

# Allergen Information


Please ask the Food and Beverage Team for allergen information, in order to make your own menu choice. Please note some products on the menu contain allergens and not all ingredients are listed. This product information may change due to suppliers therefore please make sure you ask for allergen information or inform us of your allergies/dietary requirements every time you make a purchase.

You can access allergen information about our menu using the 'allergy menu uk' app or website <https://allergymenu.uk>. This information covers the 14 major allergens. If you are having difficulty viewing this please ask a member of our Team.



Equipment in a cafe bar area is shared and cross contamination may occur, therefore some products may not be suitable for those with allergies. Allergens are only declared if they are intentionally added to a product.



Where we have a dish marked with the symbol  all of the ingredients of the dish are Vegan friendly. There are however possibly risks of cross contamination with other non vegetarian or non vegan foods during production, delivery, storage, preparation or display.

Statement of daily calorie needed (adults need around 2000 kcal a day)

# B-fuelled B-fuelled MENU MENU

Bannatyne  
Health Club & Spa

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## BREAKFAST Served all Day

Toast with either jam 389 cal (v), Nutella 289cal (v) or peanut butter	282 cal	<b>£1.40</b>
Toasted teacake (v)	387 cal	<b>£2.00</b>
Freshly baked pastry (v) served with jam & butter	from 338 cal	<b>£1.40</b>
Freshly made porridge (v) choice of toppings	from 223 to 335 cal	<b>£2.50</b>
Apple & cinnamon crumble bircher	210 cal	<b>£1.80</b>
Scrambled egg on toast (v)	556 cal	<b>£4.10</b>
Poached eggs on toast (v)	479 cal	<b>£4.10</b>
Beans on toast (v)	377 cal	<b>£3.50</b>
Eggs Benedict with ham on toast	544 cal	<b>£5.50</b>
Smashed avocado with poached eggs on toast (v) half avocado & 2 poached eggs on 2 slices of brown toast	630 cal	<b>£5.60</b>
Sausages served in a bun	690 cal bun	<b>£3.90</b>
Bacon served in a bun	542 cal bun	<b>£3.90</b>
The Bannatyne breakfast - scrambled egg, mushrooms, 2 bacon, sausage, baked beans & 2 slices toast	887 cal	<b>£6.10</b>
The veggie breakfast (v) - scrambled egg, 2 quorn sausages, baked beans, mushroom, cherry tomatoes & 2 slices toast	873 cal	<b>£4.60</b>
Gluten free breakfast - 2 poached eggs, bacon, baked beans, cherry tomatoes, mushrooms & 2 slices gluten free toast	754 cal	<b>£4.90</b>

## LITE BITES Also great for breakfast

Breakfast toastie, 2 slices of wholemeal bread filled with bacon, beans and cheese	410cal	<b>£3.90</b>
Posh cheese on toast, 2 slices of wholemeal bread with a hot mustard rarebit topper (v)	400cal	<b>£2.70</b>
Croque monsieur	521cal	<b>£4.00</b>

## See board for daily specials

Including Vegan and Vegetarian options

## SOUP

Selection of soup choices available. Vegetarian option available.

All served with a freshly baked half baguette from 260 to 323 cal **£3.60**

## JACKET POTATOES

all served with a side salad

Topped with one of the following: **£5.40**

**Beans** 521 cal (v) Vegan option available. **Cheese** 651 cal (v) **Tuna mayonnaise** 682 cal

Topped with one of the following: **£5.90**

**Ham hock & cheese** 759 cal **BBQ chicken & bacon** 652 cal **Cheese & beans (v)** 719 cal

## MAIN DISHES

Pasta & cheese bake (v)	886cal	<b>£6.20</b>
Chicken, Bacon and Avocado Club	841 cal	<b>£6.50</b>

## COFFEE & TEA

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



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



Why not get your Tall Iced?

<b>Freshly Squeezed Orange Juice</b> (approx Half a Pint)	421 cal	<b>£3.40</b>
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## SWEET TREATS

Freshly made scone served with butter & jam (v)	468 cal	<b>£2.00</b>
Freshly made scone served with clotted cream & jam (v)	633 cal	<b>£3.10</b>
Freshly baked cookie	348 cal	<b>£1.10</b>
Selection of cakes available		from <b>£3.00</b>

(v) Vegetarian

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

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10% saving for all members!