

HOT FOOD

HAMBURGER & CHIPS £6.95

CHICKEN BURGER & CHIPS £6.95

VEGGIE BURGER & CHIPS £6.95

CHICKEN CURRY & CHIPS £5.95

CHILLI CON CARNE & CHIPS £5.95

Add rice for **50p**

SOUP OF THE DAY

Served with bread **£3.50**

SALADS

CHICKEN CESAR SALAD

Chicken, tomato, lettuce, parmesan, croutons and Cesar dressing **£4.50**

GREEK SALAD

Lettuce, olives, oregano, lemon, feta, tomato and red onion with olive oil **£4.50**

TUNA NIÇOISE

Tuna, boiled egg, tomatoes, red onion, olives and new potatoes **£4.50**

HALLOUMI AND FALAFEL SALAD

Lettuce, halloumi, falafel, hummus, tomato and mixed peppers **£5.50**

SIDES

Chips **£2**

Sweet Potato Fries **£2.50**

Hash Browns **£2**

Onion Rings **£2**

TOASTED WRAPS

TURKEY AND AVOCADO WRAP

Sliced turkey, tomatoes and avocado in a toasted tortilla wrap **£4.95**

SIMPLY HEALTHY CHICKEN WRAP

Chicken breast with tomatoes, lettuce and peppers, wrapped in a toasted tortilla **£4.95**

GYM FIT MENU

ALL DAY BREAKFAST

Porridge **£2.50**

Add honey and banana **£1**

Peanut butter on Brown Toast **£1.60**

Add sliced banana or jam for **50p**

MEXICAN STYLE SCRAMBLED EGGS

Scrambled eggs mixed with onions, jalapeños, peppers and tomatoes **£4.95**

HEALTH BOOSTER BREAKFAST

Scrambled egg, avocado, grilled tomato, smoked salmon and brown toast **£7.50**

SCRAMBLED EGGS AND SMOKED SALMON £5.95

Add brown toast for **£1**

MEXICAN STYLE EGG WHITE OMELETTE

Egg white omelette with jalapeños and deli turkey served with avocado salsa and brown toast **£6.95**

GOAT'S CHEESE AND CHORIZO OMELETTE

Served with side salad and brown toast **£6.95**

HEALTHY BREAKFAST WRAP

Scrambled eggs, sliced turkey and avocado in a toasted tortilla wrap **£4.95**

OVEN BAKED SWEET POTATO

with your choice of:

Beans **£4.80**

Tuna Mayo or Tuna Mix **£5.20**

Cottage Cheese **£4.80**

Coleslaw **£4.80**

Prawn Cocktail **£6.00**

Homemade Chilli Con Carne **£6.50**

SIDES

Sweet Potato Fries **£2.50**

Coleslaw **£1.50**

Beans **£1**

Brown Toast **£1**

BREAKFAST & LUNCH MENU

Check our board for:
DAILY SPECIALS AND SOUPS

ALL DAY BREAKFAST



BREAKFAST SANDWICHES

Our Sandwiches come on a choice of toast, barm or bread.

Bacon **£2.95**
Sausage **£2.95**
Egg **£2.20**
Bacon and Sausage **£3.60**
Bacon and Egg **£3.30**
Sausage and Egg **£3.30**
Bacon, Sausage and Egg **£3.80**

FULL BREAKFAST BARM

Bacon, sausage, egg, mushroom, cheese and hash brown **£4.50**

FULL VEGGIE BARM

Veggie sausage, egg, cheese, mushroom and hash brown **£4.50**

BLT

Bacon, lettuce and tomato **£3.45**

TOASTIES

Cheese **£2.45**
Cheese and Tomato **£2.95**
Cheese and Ham **£3.40**
Cheese and Onion **£2.95**
Cheese and Bacon **£3.80**

BAGELS

Plain **£1.60**
Cream Cheese **£2.95**
Cream Cheese and Salmon **£4.95**
Bacon and Egg **£3.80**
Cheese and Ham **£3.80**
Cheese and Tomato **£3.80**

OMELETTES

Our 3 egg omelettes come with a side salad, choose from 2 of the following toppings and create your own:

Cheese, ham, bacon, mushroom, jalapeño, mixed pepper, onions, goat's cheese, chorizo, tomatoes, olives, chicken or sausage **£5.50**

SCRAMBLED/ POACHED EGG ON TOAST £3.30

SCRAMBLED/ POACHED EGG AND SALMON ON TOAST £5.95

EGGS BENEDICT £5.95

FULL ENGLISH BREAKFAST

Two Lincolnshire pork sausages, two slices of bacon, egg, hash brown, beans, grilled tomato, mushrooms and toast **£6.50**

