

SPORTS

CLUB

FOOD MENU

Welcome to SPORTS CAFÉ

Sit back, relax and soak up the atmosphere.
One of our servers will be right over to take your order.

Please let us know if you have any allergies so we can take extra care when preparing your food

BREAKFAST Available daily until noon

Start the day in the very best way with something delicious, from toast and jam to our famous Champion's Breakfast.

Add tea, coffee or orange juice to your breakfast for 2.29 (excludes liqueur coffee)

ONLY 24.49 **GOAL!** A Great Start to the Day!

Breakfast Platter

Six baps filled with your choice of bacon or Sports Café sausage and six hash browns served with a pitcher of chilled orange juice.

LESS THAN
£4.20
PER PERSON!

Toast and Jam v 2.99

Toasted brown or white bread served with butter and jam or marmalade.

Breakfast Sandwich 4.99

Grilled back bacon or Sports Café sausage on white or brown bread.

Add a fried free range egg 1.59

Sports Café Champion's Breakfast 13.29

The big one: two Sports Café sausages, two slices of grilled back bacon, two free range eggs (fried or scrambled), grilled tomato, mushroom, baked beans, two hash browns, toast and a glass of orange juice.

Sports Café Full English Breakfast 10.29

Sports Café sausage, grilled back bacon, free range egg (fried or scrambled), grilled tomato, mushroom, baked beans, hash brown and toast.

Sports Café Vegetarian Breakfast v 9.79

Two vegetarian sausages, free range egg (fried or scrambled), tomato, mushroom, baked beans, two hash browns and toast.

SIDE ORDERS Add extra items to any breakfast:

Sports Café Sausage 1.59

Grilled Back Bacon 1.59

Free Range Egg (fried or scrambled) 1.59

Mushroom 1.59

Crispy Hash Brown 1.59

Grilled Tomato 1.59

Heinz Baked Beans 1.59

BRUNCH Available daily until 4pm

Not quite breakfast, not quite lunch – it's our favourite excuse to squeeze another meal into the day.

Add tea, coffee or orange juice to your brunch for 2.29 (excludes liqueur coffee)

SCORE! Avocado and Tomato on Toast v

Sliced avocado and grilled tomato on toasted crusty bread, with a spiced tomato and pepper relish and sprinkled with toasted pumpkin seeds.

ONLY
6.99

Scrambled Free Range Eggs on Toast v 4.99

With hot smoked salmon flakes 7.99

Bacon, Avocado and Fried Free Range Egg on Toast 7.99

Sliced avocado and grilled back bacon on toasted crusty bread, with a spiced tomato and pepper relish, topped with a fried free range egg.

Welsh Rarebit and Fried Free Range Egg on Toast 6.99

Welsh rarebit flavoured with ale on toasted crusty bread, grilled to bubbling perfection with a fried free range egg.

Baked Beans and Chorizo on Toast 7.99

Baked beans in tomato sauce cooked with smoky chorizo and served on toasted crusty bread.

Add a fried free range egg 1.59

Steak and Free Range Eggs 11.29

A tenderized 5oz* rump steak with two fried free range eggs and hash browns.

Flaked Ham Hock Hash 8.99

Diced potatoes, soft caramelised onions and pieces of ham hock bound in a béarnaise sauce, topped with a fried free range egg.

Smoked Salmon Hash 8.99

Diced potatoes, soft caramelised onions and pieces of smoked salmon bound in a béarnaise sauce, topped with a fried free range egg.

Fruit Platter v 3.99

Freshly prepared fruit platter.

Breakfast Waffles 5.99

Toasted waffles with red berries and maple syrup.

NEW YOGHURT GRANOLAS

Layered Yoghurt Granola Sundae 3.99

Cool yoghurt, crunchy granola and fruit compôte of your choice:

- Strawberry
- Rhubarb
- Apricot

NEW SMOOTHIES

Available to take away

Smoothies 3.99

Try one of our great freshly-made smoothies blended just for you with coconut water, fresh yoghurt and banana.

- Strawberry and Banana
- Fruits of the Forest
- Green Kick (Kale, Cucumber, Spinach and Apple)

* Approximate uncooked weight

SNACKS AND SANDWICHES

If you're just nipping in for a nibble, or refuelling between badminton games, you'll find something on this page.

SOUPS AND SANDWICHES

Available daily between noon and 5pm

Our sandwiches are made fresh to order on your choice of white or brown thick-cut bread and served with crisps and coleslaw.

Tuna and Cucumber Sandwich 6.99

Baked Ham Salad Sandwich 6.99

Freshly Grated Cheese and Tomato Sandwich 6.99
Freshly grated cheese and tomato sandwich with apple and ale chutney.

