

LUNCH MENU

WILDMOOR HEALTH CLUB & SPA

LUNCH SERVED
12PM - 3:30PM

SHARERS AND LIGHT BITES

Sharing boards - 3 for £17 or 5 for £25

MOZZARELLA DIPPERS (488kcal)	£8.50
Served with Sweet Chilli Sauce	
SOUTHERN FRIED CHICKEN TENDERS (479kcal)	£8.50
Served with Cajun Mayo	
CRISPY FRIED FALAFEL BITES (413kcal)	£6.50
Served with Satay Sauce	
SCAMPI BITES (259kcal)	£8.50
Served with Tartare Sauce	
FETA AND OLIVES (360kcal)	£8.50
With Balsamic Glaze	
MOZZARELLA GARLIC PIZZA BREAD (990kcal)	£8.50
SIDE SALAD (87kcal)	£4.50
SWEET POTATO FRIES (387kcal)	£4.95
THICK CUT CHIPS (330kcal)	£4.50

LIGHT BITES

Something a little lighter...

JACKET POTATOES 397kcal	£8.50
Served with a side salad plus your choice of toppings from the following:	
Cheddar (656kcal) - Tuna Mayo (620kcal) Baked Beans (521kcal) - Bacon (521kcal)	
ROAST CHICKEN WRAP (544kcal)	£8.50
With Spinach, Cucumber and Tomato	
GRILLED HALLOUMI WRAP (754kcal)	£8.50
with Spinach, Cucumber and Tomato	
TUNA MELT WRAP (796kcal)	£8.50
With Cheddar, Peppers and Sun-Dried Tomato	
AVOCADO WRAP (460kcal)	£8.50
With Spinach, Cucumber and Tomato	

All our wraps are served with crisps and homemade coleslaw with your choice of BBQ, Garlic Mayo, Sweet Chilli or Satay Sauce

Upgrade to Thick Cut Chips for £2 or Sweet Potato Fries for just £2.50

CHEFS SPECIALS

SOUTHERN FRIED CHICKEN BURGER (625kcal)	£12.95
Buttermilk fried chicken fillet on a brioche bun, garnished with cheddar cheese, garlic mayo, lettuce and tomato served with thick cut chips.	
FISH FINGER CIABATTA (876kcal)	£12.50
Battered pollock with tartare sauce and rocket on a crispy ciabatta served with garden peas and onion rings.	
BANNATYNE CLUB SANDWICH (985kcal)	£12.95
Roast chicken, bacon, lettuce, tomato and garlic mayo on 3 layers of granary bread served with thick cut chips and coleslaw.	
MEDITERRANEAN SUMMER SALAD (436kcal)	£12.50
Mediterranean salad with olives, feta, tomatoes, croutons, red onion and balsamic dressing.	
WILDMOOR CLUB SALAD (660kcal)	£12.50
Roast chicken breast, bacon, avocado, sundried tomato and cucumber on little gem and iceberg lettuce and with honey mustard dressing.	
SALMON AND AVOCADO SALAD (560kcal)	£12.50
Smoked salmon, avocado, tomato and cucumber on a bed of little gem and iceberg lettuce garnished with lemon juice and olive oil.	

STONE BAKED PIZZAS

11 inch stone baked rustica pizzas

MARGHARITA (1103kcal)	£8.95
SALAMI (1179kcal)	£9.95
BBQ CHICKEN (935kcal)	£9.95

GYM FUEL BOWLS

Your Fuel / Your Way

£14

Choose your own base, protein, sauce and 3 toppings:

BASE:	Rice bowl (468kcal), Pitta bowl (358kcal) or Salad bowl (54kcal)
PROTEIN:	Chicken (123kcal), Beef Chilli (179kcal), Avocado (217kcal), Egg (100kcal) or Falafel (210kcal)
SAUCE:	Garlic Mayo (141kcal), BBQ (108kcal), Sweet Chilli (95kcal), Tomato and Basil (16kcal), Satay (150kcal), Hot Honey (167kcal), Honey Mustard (120kcal), Caesar Dressing (135kcal) or Cajun Mayo (135kcal),
TOPPINGS:	Bacon (226 kcal), Sausage (265kcal), Vegan Sausage (137kcal), Ham (48kcal), Halloumi (240kcal), Cheddar (301kcal), Feta (267kcal), Mushrooms (14kcal), Chicken Tenders (205kcal), Hash Browns (180kcal), Greek Yogurt (125kcal), Olives (145kcal), Spinach (18kcal), Smoked Salmon (150kcal), Almonds (111kcal), Peanut Butter (503kcal), Chia Seeds (373kcal) or Banana (80kcal)



