


SMOOTHIES

All £4.95


Matcha Magic - fat free & high in antioxidants

Peach, pineapple, spinach, banana, matcha and apple juice 164 cal 


Firestarter - low fat & 1 of your 5 a day

Chilli, coconut, pineapple, mango, lime and apple juice 187 cal 

Son Of A Peach - fat free & high in vitamin C

Strawberries, peach and apple juice 143 cal 


Blueberry Thrill - high in fibre & 1 of your 5 a day

Raspberries, blueberries, banana, flax seeds and apple juice 183 cal 


PROTEIN SHAKES

All £4.95


Top Banana - back by popular demand

Banana, peanut butter, chocolate whey protein and almond milk 356 cal 


Fruitasia - high in protein & vitamin C

Blueberries, blackberries, strawberries, banana, vanilla whey protein, spirulina, chlorella and apple juice 201 cal 

The Lean Green - 1 of your 5 a day

Spinach, kale, broccoli, mango, passion fruit, banana, spirulina, chlorella, vanilla whey protein and apple juice 204 cal 

Oats So Good - gluten-free

Rolled oats, banana, raspberries, blueberries, flax seeds, vanilla whey protein and apple juice 493 cal 

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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

271 cal

Scrambled egg on wholegrain toast

287 cal

Baked beans on wholegrain toast

265 cal

£2.75

£2.75

£2.75

Two egg omelette with two fillings

191 cal


Tomato  7 cal


Grated Cheddar cheese  97 cal


Mushrooms  3 cal


Chicken breast 58 cal

Honey roast ham 23 cal

Spinach  5 cal

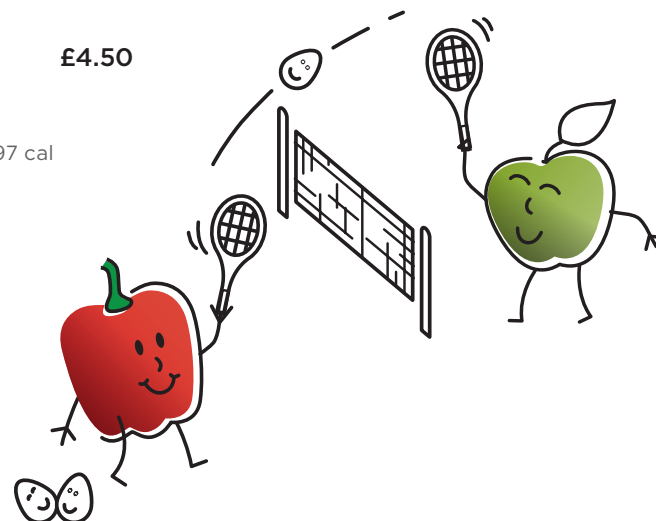
Broccoli  7 cal

Red onion  9 cal

Mixed peppers  6 cal

New potatoes  34 cal

£4.50



KIDS' MAINS

Served from noon

CHOOSE ANY MAIN

2oz. beef burger 375 cal

Mac & cheese  316 cal

Chicken goujons 240 cal

Fish fingers 183 cal

Pork sausages 276 cal

Vegetarian sausages  206 cal

Tomato penne pasta  382 cal

Salmon fillet 163 cal

Chicken burger 384 cal

£4.75

£4.25

£4.75

£4.75

£4.75

£4.75

£4.75

£4.25


£4.75

£4.75

THEN ADD ANY TWO SIDES

Rustic fries  183 cal

Sweet potato fries  181 cal


New potatoes  90 cal

Brown rice  133 cal

Baked beans  70 cal

Crudités  24 cal

Mixed vegetables  24 cal

Mixed leaf salad  12 cal

Sweet potato & carrot mash  110 cal

MEAL DEAL

ANY MAIN, DESSERT AND DRINK

£6.25*

*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  531 cal **£4.95**


Choose any two toppings:


Chicken breast 58 cal


Pork sausage 138 cal

Honey roast ham 53 cal

Cherry tomatoes  10 cal


Mushrooms  8 cal

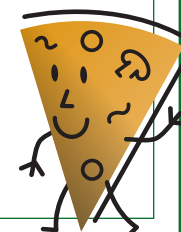
Broccoli  17 cal

Black olives  10 cal

Mixed peppers  15 cal

Red onion  11 cal

Spinach  5 cal




ALSO AVAILABLE

Sandwiches

On wholegrain with crudités

Toasted Cheddar cheese and ham

386 cal

Toasted Cheddar cheese  394 cal

Grated Cheddar cheese  394 cal

Honey roast ham 273 cal

Chicken breast 277 cal

Gluten-free bread is available, just ask.

£3.25

Jacket potato


With butter and crudités 316 cal

One topping **£3.95**

Two toppings **£4.25**

Grated Cheddar cheese  175 cal

Tuna mayo 80 cal

Baked beans  70 cal

Honey roast ham 53 cal

KIDS' SMOOTHIES

Strawberry Split

Strawberries, banana and

apple juice 125 cal

£2.75

Green Dragon

Mango, banana, pineapple,

spinach and apple juice 125 cal

£2.75

KIDS' DESSERTS

Warm chocolate brownie

With vanilla ice cream  389 cal

£2.50

Ice cream

Vanilla 188 cal

Chocolate 196 cal

Strawberry 190 cal

£2.75

Fresh fruit salad

62 cal **£2.50**

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.