Club Sandwich 11.99

Made with thick-cut toast, filled with chicken, bacon, lettuce, tomato, sliced free range egg and mayonnaise.

Broccoli and Cheddar Soup 4.99

Creamy broccoli and punchy cheddar, served with thick-cut bread.

Soup and Sandwich 10.29

Excludes Club Sandwich.

Soup and Half Sandwich 8.29

Excludes Club Sandwich.

NEW FLATBREADS

Our flatbreads are stone-baked and topped with grilled spring onion, dressed shredded fennel and carrot, pomegranate seeds, houmous and rocket with a Middle Eastern garlic sauce.

Rotisserie Chicken 11.29

Middle Eastern Pulled Lamb 12.29

Grilled Halloumi with Mediterranean Vegetables 10.29

NEW MELTS

Our new selection of melts are freshly made, packed full of flavour and delicious melted cheese.

Chilli Con Carne and Cheese with Sour Cream Dip 7.99

Mac 'n' Cheese with a Tomato Salsa Dip 7.99

Cheese and Onion with a Picallili Dip 6.99

Avocado, Halloumi and Harrissa Pesto with a Tomato Salsa Dip 8.99

Cheesy Chips and Salt and Vinegar Crisps with a Tomato Dip 7.99

Add streaky bacon for 1.59

LIGHTER DISHES

Good things come in small packages, and our small bowls are perfect for sharing or to enjoy as a starter.

WHAT A RESULT! Choose any **three** small bowls for 15.99 or **five** for 24.99

SMALL BOWLS

Garlic Bread 3.99

Garlic Bread with Cheese 4.59

Grilled Flatbread with Tzatziki and Houmous 4.99

Boneless Chicken Thighs 5.99
Chargrilled chicken thighs served with lemon.

Crispy Spiced Chicken Wings 6.99
Chicken wings coated in a crisp spicy crumb and served with mojito mayonnaise.

Sticky Pork Ribs 6.99
Slow-braised ribs of pork, tossed in a sticky BBQ sauce.

Pumpkin, Goat's Cheese and Kale Croquettes 5.99
Crispy croquettes made with pumpkin and curly kale, rich with goat's cheese and served with a tomato salsa.

Crispy Nacho Bites 7.29
Bite-sized morsels of nacho cheese and jalapeño served with sour cream.

Salt and Pepper Calamari 7.29
Calamari served with garlic aioli and fresh lime.

HEALTHIER OPTION

Oven-baked Salmon 14.99
Grilled salmon, oven-baked with grilled Mediterranean vegetables, tomato salsa and glazed roast potatoes

LOADED FRIES

Sports Café Loaded Fries 6.99
With crispy bacon, crispy onion, cheese sauce and melted cheese.

Sports Café Spicy Loaded Fries 8.29
With crispy bacon, crispy onion, jalapeños, sriracha sauce, cheese sauce and melted cheese.

Sports Café Vegetarian Loaded Fries 6.69
With crispy onion, cheese sauce and melted cheese.

Sports Café Vegetarian Spicy Loaded Fries 7.69
With crispy onion, jalapeños, sriracha sauce, cheese sauce and melted cheese.

NEW SALADS

Roast Butternut Squash Salad 10.99
Roast butternut squash, fregola pasta, red and green endive, pickled shallots, oven-roasted tomatoes, olives, fresh coriander with a Middle Eastern mint dressing.

With Halloumi 11.99 **With Falafel** 11.99
With Flaked Rotisserie Chicken 13.29

Proper Greek Salad 11.99
Made the traditional Greek way with tomatoes, cucumber, feta cheese, olives, red onion and caper berries with an olive oil and oregano dressing.

Add a portion of hot chips to your sandwich for only 1.99

Or sweet potato fries for just 2.59

Rotisserie Chicken
.....
14.29



Side of Vegetables
.....
3.39



Oven-baked Salmon
.....
14.99



Grand Slam Burger
.....
15.99



Side salad
.....
3.39



Scampi and Chips
.....
11.29



Sports Café Classic Burger
.....
9.99



CLASSICS

Available daily from noon

Great British dishes like beer-battered fish and chips rub shoulders with perfectly cooked steaks and our new rotisserie chicken.

FIRM FAVOURITES

For those times when only fish and chips or scampi will do the trick.

Beer-Battered Fish and Chips 12.49

Haddock or cod (depending on what the fishermen have caught – ask your server for today's fish) battered in a crispy coating, served with chips, garden or mushy peas, fresh lemon and tartar sauce.

