



THE CONSERVATORY

BAR | RESTAURANT | EVENTS

*The Conservatory Menu*

**BREAKFAST**

<b>BREAKFAST SANDWICH</b> Bacon (503kcal) or sausage (572kcal) on your choice of brown, white or gluten free bread. Add an egg for 50p (124kcal)	£ 4.95
<b>CLUB BREAKFAST (V)</b> Egg, mushroom, tomato served with a round of toast (565kcal)	£ 5.50
<b>FULL ENGLISH</b> Sausage, bacon, egg, hash brown, mushrooms, tomato, beans served with a round of toast (880kcal)	£ 9.95
<b>TRAINING EGGS (V)</b> <b>3 EGGS</b> (360 kcal) <b>6 EGGS</b> (677 kcal) Scrambled eggs served with spinach and tomatoes.	£ 4.95 £ 7.95
<b>AVOCADO ON TOAST (V)</b> Smashed avocado on a grill ciabatta, topped with 2x poached eggs, tomato and roquette (646kcal)	£ 7.95
<b>SOMETHING ON TOAST</b> White, brown or gluten free toast with a choice of one topping: eggs your way (467kcal) cheese (397kcal) mushroom (274kcal) beans (355 kcal) tomato (247kcal)	£ 4.95
<b>TOASTED TEACAKE (V)</b> Served with butter and Jam (309kcal)	£ 2.50
<b>TOAST (V)</b> White, brown or gluten free bread served with butter and jam (357kcal)	£ 2.50
<b>PROTEIN PANCAKES (V)</b> Homemade protein pancakes, topped with a berry coulis vanilla ice cream and maple syrup (595kcal)	£ 6.50

Adults need around 2000 Kcal a day

GF=Gluten Free DF=Dairy Free V=Vegetarian Ve=Vegan

Concerns about allergies and intolerances? Visit [allergymenu.uk](http://allergymenu.uk) & enter the code BAN481

Our chefs take great care to remove any bones from our boneless items however here could be a small chance of finding one. Please ask the food & beverage team for allergen information. Please note some products on the menu may contain allergens and not all ingredients are listed. please inform us of you allergies/dietary requirements every time you place an order. Equipment in the kitchen/restaurant area is shared and cross contamination may occur, therefore some products may not be suitable for those with allergies. Allergens are only declared if they are intentionally added to the product.



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**MAINS**

- PENNE ALFREDO** £8.95  
Penne pasta with homemade alfredo sauce (772kcal) add chicken £3.00 (131kcal)
- SWEET CHILLI CHICKEN BURGER** £12.50  
Sweet chili chicken burger topped with tomato, lettuce and Emmental cheese, served with skinny fries (1011kcal)
- 6OZ HOMEMADE BEEF BURGER** £12.50  
Homemade beef burger topped with Emmental cheese and bacon served with fries (1186kcal)
- CAJUN CHICKEN RICE BOWL** £8.95  
Rice with broccoli and topped with Cajun spiced chicken (589kcal)
- FALAFEL COUSCOUS SALAD** £8.95  
Homemade spicy falafel, pearl couscous garnished with roquette and tomatoes (1208kcal)
- SUPER FOOD SALAD** £11.50  
Tenderstem broccoli, curly kale, fennel and garden peas, topped with topped with crispy halloumi (437kcal)
- CLASSIC CEASER SALAD** £8.95  
Baby gem lettuce, chicken, bacon, anchovies, boiled egg, topped with homemade croutons (1030kcal)
- CHICKEN AND AVOCADO BURRITO** £8.95  
A mix of rice, chicken and avocado with cheese, served with skinny fries (1134kcal)

**PLEASE SEE THE SPECIALS BOARD FOR OUR DAILY CHEF'S SPECIALS**

**SANDWICHES**

- TUNA MELT** £7.50  
Tuna with melted mozzarella and cheddar in a flatbread served with salad and kaleslaw (635 kcal)
- HAM AND CHEESE MELT** £7.50  
Ham with melted mozzarella and cheddar in a flatbread, served with salad and kaleslaw (729kcal)
- FISH FINGER SANDWICH** £8.95  
Fish finger with tartar sauce in a ciabatta served with skinny fries (794kcal)
- CLASSIC BLT** £8.50  
Bacon, lettuce and tomato in a ciabatta served with skinny fries and kaleslaw (1271kcal)
- COOKRIDGE CLUB** £9.95  
Chicken with lettuce, tomato and a fried egg, served on a white bread with skinny fries (1299kcal)
- HAM SANDWICH** £5.50  
Brown, white or gluten free bread served with salad and kaleslaw (531kcal)
- CHEESE AND PICKLE SANDWICH** £5.50  
Brown, white or gluten free bread served with salad and kaleslaw (761kcal)

**All sandwiches can be made on brown, white or gluten free bread.**

**JACKET POTATO**

- JACKET POTATO WITH TUNA** £5.95  
Jacket potato topped with tuna and served with salad and kaleslaw (788kcal)
- JACKET POTATO WITH BEANS** £5.95  
Jacket potato topped with beans and served with salad and kaleslaw (670kcal)
- JACKET POTATO WITH CHEESE** £5.95  
Jacket potato topped with cheese and served with salad and kaleslaw (880kcal)

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