

MENU



Breakfast *Served until 12 noon*

Club breakfast

£5.95

Need an energy boost? This is the breakfast for you. Two eggs, crispy grilled bacon, two Cumberland pork sausages, baked beans, a grilled tomato and sautéed button mushrooms. Served with a slice of wholemeal or white toast.

Without toast, recommended in our 'Lose & Shape Up' programme

Vegetarian breakfast

£4.50

One egg, two vegetarian sausages, baked beans, a grilled tomato and sautéed button mushrooms. Served with a slice of wholemeal or white toast.

Sirloin steak and eggs

£7.95

Protein rich, tender grilled, 21 day aged sirloin steak (8oz*) served with your choice of poached or fried eggs and a grilled tomato.

Three egg open omelette with two fillings of your choice

£4.95

A light and fluffy open omelette made fresh to order. Choose from: sautéed button mushrooms, tomatoes, crispy grilled bacon, cheese, broccoli, smoked salmon or Cumberland pork/vegetarian sausage. Served with a fresh garnish.

Smoked salmon and champ mash

£7.50

Grilled mustard marinated salmon, served with red onion, savoy cabbage and spring onion mashed potato, topped with a soft poached egg.

Something on toast

£3.35

Choose from baked beans, lightly scrambled or poached eggs. Served on wholemeal or white toast.

Bacon or sausage bap

£3.35

Choose from crispy grilled bacon or Cumberland pork/vegetarian sausages, served in a wholemeal or white cross hatch bap.

Bacon, egg and sausage bap

£3.95

Crispy grilled bacon with a Cumberland pork/vegetarian sausage and a fried egg, served in a wholemeal or white cross hatch bap.

Toast and preserves

£1.60

Choose from thick sliced wholemeal or white toast.

Porridge with the topping of your choice

A generous serving of this power breakfast, made with semi-skimmed milk and packed with slow release energy.

• Honey

£1.75

• Blackcurrant compote

£1.85

Enjoy a sprinkle of sunflower seeds with essential energy: protein, vitamins and Omega 3!

Swiss muesli

£2.95

A large serving of rolled oats, honey and dried fruits soaked in Greek style natural yoghurt and semi-skimmed milk, served with a rich blackcurrant compote.

Add almonds, recommended in our 'Lose & Shape Up' programme

Breakfast extras

Each £1.00

Cumberland pork sausage/vegetarian sausage, crispy grilled bacon, fried or poached egg, sautéed button mushrooms, grilled tomato, baked beans.

Hearty sandwiches

All of our sandwiches are served warm with a fresh garnish.

Club sandwich

£6.25

Succulent grilled chicken breast cooked to order, topped with crispy grilled bacon, served with fresh sliced tomato, cos lettuce and egg mayonnaise. Stacked in three slices of toasted wholemeal or white bread.

Grilled chicken and chorizo

£5.95

Delicious grilled chicken breast, sautéed chorizo and freshly diced tomato, served in toasted wholemeal or white bread.

Smoked salmon and marinated prawns

£5.95

A lighter choice – grilled mustard marinated salmon with coriander and lime marinated prawns, served in an open sandwich on a slice of toasted wholemeal or white bread with fresh lime.

From the grill

All of our burgers are served between a wholemeal or white cross hatch bap, with a side of fries and fresh garnish.

Loaded prime British beef burger (6oz*)

£7.55

With mature Cheddar cheese and bacon

Prime British beef burger (6oz*)

£6.55

Loaded chicken breast burger

£7.75

With mature Cheddar cheese and bacon

Chicken breast burger

£6.75

Classics

Cumberland pork sausages and champ mash

£7.50

Three Cumberland pork sausages served on red onion, savoy cabbage and spring onion mashed potato with rich red wine gravy.

Thai green chicken curry

£7.50

Served with steamed rice, fresh lime and coriander.

Butternut squash risotto

£7.50

Creamy Arborio risotto rice and roasted butternut squash topped with Grand Pedano Parmesan shavings and mixed micro herbs.