Scampi and Chips 11.29

Breaded wholetail scampi with crispy chips, garden or mushy peas, fresh lemon and tartar sauce.

For smaller appetites, some of our main meals are available as half portions at half the price. Ask your server for more information.

FROM THE GRILL

10oz* (284g) Steak and Chips 19.39

35-day aged British rump steak, grilled to your liking. Served with crispy chips, oven roasted tomatoes, grilled mushroom, grilled red onion and watercress.

Add sauce 1.99

- Creamy Stilton
- Peppercorn
- Tarragon and Mushroom

Upgrade to sweet potato fries for just 0.59

WINNER!

NEW

ONLY 14.29

Rotisserie Chicken

Half chicken fresh from our rotisserie with caramelised potatoes roasted in chicken juices and a tossed mixed salad with a garlic and lemon dressing.

Choose your sauce 0.99

- Piri Piri
- BBQ
- Chicken Gravy

SIDES

Coleslaw 2.59

Side Salad 3.39

Side of Vegetables 3.39

Garden Peas 1.59

Mushy Peas 1.59

Garlic Bread 3.99

Garlic Bread with Cheese 4.59

Sports Café Crispy Chips 3.39

Seasoned Diced Potatoes 3.39

Beer Battered Onion Rings 3.99

Sweet Potato Fries 3.59

* Approximate uncooked weight

BURGERS

Available daily from noon

At Sports Café we stack our burgers high with your favourite toppings and serve them with hot chips – crisp on the outside, fluffy on the inside – and creamy coleslaw.

Sports Café Classic Burger 9.99

Chargrilled burger served with lettuce, tomato, onion, gherkin and Sports burger sauce on a seeded bun with crispy chips and coleslaw.

Sports Café Cheese Burger 11.29

Chargrilled burger topped with cheese served with lettuce, tomato, onion, gherkin and Sports burger sauce on a seeded bun with crispy chips and coleslaw.

Cheese and Bacon Burger 12.69

Chargrilled burger topped with cheese and grilled streaky bacon, served with lettuce, tomato, onion, gherkin and Sports burger sauce on a seeded bun with crispy chips and coleslaw.

Grand Slam Burger 15.99

Two chargrilled burgers topped with melted cheese, grilled streaky bacon and barbecue sauce, served with lettuce, tomato, onion, gherkin and Sports burger sauce on a seeded bun with crispy chips and coleslaw.

Upgrade your beef burger to a chicken breast for only £1

Breaded Chickpea and Spring Green Veggie Burger v 11.29

A vegetarian burger with chickpeas, onion, broad beans, soya beans and green beans with cheese and herbs coated in crispy breadcrumbs, served with lettuce, tomato, onion, gherkin, sour cream and Sports burger sauce on a seeded bun with crispy chips and coleslaw.

Sweet Potato and Bean Burger v 9.99

A vegetarian burger with sweet potato, red kidney beans and herbs coated in crispy oats. Served with lettuce, tomato, onion, gherkin, sour cream and Sports burger sauce on a seeded bun with crispy chips and coleslaw.

BUILD YOUR TEAM!

Extra toppings

- Streaky Bacon
- Chilli Sauce
- Cheese
- Brie
- Goat's Cheese
- Fried Free Range Egg
- Sautéed Onions

ONLY 1.59

Upgrade to sweet potato fries for just 0.59

DESSERTS

Finish off your Sports Café experience in the sweetest way – there's always room for ice cream...

Ultimate Chocolate Sundae 7.99

Layers of chocolate and caramel ice cream, marshmallows, crushed Flake and Maltesers, topped with whipped cream and finished with chocolate and toffee sauce.

Ultimate Chocolate Sundae to Share 11.99

Oreo Cookies and Cream Pie 6.99

An Oreo cookie pie with white and milk chocolate cream, studded with Oreo chunks and finished with dark chocolate drizzle.

Strawberries and Cream Cheesecake 6.99

A touch of crème brûlée custard lightens the texture of this super creamy all natural cheesecake with a strawberry compôte.

Warm Lemon Sponge 5.99

Warm, sweet and tart with a zesty lemon sauce.

Sticky Toffee Pudding 5.99

Hark back to your childhood with this nostalgic favourite – soft toffee sponge with a warm caramel sauce.

Chocolate Orange Sponge 6.99

It's like Christmas morning with this classic flavour combination, served with a rich, velvety chocolate sauce.

KELLY'S ICE CREAM

Made with Cornish clotted cream, you can enjoy Kelly's delicious ice cream by the scoop.