600 Dishes under 600 calories **PT** Personal trainer recommended **RV** Suitable for vegans **V** Suitable for vegetarians

BREAKFAST

Served until noon

BUILD YOUR LIGHTER BREAKFAST

CHOOSE YOUR BASE:

Freshly made porridge **£3.25**
489 cal **600**

Coconut yoghurt **£5.25**
225 cal **600**

THEN ADD YOUR TOPPING:

Smashed beetroot, red apple & honey **£**
55 cal

Strawberries, balsamic glaze & omega seeds **£**
60 cal

Red apple, pistachios & honey **£**
103 cal

Blueberries, banana & maple syrup **£**
114 cal

Strawberries, walnuts & honey **£**
116 cal

CLUB BREAKFASTS

Vegan **£8.75**
Spinach, kale, broccoli, a flat mushroom, baked beans, half a beef tomato, omega seeds and toasted Khobez flatbread 359 cal **600**
Low in fat, high in protein and great for post workout

Vegetarian **£8.75**
Two poached eggs, two vegetarian sausages, half a beef tomato, a flat mushroom, spinach and baked beans 489 cal **600**

Classic **£8.95**
Two poached eggs, grilled bacon, Lorne sausage, half a beef tomato, a flat mushroom and baked beans 709 cal

Mexican **£6.50**
Toasted Khobez nachos with a spicy tomato and garlic sauce, two poached eggs, avocado and grated Cheddar cheese 523 cal **600**

High protein **£9.50**
Chicken breast, two poached eggs, grilled bacon, half a beef tomato, a flat mushroom, spinach and omega seeds 626 cal

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

Wholegrain toast 193 cal
Gluten-free toast 194 cal

FREE RANGE EGGS

Two eggs with wholegrain toast **£4.75**
Poached 538 cal **600**
Scrambled 553 cal **600**
Fried 583 cal **600**

Haggis **£6.25**
With two poached eggs and spinach on toasted sourdough 472 cal **600**

Breakfast bruschetta **£6.50**
Two poached eggs, tomato and garlic sauce, spinach and Italian cheese on toasted sourdough 379 cal **600**

Eggs Millennial **£7.50**
Two poached eggs, grilled halloumi, smashed avocado, chilli, lime and hollandaise sauce 723 cal
by Zameer Mukhida, Hampton Club

Steak & eggs **£9.50**
4oz. sirloin steak with two poached eggs, spinach and half a beef tomato 414 cal **600**

Smoked salmon & scrambled eggs **£9.50**
With wholegrain toast, avocado salad and fresh lemon 535 cal **600**

Protein pancakes **£7.50**
With grilled bacon, two poached eggs and maple syrup 675 cal
High in protein, great for post workout

Kippers **£5.95**
With a poached egg, kale, spinach and fresh lemon 442 cal **600**

Three egg omelette **£7.25**
With two fillings and avocado salad, served all day 305 cal **600**
Tomato **V** 7 cal
Grated Cheddar cheese **V** 175 cal

Mushrooms **V** 3 cal
Chicken breast 116 cal
Honey roast ham 53 cal
Spinach **V** 8 cal
Broccoli **V** 10 cal

Red onion **V** 9 cal
Mixed peppers **V** 9 cal
New potatoes **V** 49 cal

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 **£7.50**
Two poached eggs, cherry tomatoes, chilli and lime on wholegrain toast 494 cal **600**
Add
Bacon 129 cal £1.00
Feta **V** 69 cal £1.00
Smoked salmon 54 cal £1.50
Chicken breast 58 cal £1.50

Beetroot houmous **£7.25**
With feta, two poached eggs and omega seeds on toasted sourdough 438 cal **600**

Soup of the day **£5.50**
With a rustic baguette
Average 398 cal **600**

Rustic baguettes
With mixed leaf salad
4oz. sirloin steak, red onion and balsamic glaze 630 cal **£7.75**
Roasted vegetables and feta with tomato and garlic sauce **£6.95**
V 444 cal **600**

Chicken, bacon, avocado and garlic mayo 715 cal **£7.25**

Jacket potato **£**
With butter and mixed leaf salad 546 cal
One topping **£6.50**
Two toppings **£7.50**
Smoky vegetable chilli **V** 112 cal
Grated Cheddar cheese **V** 175 cal
Baked beans **V** 82 cal
Honey roast ham 114 cal
Tuna, red onion and mayo 148 cal

FLATBREADS

4oz. sirloin steak, red onion, peppers and chipotle mayo 555 cal **600** **£8.75**

Moroccan chicken breast, peppers, spinach, pomegranate seeds and harissa yoghurt 398 cal **600** **£7.75**

Chicken breast, grilled bacon, avocado and garlic mayo 577 cal **600** **£7.75**

SALADS

Protein power-up **£10.95**
4oz. sirloin steak, mixed leaf salad, green beans, feta, a hard-boiled egg, walnuts and balsamic glaze 545 cal **600**

