

COFFEE & TEA

All Starbucks coffee available in traditional Dark Roast or Blonde Roast for a more mellow experience



		SHORT		TALL
Flat White	119 cal	£3.10		
Caffe Latte	82 cal	£2.80	132 cal	£3.10
Cappuccino	65 cal	£2.80	120 cal	£3.10
Cafe Mocha	154 cal	£3.10	246 cal	£3.40
Caramel Macchiato	111 cal	£3.30	174 cal	£3.60
Cafe Americano	5 cal	£2.50	10 cal	£2.80
Espresso	5 cal	£2.10	10 cal	£2.40
Teavana Teas	0 cal	£2.20	0 cal	£2.30
Chai Tea Latte	116 cal	£2.55	210 cal	£2.65
Classic Hot Chocolate	202 cal	£2.90	306 cal	£3.20
Coffee Extras				
Add Espresso Shot	5 cal	50p		
Add Flavoured Syrup	42 cal	50p		
Add Whipped Cream	68 cal	50p		



Why not
get your
Tall Iced?



B-fuelled B-fuelled MENU MENU

Bannatyne
Health Club & Spa

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BREAKFAST (served until 11.30)

Bannatyne Breakfast - 2 bacon, sausage, beans, black pudding, hash brown, scrambled eggs and your choice of toasted white (1229 kcal) or wholemeal bread (1201kcal) with butter

£8.95

Eggs Benedict - poached eggs, pulled gammon, served on top of a toasted muffin, topped with hollandaise sauce (616kcal)

£6.45

Poached Eggs & Bacon - served on your choice of toasted white (692kcal) or wholemeal bread (666kcal) with butter

£5.95

Scrambled Eggs & Bacon - served on your choice of toasted white (736kcal) or wholemeal bread (685kcal) with butter

£5.95

Poached Eggs on Toast - served on your choice of toasted white (587kcal) or wholemeal bread (561kcal) with butter

£5.00

Scrambled Eggs on Toast - served on your choice of toasted white (607kcal) or wholemeal bread (580kcal) with butter

£5.00

Beans on Toast - served on your choice of toasted white (645kcal) or wholemeal bread (619kcal) with butter

£4.25

Bacon Bap served with butter (471kcal)

£4.45

Sausage Bap served with butter (605kcal)

£4.45

Teacake served with butter (362kcal)

£2.50

Toast & Butter white (388kcal) or wholemeal (361kcal)

£2.60

Cereal

£2.60

Porridge

£2.79

STARTERS

Traditional prawn cocktail served on a bed of lettuce with a warm bread roll and butter (480kcal)

£5.45

Nachos topped with salsa, cheese, sour cream & jalapeños (698kcal)

£5.45

Garlic bread with garlic and parsley butter (789Kcal)

£5.45

Add Cheese (1095kcal)

£1.00

Onion ring tower - beer battered onion rings served with a choice of dip (422 kcal)

£5.45

Tomato Soup served with warm roll and butter (594kcal)

£3.95

Mushroom Soup served with warm roll and butter (604kcal)

£3.95

Deep fried battered mozzarella sticks served with salad garnish & a dip (297kcal)

£5.45

Vegetable & beef spring rolls served with a dip (262kcal)

£6.00

Dips available - sweet chilli (54kcal) and BBQ sauce (59kcal)

CURRY CORNER

Chicken Tikka Masala - tender pieces of chicken breast in a creamy tikka masala sauce served with rice and naan bread (908kcal)

£10.45

Chicken Murgh Makhani - marinated chicken in a tomato, cream, butter & garlic sauce served with rice and naan bread (996kcal)

£10.45

Chickpea, Sweet Potato & Spinach Curry - chickpeas, sweet potato, onion & spinach in a coconut sauce with spices & garlic, finished with fenugreek & curry leaves served with rice and naan bread (909kcal)

£10.45

Jackfruit Balti - shredded Jackfruit, red & yellow peppers in a spiced tomato sauce served with rice and naan bread (789 kcal)

£10.45

Thai Green Curry - tender pieces of chicken breast with mixed vegetables in a sauce of coconut, green chilli & garlic served with naan bread (1066kcal)

£10.45

Thai Red Vegetable Curry - selection of vegetables in an authentic style sauce with coconut, red peppers, red & green chilli, garlic & Thai basil served with naan bread (957kcal)

£10.45

PASTA

Tomato & basil penne served with garlic bread (632kcal)

£8.00

Chicken arrabiata penne served with garlic bread (803kcal)

£8.45

SALADS

Chicken and Bacon (226kcal)

£8.45

Pulled gammon and cheese (221kcal)

£8.45

Prawn marie rose (193kcal)

£8.45

Tuna mayonnaise (292kcal)

£8.45

BURGERS

6oz Beef Burger - Beef burger served in a white bap served with chips and salad (1145kcal)

£8.95

Chicken Burger- Cooked chicken fillet coated in golden breadcrumbs in a white bap served with chips and salad (839kcal)

£8.95

Spicy Bean Burger -A blend of red kidney beans and vegetables with a spicy seasoning, coated in bread crumbs served in a white bap with chips and salad (839kcal)

£8.95

EXTRAS

Grated Cheese (99kcal)

£1.00

Hash Brown (85kcal)

£1.00

Black Pudding (83kcal)

£1.45

Bacon (52kcal)

£2.00

Onion rings (128kcal)

£1.25

Sausage (103kcal)

£3.00

Portion of Chips (529kcal)

£3.60

Portion of Cheesy Chips (627kcal)

£3.60

FAVOURITES

Sausage & mash, cumberland sausage, creamy mash peas & gravy (894kcal)

£8.95

Scampi & chips, wholetail scampi served with side salad & fries (580kcal)

£9.45

Beef chilli, served with rice, tortilla chips & sour cream (726kcal)

£8.95

Giant Yorkshire Pudding filled with one of the following;

Sausages, Mash Potato, Peas and Gravy (903kcal)

£8.00

Beef, Mash Potato, Peas and Gravy (787kcal)

£8.00

Chicken, Mash Potato, Peas and Gravy (772kcal)

£8.00

PIZZAS

Margherita (998kcal)

£7.45

Hot & Spicy - chorizo, red onion & jalapeños (1111kcal)

£8.45

Meat Feast - ham, chicken & chorizo (1122kcal)

£8.45

Pulled ham (1052kcal)

£8.45

Sundried tomato & pesto (1142kcal)

£8.45

BBQ chicken (1096kcal)

£8.95

KIDS CORNER

Chicken nuggets, chips & beans (772kcal)

£5.00

Fish fingers, chips & beans (856kcal)

£5.00

Sausage chips, & beans (838kcal)

£5.00

Macaroni cheese (251kcal)

£5.00

DESSERT

Sticky toffee pudding & custard (400kcal)

£5.45

Warm chocolate fudge cake & custard (600kcal)

£5.00

Cherry Bakewell sponge & custard (647kcal)

£5.45

Sandwiches, Toasties, Ciabattas and Jacket Potatoes are available freshly made and prepared in our kitchen. Please see the notice boards for fillings and toppings.

Please speak to a member of staff regarding vegan, vegetarian, gluten free options and allergies. We are aware of allergens requiring labelling, for more information please ask the food and beverage team. Menu descriptions do not list every ingredient.

All items are subject to availability. Statement of daily calorie needed (adults need around 2000 kcal a day)

10% saving for all members!