One Scoop 2.99 Two Scoops 4.39

Three Scoops 4.99

Why not enjoy your favourite ice cream in a cone?

One Scoop Cone 3.49 Two Scoop Cone 4.99

- Chocolate
- Stem Ginger
- Strawberry
- Eton Mess
- Salted Caramel
- Vanilla
- Bubblegum
- Toffee Fudge
- Honeycomb Caramel Swirl
- Mint Chocolate Chip

GET IN!

ONLY
5.99

DAIM BAR CAKE

Layers of almond sponge, golden cream and crunchy almond caramel, smothered in smooth milk chocolate and served with whipped cream.



Allergies We use allergens in our kitchen as part of the preparation of food. We also cook different foods in the same equipment. Please advise us of any allergies on every visit to our restaurants as our recipes are subject to change and we occasionally substitute products. Full allergen information from items on our menu is available upon request. Should you require more detailed information related to any 'may contains' or the cooking process, please discuss with your Server.

Service Our aim is to provide first class service. In this restaurant gratuities are entirely at your discretion, all monies go direct to employees serving and preparing your food. Thank you.

To the best of our knowledge, the foods on our menus do not contain genetically modified soya or maize. All menu items may contain ingredients not listed in the menu description. All menu items are subject to availability. Some meat/fish dishes may contain small bones.

All prices include VAT. Photographs are for illustrative purposes only. Ask your server about free baby food (subject to availability).

* Approximate uncooked weight /  No meat or fish

March 2019

SPORTS

CAFE

CHILDREN'S MENU



BREAKFAST

Served daily until noon

Choose your favourites from the items below

- Sports Café Sausage
- Bacon
- Free Range Egg (fried or scrambled)
- Tomato
- Baked Beans
- Hash Brown
- Toast

Three items £4.99 Four items £5.69 Five items £5.99

Add any children's soft drink for £1.69 with every children's breakfast.
(excludes J20 and Frozen Ice Drink)

LITTLE BITES

Perfect for toddlers

All toast can be made with your choice of white or brown bread. £3.99

- Heinz Baked Beans on Toast
- Heinz Spaghetti Hoops on Toast
- Cheese on Toast with Crisps
- Fruit and Vegetable Crudités with Pitta and Houmous

BUILD YOUR OWN SANDWICH

We'll make it just the way you like it.
All sandwiches are served with crisps.

Step One Choose from brown or white bread

Step Two Choose your filling:

- Cheese
- Ham
- Tuna Mayonnaise
- Banana

Step Three Choose from:

- Sandwich £3.99
- Toastie £3.99

Add chips 99p



DESSERTS

Fresh Fruit 89p

Apple, orange or banana.

Chocolate Brownies £3.39

Delicious chocolate fudge brownies served with chocolate sauce and cream.

Jelly and Ice Cream £2.99

Wobbly jelly on a plate with vanilla ice cream.

Cream-filled Profiteroles £3.39

With chocolate sauce.

Frozen Fruit Lollipops £3.39

Frozen banana and strawberry on sticks, dipped in melted white chocolate and finished with sprinkles.

SOFT DRINKS

Pepsi Max, Tango and
R Whites Lemonade £1.79

Fresh Cold Milk £1.79

Bottled Still Water £1.79

Apple or Orange Juice £1.79

Robinsons Apple
and Blackcurrant Cordial £1.79

Frozen Ice Drink* £2.99

Ask your server for flavours available. *Not available at Whinfell Forest

KELLY'S ICE CREAM

Made with Cornish clotted cream, you can enjoy Kelly's delicious ice cream by the scoop.

One Scoop £2.99

- Chocolate
- Strawberry
- Vanilla
- Bubblegum

Why not enjoy your favourite ice cream in a cone?

One Scoop Cone £3.49



Robinsons Fruit Shoot £1.99

Apple and blackcurrant or orange.

Robinsons Fruit Shoot Juiced £1.99

Apple and pear, orange and pineapple or strawberry and raspberry.

Robinsons Hydro £1.99

Apple and raspberry, blackcurrant or orange and pineapple.

J20 £3.39

Ask your server for flavours available.

MEAL DEAL

IT'S A WINNER!

Choose any main meal, children's dessert and children's drink.

(excludes J20 and Frozen Ice Drink)

ONLY
£6.99

XX

1: MAINS

Cheesy Pizza

A cheese and tomato pizza served with fruit and vegetable crudités.

Mighty Meatball Pasta

Penne pasta with tomato sauce and tasty meatballs, served with garlic bread.

Cheeky Chicken Curry

A mild curry served with rice.

