

Club Lounge

# MAIN 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

## LIGHT BITES

**SOUP OF THE DAY** ..... £4.95

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

**GRILLED CHICKEN KEBABS** **GF** ..... £6.90

Chicken, bell peppers and onion on skewers served with pitta and salad.

**SALMON AND SCRAMBLED EGGS  
ON SOURDOUGH** **GFO** ..... £7.95

Grilled sourdough bread topped with creamy scrambled eggs and smoked salmon.

**POACHED EGGS ON AVOCADO** **GFO** **V** ..... £5.75

Grilled sourdough bread topped with smashed avocado and two poached eggs.

**POACHED EGGS WITH HOUSE BBQ BEANS  
ON SOURDOUGH** **V** ..... £5.75

Grilled sourdough bread topped with our house BBQ beans and two poached eggs.

**SMASHED AVOCADO AND SAUTÉED  
MUSHROOMS ON SOURDOUGH** **V** ..... £6.95

Sautéed field mushrooms in a garlic and coriander confit on smashed avocado and sourdough.

**ALL DAY OMELETTE** **GFO** ..... £6.60

Our half baked omelette served with a lounge salad and a choice of two toppings. Choose from cheese, ham, onion, peppers, spinach, chicken, bacon, chorizo, smoked salmon, tuna, tomato, mushrooms, feta, goats cheese and rocket. Add any extra toppings for £1 each.

**JACKET POTATO** **GFO** ..... £5.75

Our home baked jacket potatoes served with a lounge salad and a choice of two toppings. Choose from baked beans, grated cheddar, crispy bacon, grilled chicken, cream cheese, goats cheese, tuna mayonnaise, smoked salmon. Add any extra toppings for £1 each.

**THE CLUB TOWERS CLUB SANDWICH** ..... £6.40

A triple tiered toasted sandwich with grilled chicken, crispy bacon, lettuce, tomato and mayonnaise. Served with tortilla chips. Choose from white or malted bloomer.

**THE CLUB TOWERS VEGGIE SANDWICH** **V** ..... £6.40

A triple tiered toasted sandwich with hummus, smashed avocado, lettuce and tomato. Served with tortilla chips. Choose from white or malted bloomer.

**CHOICE OF WRAPS OR SANDWICHES** **GFO** ..... £5.95

Choose from any of the following fillings in either a white or malted bloomer or a tortilla wrap, all served with tortilla chips: Chicken salad, BLT, tuna mayonnaise and cucumber, cheddar cheese and red onion marmalade or smoked salmon with low fat cream cheese.

## 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!

## SALADS

## SALAD OF THE WEEK

Each week our chefs will prepare a salad of the week using local seasonal ingredients. Please ask at the counter for details.

**PROTEIN SALAD** **GFO** ..... £9.95

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

**CLUB CAESAR SALAD** ..... £6.40

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

**WARM HALLOUMI AND FALAFEL WITH ROASTED SEASONAL VEGETABLES** **V** ..... £6.95

Grilled halloumi and falafel over seasonal roasted vegetables and drizzled in our house dressing.

## MAINS

**CLUB TOWER BURGER** ..... £10.95

An Angus beef patty hand made by our chefs, topped with garlic glazed chicken, bacon, cheese and onion rings. Served with chunky chips or side salad.

**CLUB LOUNGE BURGER** ..... £8.95

An Angus beef patty hand made by our chefs, sandwiched in a brioche bun with mixed leaves and tomato. Served with chunky chips or side salad. Add any extra toppings for £1 each.

**GRILLED CHICKEN BURGER** **GF** ..... £9.60

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

**PERI PERI HALLOUMI BURGER** **V** ..... £8.95

Peri peri halloumi, large field mushroom and grilled beef tomato served in a brioche bun. Served with chunky chips or side salad. Add any extra toppings for £1 each.

**GRILLED CHICKEN** **GF** ..... £9.60

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

**GRILLED RUMP** **GF** ..... £11.95

Rump steak served to your liking with green beans, broccoli and chunky chips.

**PAN FRIED FIVE SPICE CHICKEN** **GF** ..... £9.95

Pan fried five spiced and soy chicken served with bok choy and sesame toasted rice.

**TOMATO AND BASIL RAGU** **V** ..... £6.60

Our chef's own tomato and basil Ragu with penne pasta and a slice of garlic bread. Add chicken, rump steak or chorizo for £2.50 extra.

**HOME MADE LASAGNA** ..... £7.95

Home made lasagna served with garlic bread and house salad.

## SIDES

SIDE SALAD <b>GF</b> <b>V</b> .....	£2.65
SWEET POTATO FRIES <b>V</b> .....	£2.45
CURLY FRIES <b>V</b> .....	£2.45
CHIPS <b>GF</b> <b>V</b> .....	£2.15
ONION RINGS <b>V</b> .....	£2.65
GARLIC BREAD <b>V</b> .....	£2.15
HONEY ROASTED MIXED VEGETABLES <b>GF</b> <b>V</b> .....	£2.15
HALLOUMI <b>V</b> .....	£3.50

## KIDS MENU

**BUILD YOUR OWN MEAL** ..... **£5.40**

Choose from one main, one side and one vegetable option (or two vegetable options if preferred).

### MAIN

Beef burger, chicken goujons, mac & cheese, fish fingers, tomato pasta, grilled chicken

### SIDES

Salad, chips, tortilla chips, rice, garlic bread

### VEGETABLES

Peas, broccoli, beans, carrots, cherry tomatoes

### ADD ICE-CREAMS

Ask at the counter about our selection of ice creams.

### ADD FRUIT/FRUIT POTS

Ask at the counter about our selection of fruit and fruit pots.

*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.*