

# MENU

# Inspired by you...

Our passion to deliver great quality means we are constantly improving our menu. Using only the finest ingredients, from 21 day aged Birchstead sirloin steak to free-range eggs, all of our dishes are made fresh to order. We hope you enjoy your DL Cafébar experience, it was inspired by your feedback.

## Breakfast

Served from opening until 12pm

### Club breakfast **£6.49**

Two eggs, grilled thick cut Danish 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 **£4.95**

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

### Three-egg omelette with three fillings of your choice ☺ **£5.50**

Choose from: sautéed button mushrooms, tomatoes, thick cut Danish bacon, cheese, broccoli, chicken or Cumberland pork/vegetarian sausage. Served folded with a fresh garnish.

### Something on toast **£3.50**

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

### Hot breakfast sandwiches

Wholemeal or white bread toasted and served with your choice of:

#### • Bacon or sausage **£3.80**

#### • Bacon, sausage and egg **£4.39**

### Toast and preserves **£1.70**

Choose from wholemeal or white toast.

### Porridge

Made with semi-skimmed milk and your choice of:

#### • Honey **£1.85**

#### • Raspberry and pomegranate compote **£1.95**

### Breakfast extras **Each £1.10**

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

## Soups

All of our soups are served piping hot with a mini loaf bread.

### • Harira soup **£3.95**

Fragrant, spicy Moroccan lentil and tomato soup.

### • 'Glorious Skinny' soup of the day **£3.79**

(Under 300 calories†)

Please ask your server about our flavour of the day.

## Hearty sandwiches

All of our sandwiches are served with a fresh garnish.

### Club sandwich **£6.75**

Succulent grilled chicken breast topped with thick cut Danish bacon, fresh sliced tomato, lettuce and egg mayonnaise. Stacked in three slices of toasted wholemeal or white bread.

### Chicken and chorizo **£6.25**

Grilled chicken breast, marinated in cider, honey and mustard dressing with sautéed chorizo and tomato pieces served in toasted wholemeal or white bread.

### Crayfish mayonnaise 🐟 **£6.59**

Crayfish tails bound with a zingy citrus mayonnaise, tossed with baby lettuce leaves and served in Lebanese flat bread with red pepper houmous.

Please ask your server about our sandwich of the day.

## Snacks & sharing

Perfect with a drink!

### Nachos **£3.49**

Tortilla chips topped with melted mature Cheddar cheese, smoked tomato & chilli salsa and guacamole.

### Light meze **£4.95**

Warmed Lebanese flat bread, minted Soya beans & garden peas and red pepper houmous. Served with Greek style salad.

## Oven baked potatoes

Potatoes baked in their jackets, cut into wedges and served with the filling of your choice and a fresh garnish.

### • Baked beans and mature Cheddar cheese **£4.50**

### • Mature Cheddar cheese or baked beans **£4.40**

### • Dolphin-friendly tuna mayonnaise 🐟 **£4.50**

Please ask your server about our baked potato of the day.

## From the grill

All of our burgers are served with thick cut fries, smoked tomato & chilli salsa, in a white or seeded sour dough bun.

Our beef burgers are made with Birchstead 21 day aged British beef.

### Loaded prime British beef burger (6oz\*) £7.95

With mature Cheddar cheese and thick cut Danish bacon.

### Prime British beef burger (6oz\*) £6.95

Our chicken breast burgers are marinated in cider, honey and mustard dressing.

### Loaded chicken breast burger £8.39

With mature Cheddar cheese and thick cut Danish bacon.

### Chicken breast burger £7.39

## Mains

### Kashmiri chicken curry £7.95

Served with steamed rice and naan bread.

### Chicken linguine £7.95

Grilled chicken breast served on a bed of linguine pasta in a garlic and tomato sauce, topped with snow pea sprouts and shavings of Grand Pedano cheese.

### Pesto and chargrilled vegetables £7.79

Chargrilled vegetables and wholemeal fusilli pasta tossed in green pesto, drizzled with balsamic & pomegranate dressing and shavings of Grand Pedano cheese.

### Chicken teriyaki noodles £7.95

Grilled chicken breast served on a bed of egg noodles tossed in a dark teriyaki sauce with green beans, sugar snap peas, carrot ribbons and topped with toasted sesame seeds.

## Sides

### Garlic mini loaf bread £2.10

...Or with melted mature Cheddar cheese £2.65

### Mini loaf bread and butter £1.60

### Seasonal vegetables £1.85

### Crisp salad £2.45

### Thick cut fries £1.95

### Curly fries £2.50

## 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 three fillings of your choice £6.75

(From 349 calories†)

Choose from: sautéed button mushrooms, tomatoes, thick cut Danish bacon, cheese, broccoli, chicken or Cumberland pork/vegetarian sausage. Served folded with a side salad.

### Thai style cod £7.95

(577 calories†)

Pieces of cod fillet poached in a Thai style broth with Soya beans, peas, baby corn, baby carrots and baby spinach.

### Grilled chicken and root vegetable casserole £7.95

(663 calories†)

Chicken breast marinated in cider, honey and mustard dressing served on a bed of pan-roasted root vegetables, Soya beans and peas in a red wine sauce.

## Salads

### Chicken Caesar salad £6.75

(263 calories†)

Grilled chicken breast served on fresh, crisp cos lettuce topped with croutons and shavings of Grand Pedano cheese. Served with a classic Caesar dressing on the side.

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

### ... Or without chicken £4.25

(165 calories†)

### Chicken and chorizo salad £7.25

(554 calories†)

Pan-roasted chorizo and chicken breast slices, tossed with ripe red grapes and chopped tomatoes, served on fresh baby leaves, with balsamic & pomegranate dressing, served on the side.

### Greek style salad £6.50

(390 calories†)

Feta cheese, sliced red onion, chopped tomato and cucumber, tossed with baby leaf lettuce and balsamic & pomegranate dressing, served on the side.

# Sunday roast

£8.50

Who can resist a traditional Sunday lunch? Roasted by our team of chefs every Sunday and served with oven roast potatoes, seasonal vegetables, Yorkshire puddings and traditional gravy.

*Please ask your server about our roast of the day.*

*Served every Sunday from 12pm.*

## Desserts

### Belgian waffle

£3.49

Belgian style waffle served with a raspberry and pomegranate compote, vanilla flavoured ice-cream and dark chocolate sauce.

### Blueberry and apple crumble

£3.49

Blueberry and apple crumble topped with pumpkin and sunflower seeds. Served with vanilla flavoured ice-cream or custard.


### Yoo Moo frozen yoghurt

£2.29

Fat-free frozen yoghurt, choose from passion fruit, mixed berry or Belgian chocolate.

#### KEY:

 **May contain bones**

 **Lose & Shape Up** – All of our dishes are designed to support the nutritional balance required on a daily basis – 40% carbs, 30% fat and 30% protein.

All of our eggs are free-range, our chicken is Red Tractor Farm Assured, 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.

†Approximate calorie count – excludes bread from soup options and omelette fillings. Average daily calorie intake to maintain a balanced diet for men is 2500 calories and for women is 2000 calories.