Terrific Tomato Pasta

Penne pasta in a light tomato sauce, served with a pot of grated cheese and your choice of garlic bread or fruit and vegetable crudités.

Lovely Veggie Lasagne

Layered Mediterranean vegetables with tomato sauce and glazed with grated cheese, served with your choice of garlic bread or fruit and vegetable crudités.

Cheesy Macaroni

Macaroni tubes in a cheesy white sauce, browned with grated cheese, served with your choice of garlic bread or fruit and vegetable crudités.

Great Grilled Chicken Strips

Served with sweetcorn fritters, fruit and vegetable crudités and a tomato dip.

The following dishes are served with your choice of chips, sweetcorn fritter, grilled pitta bread fingers and a side of peas, sweetcorn, Heinz baked beans, Heinz spaghetti hoops, houmous, or fruit and vegetable crudités.

Battered Cod Bites

Cheeseburger

Salmon Fish Fingers

Hot Dog

Chicken Nuggets



2: DESSERTS

Fresh Fruit

Apple, orange or banana.

Chocolate Brownies

Delicious chocolate fudge brownies served with chocolate sauce and cream.

Jelly and Ice Cream

Wobbly jelly on a plate with vanilla ice cream.

Cream-filled Profiteroles

With chocolate sauce.

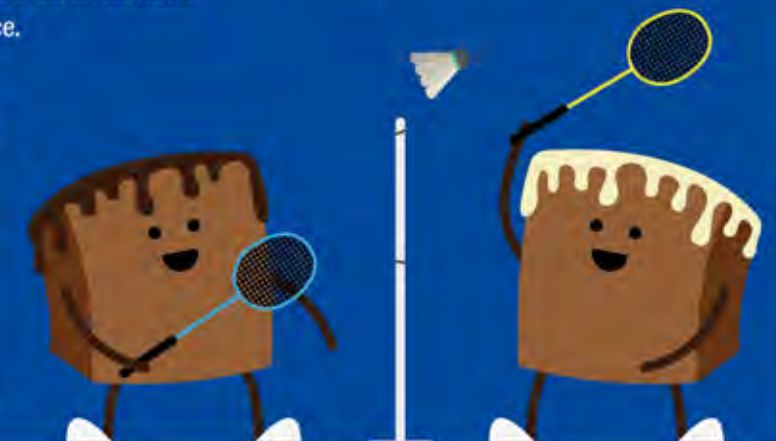
Frozen Fruit Lollipops

Frozen banana and strawberry on sticks, dipped in melted white chocolate and finished with sprinkles.

KELLY'S ICE CREAM One Scoop

Made with Cornish clotted cream, you can enjoy Kelly's delicious ice cream by the scoop.

• Chocolate • Strawberry • Vanilla • Bubblegum



3: SOFT DRINKS

Pepsi Max, Tango and R Whites Lemonade

Fresh Cold Milk

Bottled Still Water

Apple or Orange Juice

Robinsons Apple and Blackcurrant Cordial

Robinsons Fruit Shoot

Apple and blackcurrant or orange.

Robinsons Fruit Shoot Juiced

Apple and pear, orange and pineapple or strawberry and raspberry.

Robinsons Hydro

Apple and raspberry, blackcurrant or orange and pineapple.



GLUTEN FREE



BREAKFAST Served daily until noon

Choose your favourites from the items below

- Bacon
- Free Range Egg (fried or scrambled)
- Tomato
- Baked Beans
- Mushroom
- Gluten-Free Toast

Three items £4.99 Four items £5.69 Five items £5.99

Add any children's soft drink for £1.69 with every children's breakfast.
(excludes J20 and Frozen Ice Drink)

GLUTEN FREE

MEAL DEAL

Choose any main meal, children's dessert and children's drink. (excludes J20 and Frozen Ice Drink)

ONLY
£6.99

1: MAINS

Chargrilled Half Breast of Chicken Burger

Chargrilled half breast of chicken with Sports Café burger sauce, lettuce and tomato on a gluten-free bun and served with crispy chips and Heinz baked beans.

Battered Fish and Chips

Haddock or Cod (depending on what the fishermen have caught – ask your server for today's fish) in gluten-free batter, served with hot, fluffy chips, garden peas and fresh lemon.

LITTLE BITES Perfect for toddlers

All toast can be made with your choice of white or brown gluten-free bread. £3.99

- Heinz Baked Beans on Toast
- Cheese on Toast with Crisps

BUILD YOUR OWN SANDWICH

We'll make it just the way you like it. All sandwiches are served with crisps.

