese.

Pizza – £6.95

A generous slice of Pizza served with fresh side salad & coleslaw. Choice of margherita (v) or pepperoni.

Burgers

All burgers are served with choice of chunky or curly chips & coleslaw. Upgrade to sweet potato fries for £1.25

Club Tower Burger – £12.95 GFO

A wagu patty topped with grilled chicken, bacon, cheese served in a brioche bun, garnished with salad & gherkins.

Vegetarian Burger – £9.95 GFO V

Flat mushroom, roasted red pepper, falafel and halloumi cheese served in a brioche bun, garnished with salad.

Grilled Cajun Burger – £10.95 GFO

Cajun chicken burger served in a brioche bun, garnished with salad.

Sides

Side salad – £2.95 GF V

Coleslaw – £2.95 GF V

Sweet potato fries – £2.95 V

Curly fries – £2.75 V

Skinny or Chunky chips – £2.75 GF V

Onion rings – £2.75 V

Garlic ciabatta bread – £2.95 V

Butter green beans (seasonal) – £2.95 V

Halloumi cheese – £3.50 V

Garlic butter asparagus (seasonal) - £3.50 V

GF – Gluten free **GFO** – Gluten free on request **V** – Vegetarian

Please do let us know of any food allergies, intolerances or preferences before ordering and our team will do their best to help. Wheat and nuts are used daily in our kitchen.