FULL MONTY

Three Lincolnshire sausages, 3 slices of bacon, two eggs, two hash browns, beans, grilled tomato, mushrooms and toast **£7.50**

VEGETARIAN BREAKFAST

Two Vegetarian sausages, two eggs, onion rings, hash browns, mushrooms, grilled tomato, beans and toast **£6.50**

HEALTH BOOSTER

Scrambled eggs, avocado, grilled tomato, smoked salmon and granary toast **£7.50**

TOAST & PORRIDGE

Beans on Toast **£2.95**
Porridge **£2.50**
Add Honey and Banana for **£1**

Toast **£1.00**
Add Jam or Peanut Butter **60p**

2 Crumpets **£1.50**
Toasted Teacake **£1.10**

KIDS BREAKFAST

Sausage, bacon, egg, beans and toast **£4.50**
Add any other breakfast extra for **£1.00**

SPECIALITY PANINI

BBQ CHICKEN OR SAUSAGE

BBQ chicken or sausage with cheese and BBQ sauce **£5.95**

HALLOUMI PESTO

Halloumi cheese, pesto, mixed peppers and tomato **£5.95**

STEAK AND MUSHROOM

Steak, mushroom, cheese and onion **£7.50**

CAJUN CHICKEN

Cajun chicken and cheese **£5.95**

CHORIZO

Chorizo, jalapeño cheese and mixed peppers **£5.95**

OLD ENGLISH

Sausage, bacon, stuffing, onion and cheese **£6.50**

GIOVANNIS CLUB

Chicken, bacon, cheese and tomato **£6.50**

BIG BEEF

Roast beef, onion and mushroom **£5.95**

MEGA VEGGIE

Cheese, tomato, mushroom, onion and peppers **£5.80**

TURKEY AND BACON

Turkey, bacon, cheese and tomato **£6.50**

CHICKEN PESTO

Chicken, pesto, mozzarella and tomato **£5.95**

ITALIAN

Pepperoni, peppers and tomato **£5.95**

TUNA SPECIAL

Tuna mayo and cheese **£5.95**

TANDOORI CHICKEN

Tandoori chicken, cheese and tomato **£5.95**

MEXICAN

Spicy chilli chicken, cheese and jalapeño **£5.95**

GOAT'S CHEESE

Pesto, goat's cheese, sun-dried tomato **£5.95**

PERI CHICKEN

Peri chicken and cheese **£5.95**

JACKET POTATOES

Plain **£2.80**
Beans or Cheese **£3.80**
Beans and Cheese **£4.30**
Tuna or Tuna Mix **£4.20**
Cheese and Coleslaw **£4.30**
Tuna and Cheese **£4.50**
Prawn Cocktail **£5.00**
Chilli **£5.50**
Curry **£5.50**

Upgrade to sweet potato for **£1**
or add side salad or coleslaw for an extra **£1**

TOASTED WRAPS

PERI CHICKEN

Peri chicken with cheese and lettuce **£4.95**

CHICKEN BACON CESAR

Chicken, bacon, cesar cheese and lettuce **£4.95**

BBQ CHICKEN

BBQ chicken and cheese with lettuce **£4.95**

SPICY MEXICAN

Spicy chicken with jalapeño, avocado, cheese and lettuce **£5.50**

TANDOORI CHICKEN

Tandoori chicken with cheese or lettuce **£4.95**

TUNA SWEETCORN

Tuna mayo with sweetcorn **£4.95**

FALAFEL HUMMUS

Falafel, hummus and mixed peppers **£4.95**

CHICKEN AND CHORIZO

Chicken, chorizo, mixed peppers and cheese **£5.50**

FALAFEL HALLOUMI PESTO

Falafel, halloumi, pesto and mixed peppers **£5.50**

CAJUN CHICKEN

Cajun chicken, cheese and lettuce **£4.95**



FRESH DELI SANDWICHES

Choose your bread:

Barm **30p**, Wrap **30p**, Baguette **50p**, Ciabatta **£1**, Sliced Bread.

STANDARD TOPPING

Egg Mayo, Corned Beef, Sliced Egg, Cream Cheese, Cheddar Cheese, Cottage Cheese **£2.70**

DELI TOPPING

Roast Beef, Turkey, Chicken, Ham, Tuna, Tuna Mix, Goat's Cheese **£3.40**

SPECIALITY TOPPING

Turkey and Crispy Bacon, Chicken Tikka, Chicken Coronation, Chicken Bacon Cesar, Prawn Cocktail, Smoked Salmon (+**50p**), Grilled Salmon (+ **£1**)