ONLY
£3.99

Step One Choose from brown or white gluten-free bread

Step Two Choose your filling: • Ham • Tuna Mayonnaise • Banana • Cheese

Step Three Choose from: • Sandwich • Toastie Add chips 99p



2: DESSERTS

Fresh Fruit

Apple, orange or banana.

Jelly and Ice Cream

Wibbly wobbly jelly on a plate with vanilla ice cream.

Daim Bar Cake

Deliciously smothered with milk chocolate and served with whipped cream.

Sorbet

We stock a range of sorbets, please ask your server for today's selection.

3: SOFT DRINKS

Pepsi Max, Tango and R-Whites Lemonade

Robinsons Apple and Blackcurrant Cordial

Fresh Cold Milk Apple or Orange Juice

Bottled Still Water

Robinsons Hydro

Apple and raspberry, blackcurrant or orange and pineapple.

Robinsons Fruit Shoot

Apple and blackcurrant or orange.

Robinsons Fruit Shoot Juiced

Apple and pear, orange and pineapple or strawberry and raspberry.



GLUTEN FREE

DESSERTS

Fresh Fruit 89p

Apple, orange or banana.

Jelly and Ice Cream £2.99

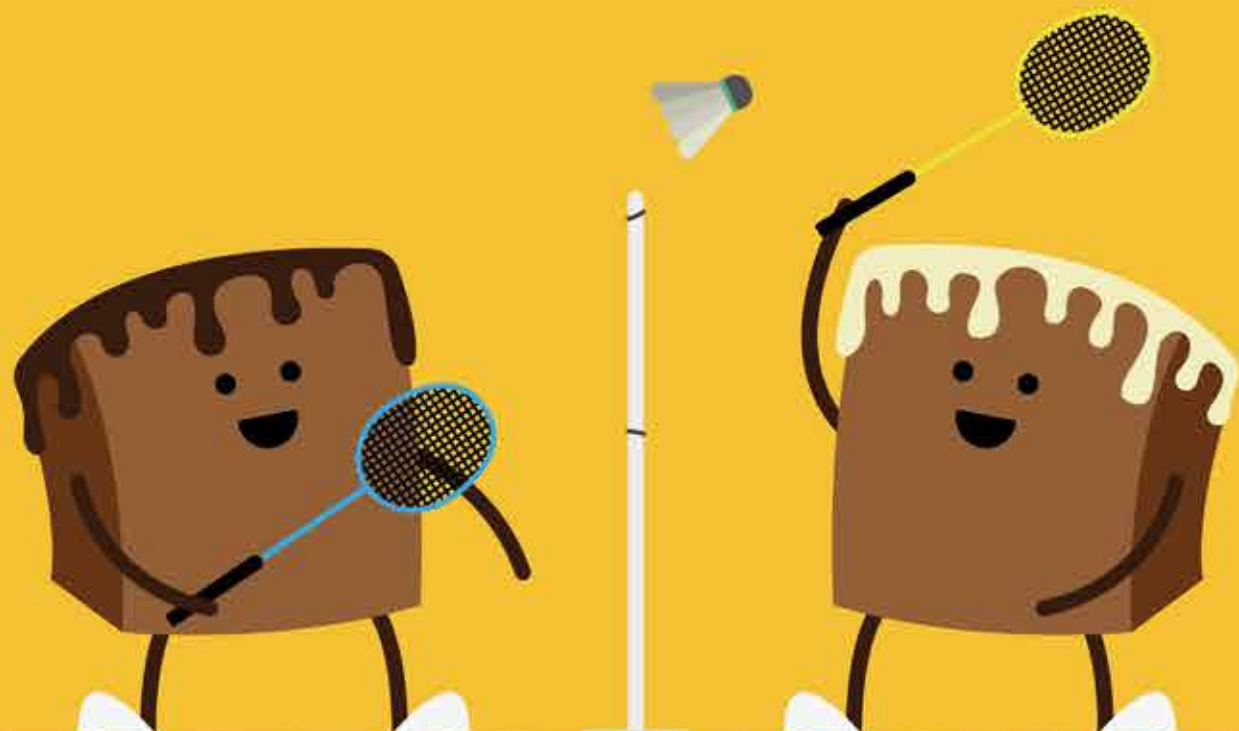
Wibbly wobbly jelly on a plate with vanilla ice cream.

Daim Bar Cake £3.29

Deliciously smothered with milk chocolate and served with whipped cream.

Sorbet £2.99

We stock a range of sorbets, please ask your server for today's selection.



