

COFFEE & TEA

All Starbucks coffee available in traditional Dark Roast or Blonde Roast for a more mellow experience



		SHORT	TALL
Flat White	119 cal	£3.10	
Caffe Latte	82 cal	£2.80	132 cal £3.10
Cappuccino	65 cal	£2.80	120 cal £3.10
Cafe Mocha	154 cal	£3.10	246 cal £3.40
Caramel Macchiato	111 cal	£3.30	174 cal £3.60
Cafe Americano	5 cal	£2.50	10 cal £2.80
Espresso	5 cal	£2.10	10 cal £2.40
Teavana Teas	0 cal	£2.20	0 cal £2.30
Chai Tea Latte	116 cal	£2.55	210 cal £2.65
Classic Hot Chocolate	202 cal	£2.90	306 cal £3.20
Coffee Extras			
Add Espresso Shot	5 cal	50p	
Add Flavoured Syrup	42 cal	50p	
Add Whipped Cream	68 cal	50p	



Why not get your Tall Iced?



B-fuelled B-fuelled MENU MENU

Bannatyne
Health Club & Spa

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BREAKFAST (served until 11.30)

Eggs Benedict - poached eggs, pulled gammon, served on top of a toasted muffin, topped with hollandaise sauce (616 cal)	£6.20
Poached Eggs & Bacon - served on your choice of toasted white (692 cal) or wholemeal bread (666kcal) with butter	£6.00
Scrambled Eggs & Bacon - served on your choice of toasted white (736 cal) or wholemeal bread (685kcal) with butter	£6.00
Poached Eggs on Toast - served on your choice of toasted white (587 cal) or wholemeal bread (561kcal) with butter	£5.00
Scrambled Eggs on Toast - served on your choice of toasted white (607 cal) or wholemeal bread (580kcal) with butter	£5.00
Beans on Toast - served on your choice of toasted white (645 cal) or wholemeal bread (619 cal) with butter	£4.25
Bacon Bap served with butter (471 cal)	£4.80
Sausage Bap served with butter (605 cal)	£4.80
Teacake served with butter (362 cal)	£2.50
Toast & Butter white (388 cal) or wholemeal (361 cal)	£2.30
Freshly made omelette with cheese, served with a side salad (v) (468 cal)	£6.60
Add a choice of two fillings: Ham, mushrooms, peppers or red onion (from 463 to 517 cal)	£7.60

JACKET POTATOES

all served with a side salad

Topped with one of the following:

Beans 521 cal (v) Vegan option available. **Cheese** 651 cal (v) **Tuna mayonnaise** 682 cal

Topped with one of the following:

Sweet chilli chicken 634 cal **BBQ chicken & bacon** 652 cal **Cheese & beans** (v) 719 cal

£6.60

£7.50

CURRY CORNER

Chicken Tikka Masala - tender pieces of chicken breast in a creamy tikka masala sauce served with rice and naan bread (908 cal)	£9.95
Chickpea, Sweet Potato & Spinach Curry - chickpeas, sweet potato, onion & spinach in a coconut sauce with spices & garlic, finished with fenugreek & curry leaves served with rice and naan bread (909 cal)	£9.95
Jackfruit Balti - shredded Jackfruit, red & yellow peppers in a spiced tomato sauce served with rice and naan bread (789 cal)	£9.95
Thai Green Curry - tender pieces of chicken breast with mixed vegetables in a sauce of coconut, green chilli & garlic served with naan bread (1066 cal)	£9.95

PASTA

Tomato & basil penne served with garlic bread (632 cal)	£7.50
Chicken arrabiata penne served with garlic bread (803 cal)	£8.50

SALADS

Chicken and Bacon (226kcal)	£7.95
Tuna mayonnaise (292kcal)	£7.95

BURGERS

6oz Beef Burger - Beef burger served in a white bap served with chips and salad (1145 cal)	£8.45
Chicken Burger- Cooked chicken fillet coated in golden breadcrumbs in a white bap served with chips and salad (839 cal)	£8.70
Moving mountains vegan burger in a white bap served with chips and salad (955 cal)	£8.45

EXTRAS

Grated Cheese (99 cal)	£1.00
Sausage (103 cal)	£1.25
Bacon (52 cal)	£1.45
Coleslaw (110 cal)	£1.00
Portion of Chips (529 cal)	£3.00
Portion of Cheesy Chips (627 cal)	£3.60

PIZZAS

Margherita (998kcal)	£8.95
Hot & Spicy - chorizo, red onion & jalapeños (1111 cal)	£11.95
Meat Feast - ham, chicken & chorizo (1122 cal)	£11.95
Pulled ham (1052 cal)	£11.95
BBQ chicken (1096 cal)	£11.95

DESSERT

Sticky toffee pudding & custard (329 cal)	£4.95
Warm chocolate fudge cake & custard (600 cal)	£4.95

Sandwiches and Toasties are available freshly made and prepared in our kitchen. Please see the notice boards for fillings and toppings.

Please speak to a member of staff regarding vegan, vegetarian, gluten free options and allergies. We are aware of allergens requiring labelling, for more information please ask the food and beverage team. Menu descriptions do not list every ingredient.

All items are subject to availability. Statement of daily calorie needed (adults need around 2000 kcal a day)

**10% SAVING
for all members!**