BRUNCH SERVED
8:00 - 12PM

BRUNCH

served 8am til 12 midday everyday,

WILDMOOR FULL ENGLISH (1365kcal) £12.50 BREAKFAST

Bacon, sausage, mushrooms, tomato, hash brown, black pudding, baked beans, eggs & toast

VEGETARIAN FULL ENGLISH (1006kcal) £12.50 BREAKFAST

Vegan sausage, mushrooms, tomato, hash browns, baked beans, eggs & toast

BREAKFAST WRAP (672kcal) £8.50

Sausage, bacon, cheese, scrambled egg and a hash brown toasted in a wrap, served with crisps and coleslaw

VEGETARIAN BREAKFAST WRAP (640kcal) £8.50

Vegan sausage, mushrooms, cheese, scrambled egg and a hash brown toasted in a wrap served with crisps and coleslaw

EGGS ON TOAST £6.50

Poached (512kcal), Scrambled (512kcal) or Fried (553kcal) on a wholemeal bloomer

4 EGG OMELETTE (507kcal) £9.00

Cheese (249kcal) - £1.00
Tomato (27kcal) £0.50
Mushroom(79kcal) £1.00
Bacon (205kcal) £2.00
Chicken (107kcal) £4.00
Sausages (283kcal) £1.00
Avocado (141kcal) £1.00
Ham (141kcal) £1.00

EGGS BENEDICT £9.00

Toasted english muffin with 2 poached eggs drizzled with hollandaise and served with your choice of the following:

Smashed Avocado (534kcal)
Bacon (537kcal) - Ham (478kcal)
Smoked Salmon (534kcal) -
Mushroom (412kcal)

PORRIDGE 564kcal £4.50

With your choice of honey, banana or mixed berries

TOAST AND PRESERVE 296kcal £4.50

COCKTAILS

1 for £10 or 2 for £15

BANNATYNE ON THE BEACH Vibrant, tropical, peach sweetness and citrus
COSMOPOLITAN A bright balance of sweet, tart, and citrusy flavours

ESPRESSO MARTINI Like a rich, velvety, and sweet iced coffee with a kick

PORNSTAR MARTINI Balances tart passion fruit with rich vanilla and crisp finish

MARGARITA Zesty mix of bright citrus, smooth or smoky tequila

APEROL SPRITZ Bittersweet combination of bright citrus and herbal botanicals

RASPBERRY BELLINI Sweet-tart fruitiness of raspberry with lively effervescence

MOJITO Well-balanced taste of tart, citrusy lime and cooling, herbaceous mint

WINE, BEER AND CIDER

Famiglia Botter Prosecco	£6.95 / £32	Healy & Gray Merlot	£6.25
Famiglia Botter Prosecco Rosè	£6.95 / £32	Healy & Gray Shiraz	£6.25
Healy & Gray Rose Zinfandel	£6.25	Budweiser 330ml	£4.50
Healy & Gray Chardonnay	£6.25	Peroni Nastro Azzurro	£5.25
Healy & Gray Pinot Grigio	£6.25	Old Mout Berries & Cherries	£6.75
Healy & Gray Sauvignon Blanc	£6.25	Old Mout Strawberry & Apple	£6.75

STARBUCKS COFFEE

Blonde or dark roast, short or tall sizes. Add syrup for +50p, oat, almond and soya dairy alternatives. Ask your barista for details

Americano	£3.80 / £4.10	Hot Chocolate	£3.80 / £4.10
Caffe Latte	£3.80 / £4.10	Latte Macchiato	£3.80 / £4.10
Cappuccino	£3.80 / £4.10	Caramel Macchiato	£4.10 / £4.50
Flat White	£4.10	Chai Tea Latte	£3.70 / £4.00
Mocha	£4.10 / £4.50	Espresso	£2.60 / £2.90

Iced Americano	£3.20	Iced Chai Tea Latte	£4.10
iced Latte	£3.90	Iced Mocha	£4.20
Iced Caramel Macchiato	£4.20		

English Breakfast, Decaf English Breakfast, Mint, Earl Grey, Green, Chamomile, Lemongrass and Ginger, Red Berry Teas £2.40

SMOOTHIES

£4.50

freshly made to order with either apple juice, cranberry or water as a base

BROCCOLI AND THE BEAST 105kcal
Broccoli, cucumber, spinach, mango, pineapple, banana and apple juice

BLUEBERRY THRILL 188kcal
Blueberries, raspberries, banana, flax seeds and apple juice

STRAWBERRY SPLIT 183kcal
Strawberries and Banana

PASH 'N' SHOOT 149kcal
Passionfruit, pineapple and mango

COCO LOCO 193kcal
Mango, coconut, pineapple, mint and lime

FRESHLY SQUEEZED ORANGE JUICE 237kcal



Add a scoop of your
favourite Ghost Protein
for just £1.00