Sirloin steak and chips

£10.95

Tender, grilled, 21 day aged sirloin steak (8oz*) topped with a rich mushroom and red wine sauce, served with a side of fries and grilled tomato.

Why not enjoy fresh seasonal vegetables on the side?

Smoked salmon and champ mash

£7.50

Grilled mustard marinated salmon, served with red onion, savoy cabbage and spring onion mashed potato, topped with a soft poached egg.

Lose & Shape Up

Enjoy the right balance of all the essentials. Our Lose & Shape Up programme combines support, nutritional advice and exercise to give you a better shape in just 12 weeks. Ask in club for course details.

Mains

Three egg omelette with two fillings of your choice 🍳 £5.95

A light and fluffy omelette made fresh to order. Choose from: sautéed button mushrooms, tomatoes, crispy grilled bacon, cheese, broccoli, smoked salmon or Cumberland pork/vegetarian sausage. Served with a side salad and pomegranate dressing.

Grilled chicken and seasonal vegetables 🍗 £7.50

Succulent grilled chicken breast brushed with lime and coriander served on a bed of green beans, sugar snap peas, savoy cabbage and carrot ribbons.

Grilled salmon and seasonal vegetables 🐟 🍳 £7.50

Supreme of salmon grilled to perfection and served on a bed of green beans, sugar snap peas, savoy cabbage, carrot ribbons and samphire grass, with fresh lemon.

Salads

Made fresh to order with the warm topping of your choice. Enjoy the raw power of a nutrient rich salad.

Salmon achiote salad 🐟 🍳 £6.95

Supreme of salmon grilled and topped with mild achiote paprika seasoning. Served with minted pea and bean salad on mixed leaves with pomegranate dressing and fresh lime, served on the side.

Chicken and chorizo salad 🍗 £6.95

Pan roasted chicken breast slices and sautéed chorizo tossed with ripe red grapes and cherry tomatoes, served on fresh salad leaves with pomegranate dressing on the side.

Chicken Caesar salad £6.25

Tender grilled chicken breast served on fresh, crisp cos lettuce tossed in a classic Caesar dressing topped with croutons and Grand Pedano Parmesan shavings.

Without croutons, recommended in our 'Lose & Shape Up' programme 🍳

... Or without chicken £3.95

Oven baked potatoes

Served with the filling of your choice, and a fresh garnish:

- Plain with butter or low fat spread £2.75
- Simply mature Cheddar cheese £4.15
- Dolphin-friendly tuna mayonnaise 🐟 £4.25
- Baked beans and mature Cheddar cheese £4.25

Pasta & noodles

All of our pasta and noodle dishes are made fresh to order.

Pasta

Linguine pasta brushed with basil infused olive oil, tossed in roasted garlic and tomato sauce, finished with mixed micro herbs and shavings of Grand Pedano Parmesan.

With or without the topping of your choice:

- Simply pasta £5.75
- Grilled supreme of salmon 🐟 £7.50
- Grilled chicken breast £7.50

Italian pork sausage and leek ragú £7.50

A twist on a traditional bolognese. Pan roasted Italian pork sausage, leeks, tomatoes, garlic and basil served on a bed of linguine pasta.

Noodles

Wok-seared egg noodles tossed in a dark teriyaki sauce with green beans, sugar snap peas, carrot ribbons and topped with sesame seeds.

- Simply noodles £5.95
- Grilled chicken breast £7.75

Snacks & sharing

Bantry Bay mussels £6.95

Steamed in white wine with samphire grass and served with fresh lemon.

With a side salad, recommended in our 'Lose & Shape Up' programme 🍳

Nachos £3.45

Topped with melted mature Cheddar cheese, crème fraîche and guacamole.

Warmed tortilla and houmous £3.95

Crisp tortilla pieces served with houmous and minted pea and bean salad. Perfect for two with a glass of red!

