











SMOOTHIES

All £4.50

Matcha Magic   - fat free & high in antioxidants
Peach, pineapple, spinach, banana, matcha and apple juice 



Firestarter   - low fat & 1 of your 5 a day
Chilli, coconut, pineapple, mango, lime and apple juice 



Son Of A Peach   - fat free & high in vitamin C
Strawberries, peach and apple juice 



Blueberry Thrill   - high in fibre & 1 of your 5 a day
Raspberries, blueberries, banana, flax seeds and apple juice 



PROTEIN SHAKES

All £4.75

Top Banana  - back by popular demand
Banana, peanut butter, chocolate whey protein and almond milk 

Fruitasia  - high in protein & vitamin C
Blueberries, blackberries, strawberries, banana, vanilla whey protein, spirulina, chlorella and apple juice 

The Lean Green  - 1 of your 5 a day
Spinach, kale, broccoli, mango, passion fruit, banana, spirulina, chlorella, vanilla whey protein and apple juice 

Oats So Good  - gluten-free
Rolled oats, banana, raspberries, blueberries, flax seeds, vanilla whey protein and apple juice 

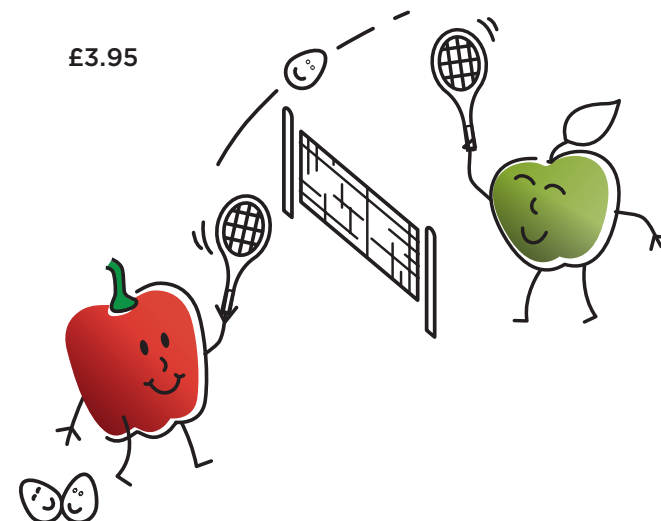
Need an allergen or non-gluten containing ingredients menu? Simply head to the David Lloyd mobile app or grab one at the bar. There's also a breakdown of nutritional information including macros so you can find the right dish to support your wellness needs.

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 & wholegrain soldiers 	£2.25	Two egg omelette with two fillings 	£3.95
		Tomato 	
		Grated Cheddar cheese 	
Scrambled egg on wholegrain toast 	£2.25	Mushrooms 	
		Chicken breast	
		Honey roast ham	
		Spinach 	
Baked beans on wholegrain toast 	£2.25	Broccoli 	
		Red onion 	
		Mixed peppers 	
		New potatoes 	



KIDS' MAINS Served from noon

CHOOSE ANY MAIN

2oz. beef burger	£4.25	Rustic fries 
Mac & cheese 	£3.75	Sweet potato fries 
Chicken goujons	£3.95	New potatoes 
Fish fingers	£3.95	Brown rice 
Pork sausages	£3.95	Baked beans 
Vegetarian sausages 	£3.95	Crudités 
Tomato penne pasta 	£3.75	Mixed vegetables 
Salmon fillet	£4.25	Mixed leaf salad 
Chicken burger	£4.25	Sweet potato & carrot mash 

THEN ADD ANY TWO SIDES

MEAL DEAL
ANY MAIN, DESSERT
AND DRINK








£5.75*

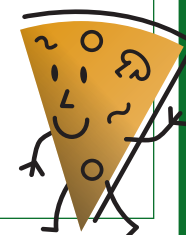
*Drink options are 330ml water or a Happy Monkey Smoothie or Milkshake

BUILD YOUR OWN PIZZA






Served on an 8 inch hand stretched sourdough base with tomato sauce and mozzarella cheese  **£4.95**

Choose any two toppings:



Chicken breast	Cherry tomatoes 	Mixed peppers 
Pork sausage	Mushrooms 	Red onion 
Honey roast ham	Broccoli 	Spinach 
	Black olives 	