Chicken fajita **£10.75**
Chipotle chicken breast, mixed leaf salad, avocado, toasted Khobez flatbread and chipotle mayo 599 cal **600**

Cajun salmon fillet **£10.95**
Mixed leaf salad, avocado, pomegranate seeds, broccoli, omega seeds and French dressing 521 cal **600**
by Louise Watson, Southampton Club

Chicken Caesar **£10.50**
Grilled chicken breast, mixed leaf salad, Italian cheese, croutons and Caesar dressing 580 cal **600**

Tuna Niçoise **£10.95**
Tuna steak, mixed leaf salad, a hard-boiled egg, new potatoes, green beans, black olives and lemon dressing 467 cal **600**

MAINS

Skinny katsu curry **£9.50**
Chicken breast, broccoli, brown rice and katsu curry sauce 643 cal

Mac & cheese **£8.95**
With cauliflower, kale and Italian cheese 695 cal

Spicy Singapore noodles **£7.75**
With spinach, red peppers and shredded carrot 490 cal **600**

With
Salmon fillet 327 cal £11.25
Chilli chicken breast 288 cal £10.25
Teriyaki tuna steak 189 cal £11.25

Grilled chicken breast or salmon fillet **£10.95**
With sweet potato and carrot mash, spinach and kale
Chicken 414 cal **600**
Salmon 514 cal **600**
Low in fat, high in protein and great for post workout

High protein plate **£14.95**
4oz. sirloin steak, chicken breast, a flat mushroom, red pepper, a hard-boiled egg and avocado salad 638 cal

PLANT BASED

SMALL PLATES

Harissa roasted cauliflower **£6.25**
Mediterranean rice, spinach, coconut yoghurt and pomegranate seeds 198 cal **600**

Beetroot houmous **£5.25**
Mixed leaf salad, peppers and omega seeds on toasted Khobez flatbread 210 cal **600**

Smoky vegetable chilli **£5.95**
Toasted Khobez nachos, smashed avocado, chilli and lime 320 cal **600**

MAINS

Smashed beetroot salad **£8.95**
Mediterranean rice, mixed leaf salad, avocado, pomegranate seeds, broccoli, omega seeds and lime houmous 417 cal **600**

Moroccan flatbread **£6.95**
Houmous, avocado, red onion, spinach, broccoli, peppers and pomegranate seeds 408 cal **600**

Smoky vegetable chilli **£8.95**
Toasted Khobez nachos, brown rice, smashed avocado, chilli and lime 696 cal

Penne arrabbiata **£8.95**
With tomato and garlic sauce, broccoli, chilli, black olives and peppers 673 cal

Plant burger **£10.25**
With avocado, chilli, lime, beef tomato, red onion and mixed leaves in a toasted brioche bun 900 cal

SIDES

Rustic fries **£3.75**
366 cal

Sweet potato fries **£3.95**
362 cal

Sweet potato & carrot mash **£3.75**
RV 161 cal

Mixed vegetables **£3.50**
55 cal

New potatoes **£2.75**
135 cal

Mixed leaf salad **£2.75**
27 cal

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 **£10.50**
Two 4oz. beef burgers with beef tomato, red onion and burger sauce 1170 cal

Grilled chicken breast **£10.50**
With beef tomato, red onion and garlic mayo 914 cal

Halloumi Heaven **£10.25**
Grilled halloumi with houmous, beef tomato, red onion and garlic mayo 934 cal

Spicy grilled chicken breast **£10.50**
With beef tomato, red onion and chipotle mayo 896 cal

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

Choose from:
Cheddar cheese **V** 104 cal Avocado **V** 48 cal
Halloumi **V** 193 cal Poached egg **V** 76 cal
Grilled bacon 129 cal Fried egg **V** 121 cal

BIG KIDS

Portions for children with a bigger appetite.

Beef burger **£7.25**
4oz. beef burger with red onion, beef tomato, mixed leaves and burger sauce in a toasted bun with rustic fries 954 cal

Fish finger brioche **£7.25**
Fish fingers with mixed leaves and mayo in a toasted brioche bun with rustic fries 827 cal

Chicken flatbread **£6.95**
Chicken goujons with garlic mayo and mixed leaves in a folded Khobez flatbread with rustic fries 830 cal

Margherita pizza **£6.95**
Served on a 12 inch hand stretched sourdough base with tomato sauce and mozzarella cheese 684 cal

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. 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. The nutritional figures quoted on the menu have been rounded up or down to the nearest whole number.

KEEP IT SIMPLE

Fresh fruit salad **£4.75**
Strawberries, blueberries, red apple, mixed grapes and pomegranate seeds 124 cal **600**

Toast with preserves **£3.25**
Two slices of wholegrain toast with peanut butter, honey, jam or marmalade Average 484 cal **600**

BRIOCHE BUNS

Bacon **£4.95**
Grilled bacon 555 cal **600**

Bacon & egg **£5.25**
Grilled bacon and a poached egg 631 cal

Smoked salmon **£8.25**
With avocado and a poached egg 530 cal **600**