GLUTEN FREE

SOFT DRINKS

Pepsi Max, Tango and R Whites Lemonade £1.79

Fresh Cold Milk £1.79

Bottled Still Water £1.79

Apple or Orange Juice £1.79

Robinsons Apple and Blackcurrant Cordial £1.79

J2O £3.39

Ask your server for flavours available.

Robinsons Fruit Shoot £1.99

Apple and blackcurrant or orange.

Robinsons Fruit Shoot Juiced £1.99

Apple and pear, orange and pineapple or strawberry and raspberry.

Robinsons Hydro £1.99

Apple and raspberry, blackcurrant or orange and pineapple.

Frozen Ice Drink* £2.99

Ask your server for flavours available.

*Not available at Whinell Forest





Allergies We use allergens in our kitchen as part of the preparation of food. We also cook different foods in the same equipment. Please advise us of any allergies on every visit to our restaurants as our recipes are subject to change and we occasionally substitute products. Full allergen information from items on our menu is available upon request. Should you require more detailed information related to any 'may contains' or the cooking process, please discuss with your Server.

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* Approximate uncooked weight /  No meat or fish

UK - April 2019

SPORTS

CAFE

VEGAN AND GLUTEN FREE MENU

GLUTEN FREE

All the dishes in this section do not use gluten containing ingredients

BREAKFAST

Available daily until noon

Toast and Jam ▼ 2.99

Toasted white or brown gluten-free bread, served with butter and jam or marmalade.

Fruit Platter ▼ 3.99

Selection of freshly prepared fruit.

Grilled Bacon Sandwich 4.99

Served on your choice of white or brown gluten-free bread.

Sports Café Full English Breakfast 10.29

Grilled back bacon, grilled tomato, mushroom, baked beans, fried or scrambled free range egg and your choice of white or brown gluten-free toast.

Sports Café Champion's Breakfast 13.29

Two slices of grilled back bacon, two free range eggs (fried or scrambled), grilled tomato, mushroom, baked beans, your choice of white or brown gluten-free toast, and a glass of orange juice.

Add tea, coffee or orange juice to your breakfast for 2.29

(excludes liqueur coffee)

SOUPS AND SANDWICHES

Our sandwiches are made fresh to order on your choice of white or brown gluten-free bread and served with crisps and coleslaw.

Broccoli and Cheddar Soup 4.99

Creamy broccoli and punchy cheddar, served with your choice of white or brown gluten-free bread.

Tuna and Cucumber Sandwich 6.99

BRUNCH

Available daily until 4pm

Scrambled Free Range Eggs on Toast ▼ 4.99

Fluffy scrambled free range eggs served on your choice of white or brown gluten-free toast.

With hot flaked smoked salmon 7.99

Avocado and Tomato on Toast ▼ 6.99

Sliced avocado and grilled tomato on your choice of white or brown gluten-free toast, with a spiced tomato and pepper relish, sprinkled with toasted pumpkin seeds.

Bacon, Avocado, Tomato and

Fried Free Range Egg on Toast 7.99

Sliced avocado, grilled back bacon and tomato on your choice of white or brown gluten-free toast, topped with a fried free range egg.

Smoothies 3.99

Try one of our great freshly-made smoothies blended just for you with coconut water, fresh yoghurt and banana.

- Strawberry and Banana
- Fruits of the Forest
- Green Kick (Kale, Cucumber, Spinach and Apple)

Baked Ham Salad Sandwich 6.99

Cheese and Tomato Sandwich 6.99

Soup and Sandwich 10.29

Soup and Half Sandwich 8.29

MAINS

10oz* (284g) Steak and Chips 19.39

35-day aged British rump steak, grilled to your liking. Served with crispy chips, oven roasted tomatoes, mushroom, grilled red onion and watercress.

Add sauce 1.99

- Creamy Stilton
- Peppercorn
- Tarragon And Mushroom

Beer Battered Fish and Chips 12.49

Haddock or cod (depending on what the fishermen have caught - ask your server for today's fish) battered in our incredible gluten-free beer batter (seriously, not to be missed!) served with hot, fluffy chips, garden peas and fresh lemon.

Oven-Baked Salmon 14.99

Grilled salmon with grilled Mediterranean vegetables, glazed roast potatoes and a warm tomato dressing.

Rotisserie Chicken 14.29

Half chicken fresh from our rotisserie with caramelised potatoes roasted in chicken juices and a tossed mixed salad with a garlic and lemon dressing.

BURGERS

Sports Café Burger 9.99

Chargrilled burger served with lettuce, tomato, onion, gherkin and Sports burger sauce on a gluten-free bun with crispy chips and coleslaw.

