

MORNINGS

Mon - Sat 8am - 11am

Muesli

0% Greek Yoghurt, honey, blueberries 3.50

Protein Pancakes

Boost your mornings with 10gr of oats, protein powder, almond or soy milk, cinnamon sugar, freshly made pancakes, with your choice of:

Streaky bacon, maple syrup, or banana and/or peanut butter 4.50

Breakfast Eggs

Two eggs, scrambled or fried on.....

Sourdough or Farmhouse Brown, or

Multi grain toasted bagel 3.95
add.....

- Extra egg .75
- Baked Beans 1.50
- Crisp streaky bacon 1.50
- David Joinson Jumbo Sausage 1.25
- Smashed avocado 1.50
- Grilled plum tomato .95
- Smoked Salmon 2.50
- Omelette (available Mon - Fri 9 - 4pm)

ALL DAY

Toasted Bagel

Lo GI multi-seed Bagel, topped with sliced Banana, peanut butter & honey drizzle 2.95

Simply toasted with butter & preserves 2.50
add:

- Philadelphia, tomato, black pepper 1.25
- Smoked Salmon, black pepper & lemon 2.45
- Marmite Pot .95

Toast

Two slices Wholewheat or Sourdough, served with butter, preserves, honey or marmite pot 2.50

Smoothies

Blended to order, natural or Apple juice 3.25

add: Protein Powder .50

Weekly Specials

Healthy, home cooked meals,
post workout or to take home
- especially useful for evening members.

SOUP

Please ask for Today's option

Homemade Soup of the Day

toasted multi-cereal bread,
butter, wholewheat croutons 4.95

Mug of Soup & Half Sandwich

Tuna mayo,
Smoked Ham,
Smoked Salmon
Mashed Avocado, red onion, Maldon salt
Cheddar & apple date chutney 6.95
or: substitute small deli salad instead of bread

DELI - SALAD BAR

Our New Salad Bar contains all your favourite fresh, seasonal, ingredients, along with some of our classic salads.

And your choice of protein including:

Turkey breast, Salmon, Tuna,
Teriyaki Chicken, BBQ Grilled Chicken & more

Medium Bowl 4.95 Large Bowl 6.95

Add extra flavour with our delicious dressings:

Choose from Caesar, French, Blue Cheese & Special Homemade Dressings

SANDWICHES & WRAPS

Choose from:

Sourdough Bread, Thick Wholegrain, Wrap, or Baguette, Salad garnish & Pipers Crisps

Peanut Butter, banana, grape jelly 4.25

Hummus, roasted red pepper, carrot, red onion, tahini 4.25

Smoked ham, Swiss cheese, almond & date chutney 6.25

Farmhouse Cheddar, tomato, almond & date chutney 5.50

Grilled Chicken, streaky bacon, avocado, baby gem 7.50

Smoked Salmon, avocado, cucumber, red onion 6.50

Avocado, alfalfa sprouts, lettuce, tomato, red onion 4.50

Free range egg mayo, streaky bacon, dill pickle 4.95

Food To Go

Deli Salad Boxes - choose from the counter
&

Ready to go Sandwiches & Rolls from
the 'Grab & Go' Drinks Fridge

For information on allergens within our dishes

Please ask a member of staff

DRINKS

| | |
|---|------|
| Single Espresso | 1.75 |
| Double Espresso | 2.50 |
| Macchiato | 2.50 |
| Americano | 2.50 |
| Cappuccino | 2.50 |
| Mocha | 2.50 |
| Latte | 2.50 |
| Flat White | 2.50 |
| Tea - Yorkshire, Earl Grey, Jasmine Lady Grey, Green or herbal selection | |
| for one | 1.95 |
| for two | 2.25 |
| Hot Chocolate | 2.50 |
| with a shot of Baileys add: | 2.00 |
| Hot drinks with Soy Milk add: | .25 |
| San Pellegrino | 1.95 |
| Tropicana Orange Juice | 2.25 |
| X Large Coconut Water | 2.75 |
| Selection of Chilled drinks from... | 1.25 |
| Gym Water 750ml | 1.60 |

ALL OUR TEA & COFFEE IS
ETHICALLY SOURCED

Beers, Wines, Champagne & Prosecco
available by the glass or bottle,
please see our selection



OLD HALL
COUNTRY CLUB & SPA
www.oldhallcountryclub.com

MENU

café bar kitchen



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