Soup

All of our soups are served piping hot with Artisan Fusette bread:

- Thai chicken soup £3.50
A tasty balance of spice and sweet & sour flavours.
- Harira soup £3.50
Fragrant, spicy Moroccan lentil and tomato soup.
- Seasonal soup of the day £3.25

Sides *Treat yourself to something extra!*

- Garlic Artisan Fusette bread £1.95
- Garlic Artisan Fusette bread with melted mature Cheddar cheese £2.65
- Artisan Fusette bread and butter £1.50
- Seasonal vegetables £1.75
- Crisp salad £2.45
- Fries £1.75
- Curly fries £2.30

Desserts

Sticky toffee pudding

Delicious, sweet sticky toffee pudding served piping hot with vanilla flavoured ice cream or crème fraîche.

£2.95

Chocolate fudge cake

Indulgent chocolate fudge cake served warm with vanilla flavoured ice cream.

£2.95

Cheesecake

Baked New York cheesecake, made with crème fraîche and cream cheese, served with vanilla flavoured ice cream and a rich blackcurrant compote.

£2.95

Sunday roast

£7.95

Roasted by our team of chefs every Sunday from 12pm. Please ask a team member about our roast of the day.

Inspired by you . . .

We hope you enjoy our menu, it was inspired by your feedback.



We've developed memorable classics as well as a new range of dishes aligned to our Lose & Shape Up programme – so you know you are getting the perfect healthy balance.

Our passion to deliver great quality ingredients can be seen in all of our dishes including our rich blackcurrant compote made with British blackcurrants; 21 day aged sirloin steak; butternut squash risotto with Arborio rice and shavings of Italian Grand Pedano Parmesan.

Other delicious flavours include our linguine tossed in basil infused olive oil; grilled salmon topped with achiote paprika seasoning and fresh, mixed micro herbs.

Whatever you choose, we hope you enjoy your DL Cafébar experience.

KEY:

 **May contain bones**  **Lose & Shape Up** – A healthy balance: 40% carbs, 30% fat, 30% protein

All of our eggs are free-range, our baked beans are reduced salt and sugar and our sliced breads are reduced salt.

All nutritional information is based upon a typical serving. Customers concerned about the presence of nuts, seeds and other allergens in our food are welcome to ask a team member for assistance when choosing food from our menu. When preparing our food we never knowingly use genetically modified foods. Menu descriptions do not list every ingredient. For vegetarian options please ask your server.

*Approximate uncooked weight.

If one of our wines is not available, we reserve the right to offer a suitable alternative.

Wine

White Wine

75cl 250ml 175ml
Bottle Glass Glass

Raffine Airen Sauvignon Blanc

Country of origin: Spain

£10.50 £3.80 £2.85

Santa Serena Sauvignon Blanc

Country of origin: Chile

£11.75 £4.20 £3.15

Moondarra Chardonnay

Country of origin: Australia

£12.95 £4.60 £3.40

Trulli Pinot Grigio

Country of origin: Italy

£12.50 £4.40 £3.30

Cape Promise Chenin Blanc

Country of origin: South Africa

£12.95 £4.60 £3.40

Red Wine

Raffine Tempranillo

Country of origin: Spain

£10.50 £3.80 £2.85

Santa Serena Merlot

Country of origin: Chile

£11.75 £4.20 £3.15

Moondarra Shiraz

Country of origin: Australia

£12.95 £4.60 £3.40

Cape Promise Pinotage

Country of origin: South Africa

£12.95 £4.60 £3.40

Rosé Wine

Humboldt Coast Zinfandel Rosé

Country of origin: California, USA

£13.50 £4.90 £3.60

Pinot Grigio Blush Sartori

Country of origin: Italy

£14.50

Champagne/Sparkling

Cava Pere Ventura Brut Imperial

Country of origin: Spain

£17.95

Lanson Black Label

Country of origin: France

£34.00

Please visit our bar for our full range of beers, spirits and soft drinks.