Cheese Burger 11.29

Chargrilled burger topped with cheese served with lettuce, tomato, onion, gherkin and Sports burger sauce on a gluten-free bun with crispy chips and coleslaw.

Upgrade your beef burger to a chicken breast for only £1

Cheese and Bacon Burger 12.69

Chargrilled burger topped with cheese and grilled streaky bacon, served with lettuce, tomato, onion, gherkin and Sports burger sauce on a gluten-free bun with crispy chips and coleslaw.

Grand Slam Burger 15.99

Two chargrilled burgers topped with melted cheese, grilled streaky bacon and barbecue sauce, served with lettuce, tomato, onion, gherkin and Sports burger sauce on a gluten-free bun with crispy chips and coleslaw.

EXTRA TOPPINGS 1.59

- Streaky Bacon
- Cheese
- Fried Free Range Egg
- Sautéed Onions

SALADS

Proper Greek Salad 11.99

Made the traditional Greek way with tomatoes, cucumber, feta cheese, olives, red onion and caper berries with an olive oil and oregano dressing.

Roast Butternut Squash Salad 10.99

Roast butternut squash, red and green endive, oven-roasted tomatoes, olives, fresh coriander with a Middle Eastern mint dressing.

Grilled Halloumi and Mediterranean Vegetable Salad 11.99

Chargrilled peppers, courgettes, aubergine and rocket tossed in a balsamic dressing and finished with delicious grilled halloumi cheese.

DESSERTS

Daim Bar Cake 5.99

Layers of almond sponge, golden cream and crunchy almond caramel smothered in smooth milk chocolate, served with whipped cream.

Sorbet 2.99

We have a selection of delicious sorbets, please ask your server for today's flavours.

Add a portion of hot chips to your sandwich for only 1.99

* Approximate uncooked weight

VEGAN

As you'd expect, our vegan options are safe and suitable for vegetarians too

BREAKFAST

Available daily until noon

Baked Beans on Toast 3.99

Heinz baked beans served on your choice of brown or white toast.

Avocado and Tomato on Toast 6.99

Sliced avocado and grilled tomato on toast, with a spiced tomato and pepper relish and sprinkled with toasted pumpkin seeds.

Fruit Platter 3.99

Freshly prepared selection of fruit.

Cooked Breakfast 9.79

Grilled tomato and red pepper, two hash browns, Heinz baked beans and mushrooms, served with your choice of brown or white toast.

Add tea, coffee or orange juice to your breakfast for 2.29
(excludes liqueur coffee)

SANDWICHES

All our sandwiches are served on grilled thick-sliced white or brown bread and served with crisps.

Mediterranean Vegetable and Rocket Sandwich 8.29

Chargrilled Mediterranean vegetables with caramelised onion chutney and rocket, served with crisps.

Add a portion of hot chips to your sandwich for only 1.99

Spicy Avocado and Tomato Sandwich 9.29

Avocado and tomato with a spicy chutney and crisp lettuce, served with crisps.

Mushroom, Tomato and Falafel Sandwich with Houmous 9.29

Mushroom, crushed tomato salsa, falafel and houmous, served with crisps.

MAINS

Grilled Vegetable Salad 11.99

Colourful salad of grilled peppers, aubergine, courgette and red onions with rocket and watercress, tossed in a balsamic dressing and served with a grilled flatbread.

Pasta in Tomato Sauce 11.99

Penne pasta in a light tomato sauce, finished with toasted pumpkin seeds and dressed rocket, served with a grilled Lebanese flatbread or side salad.

Falafel and Avocado Flatbread 9.99

Lebanese flatbread topped with houmous, falafel, avocado, shredded carrots and tomato.

DESSERT

Sorbet 2.99

We have a selection of delicious sorbets, please ask your server for today's flavours.

Fruit Platter 3.99

A freshly prepared selection of fruit.

Allergies We use allergens in our kitchen as part of the preparation of food. We also cook different foods in the same equipment. Please advise us of any allergies on every visit to our restaurants as our recipes are subject to change and we occasionally substitute products. Full allergen information from items on our menu is available upon request. Should you require more detailed information related to any 'may contains' or the cooking process, please discuss with your Server.

Service Our aim is to provide first class service. In this restaurant gratuities are entirely at your discretion, all monies go direct to employees serving and preparing your food. Thank you. To the best of our knowledge, the foods on our menus do not contain genetically modified soya or maize. All menu items may contain ingredients not listed in the menu description. All menu items are subject to availability. Some meat/fish dishes may contain small bones.

All prices include VAT. Photographs are for illustrative purposes only. Ask your server about free baby food (subject to availability).

* Approximate uncooked weight / No meat or fish

April 2019