

Smoothies

All £4.25

Detox-Zing

Carrot, courgette, ginger, blueberries, banana and apple juice

600

Coco Loco

Coconut, mango, pineapple, mint, lime and apple juice

600

Blueberry Thrill

Raspberries, blueberries, banana, flax seeds and apple juice

600

Son Of A Peach

Strawberries, peaches and apple juice

600

Protein Shakes

All £4.50

The Lean Green

Spinach, kale, broccoli, mango, passion fruit, banana, spirulina, chlorella, whey protein and apple juice

600

Oats So Good

Rolled oats, banana, raspberries, blueberries, flax seeds, whey protein and apple juice

600

Avo Go Go

Avocado, broccoli, spinach, mango, coconut, ginger, lime, chocolate whey protein and apple juice

600

Pip Me Up

Passion fruit, pineapple, mango, vanilla whey protein and apple juice

600

Our allergen menu highlighting the 14 major allergens in the food we serve, is always available at the bar. If you have any questions about allergens then please ask a member of the team. We also have a no gluten-containing ingredients menu.

Other Drinks

Please ask at the bar for our full range of teas, coffees, beers, wines, spirits, soft drinks and kids' drinks.

Kids' Breakfast

Served all day

Poached egg & wholemeal soldiers

£1.95

Scrambled eggs on wholemeal toast

£2.75

Baked beans on wholemeal toast

£1.95

Two egg omelette with two fillings

£3.95

Choose from:

Tomato

Grated Cheddar cheese

Mushrooms

Chicken breast

Honey roast ham

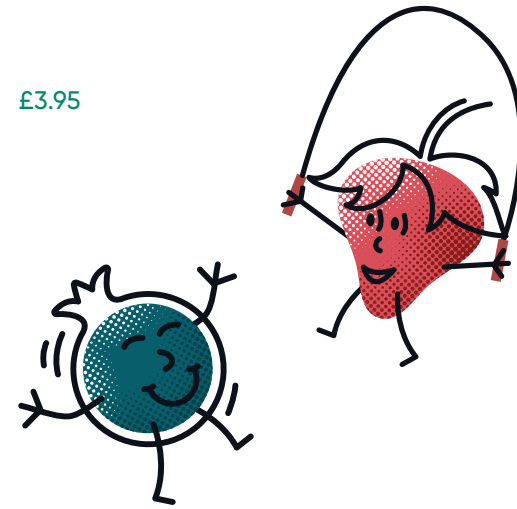
Spinach

Broccoli

Red onion

Mixed peppers

New potatoes



Kids' Mains

Served from noon

Choose any main

Beef burger

£3.95

Macaroni cheese

£3.50

Chicken goujons

£3.95

Fish fingers

£3.95

Pork sausages

£3.95

Vegetarian sausages

£3.95

Tomato penne pasta

£3.50

Salmon fillet

£3.95

Chicken burger

£3.95

Then add any two sides

Rustic fries

Jacket potato

New potatoes

Brown rice

Baked beans

Crudités

Mixed vegetables

Mixed leaf salad

Sweet potato & carrot mash

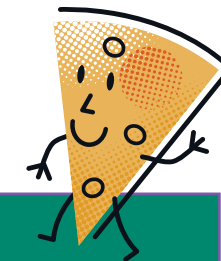
Kids' meal deal

Any main, dessert & drink

for only

£5.75*

*Drink includes 250ml water, Rebel Mylk or Cawston Press Juice



Build Your Own Pizza

£3.50

Served on a tomato base topped with Cheddar cheese

Choose any two toppings:

Honey roast ham

Chicken breast

Pork sausage

Chorizo

Cherry tomatoes

Mushrooms

Broccoli

Olives

Mixed peppers

Red onion

Spinach

Also Available

Sandwiches

£2.95

On wholemeal bread with crudités

Choose from:

Grated Cheddar cheese

Honey roast ham

Toasted Cheddar cheese

Chicken breast

Toasted Cheddar cheese and ham

Gluten-free bread is available, just ask.

Jacket potato

With crudités

One topping

£3.50

Two toppings

£3.95

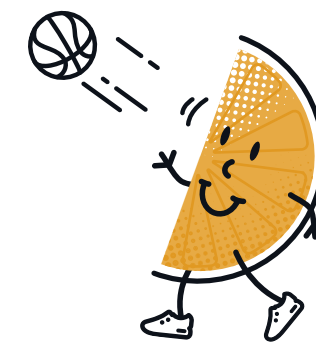
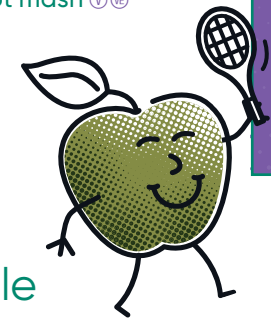
Choose from:

Grated Cheddar cheese

Tuna mayo

Baked beans

Honey roast ham



Kids' Desserts

Warm chocolate brownie with vanilla ice cream

£1.95

Gelato tubs

£2.50

Choose from:

Vanilla

Chocolate

Strawberry

Fresh fruit salad

£1.95



Choose the right dish for you

V Suitable for vegetarians VE Suitable for vegans 600 Dishes under 600 calories

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Breakfast

Served until noon

Build Your Lighter Breakfast

Choose your base:

- Freshly made porridge V 600 £2.75
- Greek yoghurt V 600 £4.75
- Warm protein pancakes V 600 £5.75

Then add your topping:

- Blueberries, banana & maple syrup V
- Strawberries, walnuts & honey V
- Avocado, pomegranate seeds & omega seeds V
- Apple, pistachios & honey V
- Pomegranate seeds, blueberries & maple syrup V



Free Range Eggs

Eggs with wholemeal toast V 600 £4.25

Choose from:
Two poached
Scrambled
Two fried

Benedict V 600 £6.75

Honey roast ham, two poached eggs and hollandaise sauce on a toasted wholemeal muffin

Mushroom Benedict V 600 £6.25

A flat mushroom, two poached eggs and hollandaise sauce on a toasted wholemeal muffin

Two poached eggs with grilled asparagus V 600 £5.95

On pumpkin and chia seed toast

Steak & eggs V 600 £8.75

Aged 4oz. sirloin steak with two poached eggs, wilted spinach and half a beef tomato

Smoked salmon & scrambled eggs V 600 £8.75

With wholemeal toast, avocado salad and fresh lemon

Three egg omelette V 600 £6.75

With two fillings and avocado salad, served all day

Choose from:
Tomato
Grated Cheddar cheese
Mushrooms
Chicken breast
Honey roast ham
Spinach
Broccoli
Red onion
Mixed peppers
New potatoes

Toasted Brioche Buns

- Bacon** V 600 £4.50
Grilled bacon
- Bacon & egg** V 600 £4.75
Grilled bacon and a poached egg
- Smoked salmon** V 600 £7.95
With avocado and a poached egg

Club Breakfasts

Vegetarian V 600 £7.75

Two poached eggs, two vegetarian sausages, half a beef tomato, a flat mushroom, spinach and baked beans

Vegan V 600 £7.75

Asparagus spears, a flat mushroom, wilted spinach, baked beans, tomatoes, omega seeds and toasted Khobez flatbread

Classic V 600 £7.95

Two poached eggs, grilled bacon, two pork sausages, half a beef tomato, a flat mushroom and baked beans

The Mexican V 600 £5.95

Toasted flatbread with spicy tomato sauce, two poached eggs, avocado and grated Cheddar cheese
by Sarah-Jane Shaw, Southampton West End Club

High protein V 600 £8.75

Chicken breast, scrambled egg, two pork sausages, half a beef tomato, a flat mushroom, spinach and omega seeds

Add wholemeal or gluten-free toast with butter to any Club Breakfast for no extra charge, just ask.

Keep It Simple

- Fresh fruit salad** V 600 £4.25
Strawberries, blueberries, red apple, mixed grapes and pomegranate seeds
- Toast with preserves** V 600 £2.75
Two slices of wholemeal toast with a choice of peanut butter, honey, jam or marmalade

Main Menu

Served from noon

Lighter Options

Our omelettes are served all day, a list of filling options can be found in the breakfast section.

Smashed avocado on wholemeal toast V 600 £6.50

With cherry tomatoes, chilli and lime, topped with two poached eggs

Soup of the day V 600 £4.95

With pumpkin and chia seed bread

Jacket potato V 600

With butter and mixed leaf salad

One topping £6.25
Two toppings £7.25

Choose from:
Grated Cheddar cheese
Baked beans
Honey roast ham
Tuna, red onion and mayo

Sandwiches V 600 £4.95

On wholemeal bread with mixed leaf salad

Choose from:
Honey roast ham
Chicken breast
Grated Cheddar cheese
Tuna, red onion and mayo

Gluten-free bread is available, just ask.

