

Club *Lounge*

— MENU —

SERVED DAILY FROM NOON

FRESH • LOCAL • MADE TO ORDER

We are proud to source the very best seasonal ingredients from local suppliers. All our dishes are prepared fresh to order as quickly as time allows. Please do let us know of any food allergies, intolerances or preferences before ordering and our team will do their best to help.

Towers
HEALTH & RACQUETS CLUB

- SPECIALS -

On most days our chefs lovingly create a Daily Special that they feel passionately about. Please ask at the counter for details and if you have any suggestions for a future new 'Special' please do tell us!

- LIGHT BITES -

SOUP OF THE DAY

Try one of our freshly cooked soups prepared by our chefs daily.
Ask at the counter for details

£4.95

GRILLED CHICKEN KEBABS GF

Served with a sweet chilli dip and a rocket garnish

£6.60

SUPER GREENS CHEDDAR CRUMBLE V

Green beans, broccoli, kale and leeks topped with breadcrumbs and cheddar

£6.60

HOME MADE FISHCAKES

Served with a side salad, our fishcakes are made by hand daily

£7.95

SALMON AND SCRAMBLED EGGS ON SOURDOUGH GFO

Grilled sourdough bread topped with creamy scrambled eggs and smoked salmon.
Served with a rocket salad

£7.95

POACHED EGGS ON AVOCADO GFO V

Grilled sourdough bread topped with smashed avocado and two poached eggs.
Served with a rocket salad.

£5.25

ALL DAY OMELETTE GFO

Our half baked omelette served with a choice of two toppings.
Choose from cheese, ham, onion, peppers, spinach, chicken, bacon and rocket.
Add any extra toppings for £1 each

£6.25

JACKET POTATO GFO

Baked fresh daily, served with a choice of two toppings. Choose from cheese V,
chicken, prawns, bacon GF and tuna mayo. Add any extra toppings for £1 each

£5.50

FETA, AUBERGINE, POTATO AND ROSEMARY FRITTATA V

Warm comforting frittata served with a side salad

£7.50

CHOICE OF WRAPS

Choose from BLT, chicken salad, halloumi & falafel V, tuna & cucumber
or BBQ chicken goujons. All served with tortilla chips

£5.95

CRISPbread TOPPED WITH RICOTTA, CAVOLO NERO AND WILD MUSHROOMS V

Homemade crispbread topped with creamy ricotta, chef's recipe
Cavolo Nero and wild mushrooms

£8.95

- MAINS -

HAND MOULDED BURGER

A succulent beef patty hand made by our chefs, sandwiched in a brioche bun with mixed leaves, tomato and onion. Served with a gherkin and chunky chips. Add any extra toppings for £1 each

£8.50

GRILLED CHICKEN BURGER GF

Garlic glazed chicken served in a brioche bun with mixed leaves, tomato and onion. Served with a gherkin and chunky chips. Add any extra toppings for £1 each

£9.60

CLUB TOWER BURGER

A succulent beef patty hand made by our chefs, topped with garlic glazed chicken, bacon, cheese and onion rings. Served with a gherkin and chunky chips

£10.95

VEGETARIAN BURGER V

Try our chef's own vegetarian burger in a brioche bun with mixed leaves, tomato and onion. Served with a gherkin and chunky chips

£7.95

GRILLED CHICKEN GF

Garlic glazed chicken served with green beans, broccoli and chunky chips

£9.60

GRILLED RUMP GF

Butter glazed rump served with green beans, broccoli and chunky chips

£11.95

TOMATO & BASIL PENNE V

Our chef's own tomato sauce with fresh basil, topped with parmesan and served with garlic bread

£5.95

COQ AU VIN

Succulent chicken legs slow cooked in red wine, shallots and tomatoes served with truffle infused crushed potatoes

£11.95

- KIDS MENU -

Feel free to swap out your chips for rice or vegetables!

CHICKEN GOUJONS, CHIPS AND PEAS	£5.40
FISH FINGERS, CHIPS AND PEAS	£5.40
MAC & CHEESE V	£4.95
TOMATO PASTA GFO V	£4.95
GRILLED CHICKEN, BROCCOLI AND GREEN BEANS GF	£5.90
KIDS BURGER AND CHIPS	£5.40
EXTRA VEG	£1.00

- SALADS -

PROTEIN SALAD **GFO**

Steak, chicken, egg, broccoli, spinach, feta, pomegranate, mixed seeds & nuts served with a vinaigrette dressing

£9.95

CHICKEN FAJITA SALAD

Mixed salsa of cucumber, peppers, onions, pomegranate and apple served on a mixed leaf and topped with a yoghurt dressing

£6.95

CAESAR SALAD

Chicken and bacon on a mixed leaf salad drizzled with Caesar dressing, parmesan and our "garlicky" herb croutons

£6.20

HALLOUMI & FALAFEL **V**

Grilled halloumi & falafel in a rocket salad, with vine tomatoes and a balsamic glaze

£6.20

WARM PICKLED FENNEL, ORANGE AND WALNUT GOATS' CHEESE SALAD **GF V**

Creamy goats' cheese on a toasted radicchio, with orange, warm pickled fennel and walnut

£6.20

- SWEET TREATS -

CHOICE OF ICE CREAMS

Ask at the counter about our selection of ice creams

FRUIT SALAD

A selection of fresh mixed fruit. Ask at the counter for the fruit of the day

HOMEMADE CAKES

Ask at the counter about today's homemade cake choices

- SIDES -

SIDE SALAD V GF	£2.65
SWEET POTATO FRIES V	£2.15
CURLY FRIES V	£2.15
CHIPS V GF	£2.15
ONION RINGS V	£2.65
GARLIC BREAD V	£2.15
HONEY ROASTED MIXED VEGETABLES V GF	£2.15

GF dishes are gluten free. GFO dishes are available on request as gluten free. V dishes are vegetarian. Wheat and nuts are used daily in our kitchen. All weights are approximate and taken prior to cooking. Food allergies and intolerances: before you order your food please inform our staff if you have a food allergy or intolerance and they will do their best to help.