

M E N U

BREAKFAST

Served between 9am - 12pm

Club Towers Full English £10.75

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. (GFO, DFO)

Small Breakfast £7.25

Fried or scrambled egg, bacon, pork sausage, roasted tomato & mushrooms, hash brown, baked beans and white or brown toast. (GFO, DFO)

Vegetarian Breakfast £8.75

Two vegetarian sausages, two eggs of your choice, roasted tomato & mushrooms, hash browns, baked beans and white or brown toast. (GFO, DFO, V, V-EO)

Small Vegetarian Breakfast £7.25

Fried or scrambled egg, vegetarian sausage, hash brown, tomato, mushroom, baked beans and white or brown toast. (V, GFO, DFO, V-EO)

Wake-Up Breakfast £7.25

Scrambled eggs with chilli, parsley and white or brown toast. Add Chorizo for £1.25. (GFO, DFO, V)

Bacon or Lincolnshire Sausage Bap (Served all day) £5.75

Add 2 eggs for £1, or 2 x hash brown for £1.50 or 2 x Lincolnshire Pork Sausage for £1.50 or 2 x Back Bacon for £1.50 or halloumi for £2.50. (DFO)

Toast & Preserves £1.95

Choice of brown or white bloomer bread.

PROTEIN PUNCH

Served all day from 9am

Eggs Over Toast £5.25

Your choice of eggs over toast - brown or white bloomer bread. (GFO, DFO)

Smoked Salmon & Scrambled Eggs £9.95

Toasted sourdough bread topped with scrambled eggs and smoked salmon. (GFO, DFO)

Eggs Avocado £8.75

Two poached eggs over smashed avocado on toasted sourdough. (GFO)

Eggs Benedict £8.95

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

Eggs Royale £10.25

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

Eggs Florentine £8.95

Poached eggs on toasted English muffin, served with spinach topped with Hollandaise sauce. (GFO, VO)

All Day Omelette £5.45

Plain omelette served with a Lounge dressed salad. Choice of toppings for £1 each: ham, Cheddar cheese, mushroom, onion, tomato or bacon. Or spinach for £1.50. Or smoked salmon for £2.50. (GFO, VO)

Upgrade to sourdough or gluten free bread add 95p for all of the above.

PANINIS, SPUDS & SANDWICHES

Served all day from 11:30am

Paninis £7.95

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

Ham, Cheese & Tomato

Bacon, Brie & Cranberry

Green Pesto & Mozzarella (V)

Brie, Spinach & Mushroom (V)

Steak with Red Onion &

Cheddar Cheese

Cajun Chicken, Tomato

& Gem Lettuce

Tuna Mayo & Cheese

Jacket Potato £7.25

Served with a dressed mixed salad. Add smoked salmon for £2.50. Add any other extra toppings for £1.45 each.

Tuna Mayo (DFO)

Chicken Mayo (DFO)

Chicken Mayo & Bacon (DFO)

Baked Beans & Cheese (V, DFO)

Baked Beans (V, VE, DFO)

Chilli Beef & Cheese

Sandwiches £7.95

Toasted or non-toasted. Served with tortilla chips, vegetable root crisps or mixed salad. Choice of bread: brown or white bloomer. Upgrade to gluten free or sourdough bread for 95p.

Chicken Caesar

BLT - Bacon, Lettuce & Tomato

Chicken, Guacamole

& Spinach (DFO)

Spinach, Guacamole

& Hummus (V, VE, DFO)

Red Onion Chutney

& Vegan Cheese (V, VE)

Tuna Mayo with Cucumber

Towers

HEALTH & RACQUETS CLUB

Where Time is Well Spent

M E N U

Served all day from 11:30am

Soup of the Day **£6.95**

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

Halloumi Fries **£8.25**

Served with mixed salad & sweet chilli jam. (V)

Crispy Calamari with Sweet Chilli Dip **£8.25**

Deep fried battered calamari served with dressed salad.

Vegan Pasta **£13.95**

Penne pasta tossed in vegan tomato pesto with spinach and roasted courgette. (V, VE)

Warm Halloumi & Falafel Salad **£13.75**

Grilled halloumi, falafel and tenderstem broccoli on mixed leaf salad with house dressing. (V, GF)

Spaghetti Bolognese **£14.25**

Spaghetti served with traditional bolognese meat sauce topped with grated parmesan cheese.

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.

Chicken Caesar Salad **£13.75**

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

Without chicken & prosciutto ham: £8.95 (V)

Protein Salad **£14.75**

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

Creamy Cajun Chicken Penne Pasta **£15.25**

Cajun chicken, penne pasta with white wine, spring onion, red pepper, mascarpone and parsley, finished with parmesan cheese.

Creamy Butternut Squash Risotto **£14.45**

Butternut squash risoto drizzled with infused olive oil and finished with grated parmesan cheese. (V, VEO)

BURGERS

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

Bacon Cheese Burger **£13.95**

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

Cajun Chicken Burger **£14.95**

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

Club Tower Burger **£15.95**

A Wagyu beef burger patty with grilled chicken, unsmoked back bacon, topped with Cheddar cheese and onion ring served in a brioche bun with salad garnish. (GFO)

Vegan "Beyond Meat" Burger **£14.95**

With Vegan Cheddar cheese served in a Vegan brioche bun with salad garnish. (V, VE)

SIDES

Side salad	£4.00	Tenderstem broccoli (seasonal)	£4.50
Coleslaw	£3.75	Garlic ciabatta bread	£4.00
Skinny fries	£4.00	Sweet potato fries	£4.50
Chunky chips	£4.00		
Onion rings	£3.75		

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

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

Where Time is Well Spent