

# Menu

Served from 12 noon

## Soup of the Day

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

£6.95

## Filipino Style Chicken Satay

Chicken satay bedded on a gem lettuce and cucumber salad with chilli flakes and dusted with sweet spicy nuts and sweet chilli dip. (DF)

£9.75

## Creamy Wild Mushrooms

Served on grilled sourdough bread with a drizzle of extra virgin olive oil. (V)

£10.25

## Spinach Falafel Wrap

Sundried tomato, hummus and feta cheese wrap, served with skinny fries or dressed salad. (V, DFO)

£12.95

## Korean Crispy Chicken Wrap

With gem lettuce and cucumber, served with skinny fries or dressed salad. (DF)

£12.95

## 🌟 Superfood Salad

Butternut squash, quinoa, lentils, broccoli, pomegranate, carrot, toasted pine nuts, sunflower seeds, pumpkin seeds, sesame seeds and spinach, with balsamic vinegar and extra virgin olive oil. (GF, DF, V, VE)

Choice of extras: halloumi fries +£2.50, chicken breast +£3.50, salmon supreme +£4.00.

£13.45

## Chicken Caesar Salad

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

Without chicken and prosciutto ham (V): £8.95

£15.25

## 🌟 Protein Salad

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

£16.25

## Nutrition Coach Recommends

Dishes highlighted with the 4-sparkle symbol are recommended by our in-house nutrition coach.

These delicious and nutritious dishes are made from fresh ingredients and have been selected because they contain balanced proportions of four key dietary elements:

- 🌟 Lean Protein
- 🌟 Smart Carbs
- 🌟 Healthy Fat
- 🌟 Vegetables

Want to learn more about nutrition and healthy eating? Please check out our nutrition services on our website by scanning the QR code.



## All Day Omelette

£5.95

Plain omelette served with a house-dressed salad.

Choice of toppings for £1.25 each: cooked ham, cheddar cheese, unsmoked back bacon, mushroom, tomato, sauteed onion.

Spinach for £1.50.

Smoked salmon for £2.65.

(GFO, VO)

## Eggs Avocado

£8.95

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

## Eggs Florentine

£9.45

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

(GFO, V)

## Eggs Royale with Spinach

£10.95

Poached eggs, smoked salmon, Hollandaise sauce and sauteed spinach on a toasted English muffin.

(GFO)

Upgrade to sourdough or gluten-free bread for £1.10

## Creamy Cajun Chicken Pasta

£16.75

Cajun chicken and penne pasta in a creamy mascarpone white wine sauce with onions, red peppers and parsley, topped with parmesan cheese.

## Thai Green Chicken Curry

£16.95

Served with steamed basmati white rice and a poppadom.

## Chefs Daily Special

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



## Vegan Sausage Casserole

£14.95

Hearty, meat-free casserole, served with sauteed new potatoes. (V, VE, DF)

## Slow-cooked Pork Belly

£17.95

Succulent and tender pork belly, served with creamy mash potato, tenderstem broccoli and a red wine jus.

## 🌟 Honey-roasted Chicken Breast

£17.95

Served with a warm-spiced couscous, sauteed kale, sesame seeds and nuts, and topped off with a drizzle of wholegrain honey mustard dressing. (DF)

## 🌟 Grilled Chipotle Salmon Supreme

£18.45

Flavourful grilled salmon, served with bulgur wheat, tenderstem broccoli and a drizzle of chilli oil. (DF)

# Burgers

All burgers are served with a choice of chunky or skinny chips and coleslaw. Upgrade to sweet potato fries for **£1.65**.

## Bacon Cheese Burger

**£15.45**

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

**£15.45**

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

## Falafel & Flat Mushroom Burger

**£14.95**

With spinach, crushed avocado and vegan cheese in a vegan brioche bun with salad. **(V, VE, DF, GFO)**

## Club Tower Burger

**£16.25**

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

# Sides

Side salad	£4.00	Tenderstem broccoli (seasonal)	£4.75
Coleslaw	£3.75	Garlic ciabatta bread	£4.00
Skinny fries	£4.25	Sweet potato fries	£4.75
Chunky chips	£4.25	Pigs in blankets with honey mustard glaze	£5.75
Onion rings	£4.00		

## Dietary Options

- V = Vegetarian
- VE = Vegan
- GF = Gluten Free
- DF = Dairy Free
- VO = Vegetarian Option
- VEO = Vegan Option
- GFO = Gluten Free Option
- 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.



## Jacket Potato

**£7.25**

Served with a dressed mixed salad.

**Add smoked salmon or chilli beef for £2.65.**  
**Add any other extra toppings for £1.55 each.**

Tuna Mayo **(DFO)**

Chicken Mayo **(DFO)**

Chicken Mayo & Bacon **(DFO)**

Baked Beans & Cheese **(V, DFO)**

Baked Beans **(V, VE, DFO)**

Chilli Beef & Cheese

Vegan Sausage Casserole **(V, VE, DF)**

## Paninis

**£8.25**

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

## 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 £1.10.**

Chicken Caesar **(GFO)**

BLT - Bacon, Lettuce & Tomato **(GFO)**

Chicken, Guacamole & Spinach **(DFO, GFO)**

Spinach, Guacamole & Hummus **(V, VE, DFO, GFO)**

Red Onion Chutney & Vegan Cheese **(V, VE)**

Tuna Mayo & Cucumber **(GFO)**

# Towers

HEALTH & RACQUETS CLUB

Where Time is Well Spent