

MENU

Breakfast

Served between 9 - 11:30AM

Club Towers Full English - £9.50 GFO DFO

Two Lincolnshire pork sausages, two rashers of unsmoked bacon, two eggs of your choice, roasted mushrooms & tomatoes, baked beans, hash browns and white or brown toast.

Vegetarian Breakfast - £7.50 GFO DFO V VE-O

Two vegetarian sausages, two eggs of your choice, roasted tomato & mushrooms, hash browns, baked beans and white or brown toast.

Wake-Up Breakfast - £6.25 GFO DFO

Scrambled eggs with chilli, parsley and white or brown toast. Add Chorizo for £1.

Kids Breakfast - £5.75 GFO DFO

Fried or scrambled egg, bacon, pork sausage, hash brown, baked beans and white or brown toast.

Vegetarian option is available for £5.25. V

Bacon or Lincolnshire Sausage Bap -

£4.75 DFO

Add egg for £1, hash brown for £1.50 or halloumi for £2.

Toast & Preserves - £1.75

Choice of brown or white bloomer bread.

Upgrade to sourdough or gluten free bread for 50p, available for all breakfasts.

Protein Punch

Served all day from 9AM

Eggs Over Toast - £4.75 GFO DFO

Your choice of eggs over toast - brown or white bloomer bread. Upgrade to gluten free or sourdough bread for 50p.

Smoked Salmon & Scrambled Eggs - £8.25 GFO DFO

Toasted sourdough bread topped with scrambled eggs and smoked salmon.

Eggs Avocado - £6.95 GFO

Two poached eggs over smashed avocado on toasted sourdough.

Eggs Benedict - £7.95 GFO

Poached eggs on toasted English muffin served with ham topped with Hollandaise sauce.

Eggs Royale - £8.45 GFO

Poached eggs on toasted English muffin, served with smoked salmon topped with Hollandaise sauce.

Eggs Florentine - £7.25 GFO

Poached eggs on toasted English muffin, served with spinach topped with Hollandaise sauce.

All Day Omelette - £4.95 GFO V

Plain omelette served with a Lounge dressed salad.

Choice of toppings for £1 each: ham, Cheddar cheese, spinach, mushroom, onion, tomato or bacon. Or smoked salmon for £2.

Paninis, Spuds & Sandwiches

Served all day from 11:30AM

Paninis £6.75

Served with tortilla chips, vegetable root crisps or mixed salad.

Ham, Cheese & Tomato

Red Onion Chutney &

Vegan Cheese V VE

Green Pesto & Mozzarella V

Roasted Red Pepper, Artichoke

& Green Pesto V

Steak with Red Onion &

Cheddar Cheese

Cajun Chicken, Tomato & Gem Lettuce

Jacket Potato £6.25

Served with a dressed mixed salad. Add smoked salmon for £2. Add any other extra toppings for £1.25 each.

Tuna Mayo DFO

Chicken Mayo DFO

Chicken Mayo & Bacon DFO

Baked Beans & Cheese V

Baked Beans V VE DFO

Chilli Beef & Cheese

Smoked Salmon & Cream Cheese

Sandwiches £6.75

Toasted or non-toasted. Served with tortilla chips, vegetable root crisps or mixed salad. Choice of bread: ciabatta or brown or white bloomer.

Upgrade to gluten free or sourdough bread for 50p.

Chicken Caesar

BLT - Bacon, Lettuce & Tomato

Chicken, Guacamole & Spinach

Spinach, Guacamole & Hummus V VE

Red Onion Chutney & Vegan Cheese V VE

Tuna Mayo with Cucumber

Towers

HEALTH & RACQUETS CLUB

Where Time is Well Spent

MENU

Served all day from 11:30AM

Soup of the Day - £6.25

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

Protein Salad - £12.25 GF DFO

Steak, chicken, poached egg, tenderstem broccoli & spinach, topped with feta, nuts, pomegranate and mixed seeds and drizzled with our house dressing.

Chicken Caesar Salad - £10.25 GFO

Chicken, crispy prosciutto ham on romaine lettuce drizzled with Caesar dressing and our 'garlicky herb' croutons, finished with parmesan cheese.

Without chicken & prosciutto ham: £8.45 V

Greek Salad - £9.75 V GF

Red onion, tomato, cucumber, cos lettuce, red pepper, feta cheese and mixed olives with vinaigrette dressing.

Chefs 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.

Warm Halloumi and Falafel Salad - £10.25 V GF

Grilled halloumi, falafel and tenderstem broccoli on mixed leaf salad with house dressing.

Tiger Chilli Prawns - £7.95 GFO

Tiger prawns with white wine, spring onion, and sweet chilli sauce served with garlic ciabatta bread.

Creamy Cajun Chicken Penne Pasta - £13.45

Cajun chicken, penne pasta with white wine, spring onion, red pepper, mascarpone and parsley, finished with parmesan cheese. Upgrade to salmon for £2.

Salmon Niçoise - £14.25 GF

Salmon supreme, green beans, plum tomatoes, new potatoes, olives and a soft-boiled egg drizzled with vinaigrette dressing.

Burgers

All burgers are served with a choice of chunky, skinny or curly chips & coleslaw. Upgrade to sweet potato fries for £1.45.

Club Tower Burger - £11.95 GFO

A Wagyu beef burger patty with grilled chicken, unsmoked back bacon, topped with Cheddar cheese served in a brioche bun with salad garnish.

Cajun Chicken Burger - £12.45 GFO

Grilled Cajun chicken burger served in a brioche bun with salad garnish.

Bacon Cheese Burger - £11.95 GFO

A Wagyu beef burger patty with unsmoked back bacon, topped with Cheddar cheese served in a brioche bun with salad garnish.

Vegan "Beyond Meat" Burger - £11.95 V VE

With Vegan Cheddar cheese served in a Vegan brioche bun with salad garnish.

Falafel Burger - £11.25 V VE-O

Falafel, flat mushroom and roasted red pepper served in a Vegan brioche bun with salad garnish.

Sides

Side salad - £3.25

Coleslaw - £2.95

Onion rings - £2.95

Tenderstem

broccoli - £3.50

Garlic ciabatta

bread - £3.00

Halloumi fries - £3.50

Breaded mozzarella

sticks - £3.25

Skinny fries - £2.95

Curly fries - £3.00

Chunky chips - £3.00

Sweet potato fries - £3.50

V = Vegetarian VE = Vegan VE-O = Vegan Option
GF = Gluten Free GFO = Gluten Free Option
DF = Dairy Free DFO = Dairy Free Option

Kitchen Hours

Weekdays: 9:00 to 20:30 (last orders at 20:00)

(Our kitchen shuts between 14:45 and 16:00 on weekdays.)

Weekends: 8:30 to 16:30 (Last order at 16:00)

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.

If you require information about allergens in our food, please scan the QR code or ask at the Counter. All dishes are prepared in a kitchen where all allergens are present, as such we cannot guarantee any to be 100% free from allergens.



Towers

HEALTH & RACQUETS CLUB

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