ALSO AVAILABLE

Sandwiches	£2.95	Jacket potato 	
On wholegrain with crudités		With butter and crudités	
Toasted Cheddar cheese and ham		One topping	£3.50
Toasted Cheddar cheese 		Two toppings	£3.95
Grated Cheddar cheese 		Grated Cheddar cheese 	
Honey roast ham		Tuna mayo	
Chicken breast		Baked beans 	
Gluten-free bread is available, just ask.		Honey roast ham	

KIDS' SMOOTHIES

Strawberry Split 	£2.50
Strawberries, banana and apple juice	
Green Dragon 	£2.50
Mango, banana, pineapple, spinach and apple juice	

KIDS' DESSERTS

Warm chocolate brownie	£1.95
With vanilla ice cream 	
Ice cream 	£2.25
Vanilla	
Chocolate	
Strawberry	
Fresh fruit salad 	£1.95

FOR CHILDREN WITH A BIGGER APPETITE,
SEE BIG KIDS' SECTION INSIDE


THE CLUBROOM
FOOD AND DRINK



CHOOSE THE RIGHT DISH FOR YOU

Whatever your wellness needs, use the key below to choose the right dish for you.

Dishes under 600 calories Personal trainer recommended Suitable for vegans Suitable for vegetarians

BREAKFAST Served until noon

BUILD YOUR LIGHTER BREAKFAST

CHOOSE YOUR BASE:

Freshly made porridge £2.75

Coconut yoghurt £4.75

THEN ADD YOUR TOPPING:

Smashed beetroot, red apple & honey

Strawberries, balsamic glaze & omega seeds

Red apple, pistachios & honey

Blueberries, banana & maple syrup

Strawberries, walnuts & honey

KEEP IT SIMPLE

Fresh fruit salad £4.25
Strawberries, blueberries, red apple, mixed grapes and pomegranate seeds

Toast with preserves £2.75
Two slices of wholegrain toast with peanut butter, honey, jam or marmalade

CLUB BREAKFASTS

Vegan £7.75
Spinach, kale, broccoli, a flat mushroom, baked beans, half a beef tomato, omega seeds and toasted Khobez flatbread
Low in fat, high in protein and great for post workout

Vegetarian £7.75
Two poached eggs, two vegetarian sausages, half a beef tomato, a flat mushroom, spinach and baked beans

Classic £7.95
Two poached eggs, grilled bacon, two pork sausages, half a beef tomato, a flat mushroom and baked beans

Mexican £5.95
Toasted Khobez nachos with a spicy tomato and garlic sauce, two poached eggs, avocado and grated Cheddar cheese

High protein £8.95
Chicken breast, two poached eggs, grilled bacon, half a beef tomato, a flat mushroom, spinach and omega seeds

Add toast with butter to any Club Breakfast for no extra charge, just ask.

Wholegrain toast
Gluten-free toast

BRIOCHE BUNS

Bacon £4.50
Grilled bacon

Bacon & egg £4.75
Grilled bacon and a poached egg

Smoked salmon £7.95
With avocado and a poached egg

FREE RANGE EGGS

Two eggs with wholegrain toast £4.25
Poached
Scrambled
Fried

Breakfast bruschetta £5.75
Two poached eggs, tomato and garlic sauce, spinach and Italian cheese on toasted sourdough

Eggs Millennial £6.95
Two poached eggs, grilled halloumi, smashed avocado, chilli, lime and hollandaise sauce by Zameer Mukhida, Hampton Club

Steak & eggs £8.75
4oz. sirloin steak with two poached eggs, spinach and half a beef tomato

Smoked salmon & scrambled eggs £8.75
With wholegrain toast, avocado salad and fresh lemon

Protein pancakes £6.75
With grilled bacon, two poached eggs and maple syrup
High in protein, great for post workout

Three egg omelette £6.75
With two fillings and avocado salad, served all day
Tomato
Grated Cheddar cheese
Mushrooms
Chicken breast
Honey roast ham

Spinach
Broccoli
Red onion
Mixed peppers
New potatoes

MAIN MENU Served from noon

LIGHTER OPTIONS

Omelettes are served all day, a list of fillings can be found in the breakfast section.