Smaller Plates

Grilled chicken breast V 600 £6.25

With chorizo, mixed leaves and garlic mayo

Grilled halloumi V 600 £5.75

With red and white quinoa, spinach and beetroot with chilli and orange dressing

Smashed avocado V 600 £5.25

With mixed leaf salad, mixed peppers, pine nuts, chilli, lime and cherry tomatoes on toasted Khobez flatbread

Sundried tomato & basil lentils V 600 £5.95

With spinach, avocado and a poached egg

Flatbreads

Folded Khobez wholemeal flatbreads V 600 £6.95

Moroccan chicken breast, mixed peppers, spinach, pomegranate seeds and harissa yoghurt

Houmous, avocado, chilli and lime, red onion, spinach, broccoli, mixed peppers and pomegranate seeds V 600 £6.50

Chicken breast, grilled bacon, avocado and garlic mayo V 600 £6.95

Salads

Tuna Niçoise V 600 £9.95

Tuna steak, mixed leaf salad, a hard-boiled egg, new potatoes, green beans, red onion, cherry tomatoes, black olives and lemon dressing

Chicken fajita V 600 £9.25

Chipotle chicken, mixed leaf salad, mixed peppers, red onion, avocado, toasted flatbread and chipotle mayo

Red & white quinoa V 600 £7.95

With carrot, orange, avocado, mixed leaf salad, pomegranate seeds and harissa houmous

Protein power-up V 600 £9.75

Grilled chicken breast, avocado, a hard-boiled egg, cashew nuts, omega seeds, mixed leaf salad, pomegranate seeds and French dressing

Chicken Caesar V 600 £8.95

Grilled chicken breast, mixed leaf salad, Italian cheese, toasted croutons and Caesar dressing

Pasta

Salmon & mascarpone ravioli V 600 £9.75

With tomato and garlic sauce, wilted spinach and Italian cheese

Grilled chicken breast & chorizo V 600 £9.75

With penne pasta, roasted cherry tomato and garlic sauce with chilli and Italian cheese

Penne arrabiata V 600 £8.75

Roasted cherry tomato and garlic sauce, broccoli, chilli, pine nuts and mixed peppers

Add chicken breast £2.50

Burgers

Served in a toasted brioche bun with rustic fries and mixed leaf salad. Swap rustic fries for sweet potato fries for 50p. Gluten-free burger buns are available, just ask.

Classic beef V 600 £9.50

With beef tomato, red onion and burger sauce

Grilled chicken breast V 600 £9.50

With beef tomato, red onion and garlic mayo

Vegan burger 100% plant V 600 £9.25

With avocado, chilli and lime, red onion and beef tomato in a toasted vegan brioche bun

Finish your burger off with an extra topping for 75p or two for £1.25.
Choose from: Cheddar cheese, grilled halloumi, grilled bacon, chorizo, avocado, a poached or fried egg.

Grills and Mains

Harissa glazed cod loin V 600 £11.50

With new potatoes, chorizo, mixed peppers, cherry tomatoes and green beans

Penang vegetable Thai curry V 600 £7.95

With brown rice

Grilled chicken breast V 600 £8.95

With sundried tomato and basil lentils and mixed vegetables

Spicy Singapore noodles V 600 £6.50

With spinach, red peppers and shredded carrot

With chilli chicken breast £8.95
With teriyaki tuna steak £10.25

Grilled chicken breast or salmon fillet V 600 £9.95

With sweet potato and carrot mash, wilted kale and spinach

Steak & chips V 600 £14.95

Aged 8oz. sirloin steak, rustic fries, beef tomato and mixed leaf salad

High protein plate V 600 £13.75

Aged 4oz. sirloin steak, grilled chicken breast, a flat mushroom, roasted red pepper, avocado salad and a hard-boiled egg

Halloumi Heaven V 600 £9.25

Grilled halloumi with houmous, beef tomato, red onion and garlic mayo

by Sam Holdaway, Worcester Club

Spicy grilled chicken breast V 600 £9.50

With beef tomato, red onion and chipotle mayo

Sides

- Rustic fries V 600 £3.50
- Sweet potato fries V 600 £3.75
- Sweet potato & carrot mash V 600 £3.50
- New potatoes V 600 £2.50
- Mixed vegetables with chilli & orange dressing V 600 £2.95
- Mixed leaf salad V 600 £2.25
- Khobez flatbread V 600 £2.25
- Asparagus, walnuts, Italian cheese & balsamic dressing V 600 £3.25
- Red wine & shallot sauce £2.25
- Sundried tomato & basil lentils with wilted spinach V 600 £2.95

Desserts

- Fresh fruit salad V 600 £4.25
Strawberries, blueberries, red apple, mixed grapes and pomegranate seeds
- Tangy lemon tartelette V 600 £4.75
With vanilla ice cream
- Gelato tubs V 600 £2.50
- Choose from:
Vanilla
Chocolate
Strawberry

All nutritional information is based on a typical serving. Customers concerned about the presence of nuts, seeds and other allergens are welcome to ask a team member for assistance. Our allergen menu is available at the bar. We cannot guarantee that any dishes are free from nut traces. We never knowingly use genetically modified foods. Menu descriptions do not list every ingredient. Fish, poultry and meat dishes may contain bones. All weights are approximate (uncooked). Prices include VAT at the current rate. Management reserves the right to refuse custom and/or offers, and to withdraw/change offers without notice at any time. All products and offers are subject to availability.