Smashed avocado £6.75
Two poached eggs, cherry tomatoes, chilli and lime on wholegrain toast

Add
Bacon £1.00
Feta £1.00
Smoked salmon £1.50
Chicken breast £1.50

Beetroot houmous £6.50
With feta, two poached eggs and omega seeds on toasted sourdough

Soup of the day £4.95
With a rustic baguette

Rustic baguettes
With mixed leaf salad
4oz. sirloin steak, red onion and balsamic glaze £7.25
Roasted vegetables and feta with tomato and garlic sauce £6.50

Chicken, bacon, avocado and garlic mayo £6.75

Jacket potato
With butter and mixed leaf salad
One topping £6.25
Two toppings £7.25
Smoky vegetable chilli
Grated Cheddar cheese
Baked beans
Honey roast ham
Tuna, red onion and mayo

FLATBREADS

4oz. sirloin steak, red onion, peppers and chipotle mayo £8.25

Moroccan chicken breast, peppers, spinach, pomegranate seeds and harissa yoghurt £6.95

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

SALADS

Protein power-up £10.25
4oz. sirloin steak, mixed leaf salad, green beans, feta, a hard-boiled egg, walnuts and balsamic glaze

Chicken fajita £9.50
Chipotle chicken breast, mixed leaf salad, avocado, toasted Khobez flatbread and chipotle mayo

Cajun salmon fillet £10.25
Mixed leaf salad, avocado, pomegranate seeds, broccoli, omega seeds and French dressing by Louise Watson, Southampton Club

Chicken Caesar £9.25
Grilled chicken breast, mixed leaf salad, Italian cheese, croutons and Caesar dressing

Tuna Niçoise £10.25
Tuna steak, mixed leaf salad, a hard-boiled egg, new potatoes, green beans, black olives and lemon dressing

MAINS

Skinny katsu curry £8.95
Chicken breast, broccoli, brown rice and katsu curry sauce

Mac & cheese £8.75
With cauliflower, kale and Italian cheese

Spicy Singapore noodles £6.75
With spinach, red peppers and shredded carrot

With
Salmon fillet £10.50
Chilli chicken breast £8.95
Teriyaki tuna steak £10.25

Grilled chicken breast or salmon fillet £10.25
With sweet potato and carrot mash, spinach and kale
Chicken
Salmon
Low in fat, high in protein and great for post workout

High protein plate £13.95
4oz. sirloin steak, chicken breast, a flat mushroom, red pepper, a hard-boiled egg and avocado salad

PLANT BASED

SMALL PLATES

Harissa roasted cauliflower £5.75
Mediterranean rice, spinach, coconut yoghurt and pomegranate seeds

Beetroot houmous £4.75
Mixed leaf salad, peppers and omega seeds on toasted Khobez flatbread

Smoky vegetable chilli £5.50
Toasted Khobez nachos, smashed avocado, chilli and lime

MAINS

Smashed beetroot salad £8.25
Mediterranean rice, mixed leaf salad, avocado, pomegranate seeds, broccoli, omega seeds and lime houmous

Moroccan flatbread £6.50
Houmous, avocado, red onion, spinach, broccoli, peppers and pomegranate seeds

Smoky vegetable chilli £8.25
Toasted Khobez nachos, brown rice, smashed avocado, chilli and lime

Penne arrabiata £8.75
With tomato and garlic sauce, broccoli, chilli, black olives and peppers

Plant burger £9.50
With avocado, chilli, lime, beef tomato, red onion and mixed leaves in a toasted brioche bun

SIDES

Rustic fries £3.50

Sweet potato fries £3.75

Sweet potato & carrot mash £3.50

Mixed vegetables £2.95

New potatoes £2.50

Mixed leaf salad £2.25

BURGERS

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

Classic beef £9.75
Two 4oz. beef burgers with beef tomato, red onion and burger sauce

Grilled chicken breast £9.75
With beef tomato, red onion and garlic mayo

Halloumi Heaven £9.50
Grilled halloumi with houmous, beef tomato, red onion and garlic mayo

Spicy grilled chicken breast £9.75
With beef tomato, red onion and chipotle mayo

Finish your burger off with an extra topping for £1.00 or two for £1.50.

Choose from:
Cheddar cheese Avocado
Halloumi Poached egg
Grilled bacon Fried egg

BIG KIDS

Portions for children with a bigger appetite.

Beef burger £6.75
4oz. beef burger with red onion, beef tomato, mixed leaves and burger sauce in a toasted bun with rustic fries

Fish finger brioche £6.75
Fish fingers with mixed leaves and mayo in a toasted brioche bun with rustic fries

Chicken flatbread £6.50
Chicken goujons with garlic mayo and mixed leaves in a folded Khobez flatbread with rustic fries

Margherita pizza £6.50
Served on a 12 inch hand stretched sourdough base with tomato sauce and mozzarella cheese

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