

BREAKFAST

MAIN MENU

KIDS MENU

DESSERT



DLICIOUS

FOOD AND DRINK

Our spring and summer menu provides a balanced choice of meals and snacks to complement a healthy lifestyle. You'll find all your DLicious classics along with 14 new dishes and our new smoothie and protein shake range. There's two new member inspired favourites to choose from. We also have a selection of meals that are under 600 calories and indulgent dishes for when you fancy a treat.

CHOOSE THE RIGHT DISH FOR YOU

V - Vegetarian

VEGAN - Suitable for vegans

600 - Dishes under 600 calories

If you have any questions about allergies, our full allergen menu is available at the bar.

There's a menu dedicated to dishes with no gluten-containing ingredients. This menu is available at the bar, just ask.

BREAKFAST

SERVED UNTIL NOON

TOPPED PORRIDGE V

With strawberries, walnuts and honey

566 cal **600**

TOAST WITH PRESERVES V

Wholemeal toast with a choice of honey, jam or marmalade

Average 458 cal **600**

GREEK YOGHURT V

With banana, pomegranate seeds, pistachios and honey

483 cal **600**

WARM PROTEIN PANCAKES V

With blueberries, banana and maple syrup

438 cal **600**

FRESH FRUIT SALAD

V VEGAN

With strawberries, blueberries, red apple, mixed grapes and pomegranate seeds

121 cal **600**

ALL ABOUT THE EGGS

All our eggs are free-range. Gluten-free bread is available, just ask.

EGGS WITH WHOLEMEAL TOAST **V**

Choose from:

Two poached eggs 527 cal (600)

Scrambled eggs 542 cal (600)

Two fried eggs 569 cal (600)

BENEDICT

Honey roast ham, two poached eggs and hollandaise sauce on a toasted wholemeal muffin 659 cal

FLORENTINE **V**

Wilted spinach, two poached eggs and hollandaise sauce on a toasted wholemeal muffin 623 cal

THREE EGG OMELETTE **V**

With two fillings and avocado salad 299 cal (600)

Choose from:

Tomato **V** 7 cal

Grated Cheddar cheese **V**

Mushrooms **V** 6 cal

Chicken breast 116 cal

Honey roast ham 53 cal

Spinach **V** 7 cal

Broccoli **V** 10 cal

Red onion **V** 9 cal

Red pepper **V** 7 cal

GRILLED FLAT MUSHROOM & BEEF TOMATO **V**

With wilted spinach and a poached egg on pumpkin and chia seed toast 405 cal (600)

CLASSICS

All our eggs are free-range. Gluten-free bread is available, just ask.

CLUB BREAKFAST

Two poached eggs, grilled unsmoked bacon, pork sausages, half a beef tomato, a flat mushroom and baked beans 802 cal

STEAK & EGGS

Aged 4oz. sirloin steak with two poached eggs, wilted spinach and half a beef tomato 330 cal (600)

VEGETARIAN

CLUB BREAKFAST **V**

Two poached eggs, baked vegetarian sausages, half a beef tomato, a flat mushroom, spinach and baked beans 396 cal (600)

SMOKED SALMON & SCRAMBLED EGGS

With wholemeal toast, avocado salad and fresh lemon 524 cal (600)

GLUTEN-FREE

CLUB BREAKFAST

Two poached eggs, grilled unsmoked bacon, half a beef tomato, a flat mushroom and baked beans 526 cal (600)

BACON ROLL

Grilled unsmoked bacon in a multiseed wholemeal roll 819 cal

Add toast and butter, wholemeal 187 cal or gluten-free 194 cal to any club breakfast for no extra charge, just ask.

MAIN MENU

SERVED FROM NOON

LIGHTER OPTIONS

SOUP OF THE DAY

With pumpkin and chia seed bread 449 cal (600)

All our soups are **V** and **VEGAN** (without the bread and butter), organic and have no added salt or sugar

SMASHED AVOCADO ON WHOLEMEAL TOAST **V**

With cherry tomatoes, chilli, lime and topped with two poached eggs
477 cal (600)

WARM SMOKED MACKEREL

With wilted kale, spinach and a poached egg
262 cal (600)

Member's Dish

By Charlotte Nicholl, Renfrew club

BRUNCH OF CHAMPIONS

Smashed avocado with cherry tomatoes, chilli, lime, chorizo, feta cheese, two poached eggs and omega seed mix on pumpkin and chia seed toast
749 cal

THREE EGG OMELETTE **V**

With two fillings and avocado salad
299 cal (600)

Choose from:

Tomato **V** 7 cal

Grated Cheddar cheese **V**

Mushrooms **V** 6 cal

Chicken breast 116 cal

Honey roast ham 53 cal

Spinach **V** 7 cal

Broccoli **V** 10 cal

Red onion **V** 9 cal

Red pepper **V** 7 cal

JACKET POTATO **V**

With butter and mixed leaf salad
544 cal (600)

ONE TOPPING

TWO TOPPINGS

Choose from:

Grated Cheddar cheese **V** 293 cal

Baked beans **V** 139 cal

Honey roast ham 114 cal

Tuna, red onion and mayo 148 cal

BREADS

SANDWICHES

On wholemeal bread with mixed leaf salad

Choose from:

Honey roast ham

438 cal (600)

Chicken breast

448 cal (600)

Grated Cheddar cheese **V**

644 cal

Tuna, red onion and mayo

501 cal (600)

Gluten-free bread is available,
just ask.

PITTA BREADS

With mixed leaf salad

Choose from:

Chicken breast,
grilled unsmoked
bacon and avocado
with garlic mayo 624 cal

Spinach, mixed peppers,
houmous and pine nuts

V VEGAN 371 cal (600)

Tuna, red onion, mixed
peppers and mayo

447 cal (600)

WHOLEMEAL FLATBREADS

With tomato and garlic sauce,
topped with Cheddar cheese

Choose from:

Spicy chicken breast
with green pesto
and red onion

566 cal (600)

Feta cheese with
spinach, mixed peppers,
crushed pistachios
and balsamic dressing **V**

521 cal (600)

Goats cheese

with red pepper
and spinach **V**

607 cal

PASTA

MEDITERRANEAN PENNE PASTA **V**

With tomato and garlic sauce,
mixed peppers, sun-dried
tomatoes, spinach, broccoli,
cashew nuts and shaved
Italian cheese

731 cal

Add chicken breast

232 cal

GRILLED CHICKEN BREAST & CHORIZO

With red pesto, penne pasta
and shaved Italian cheese

985 cal

WILD MUSHROOM RAVIOLI **V**

With tomato and garlic sauce,
wilted spinach and crumbled
feta cheese

485 cal (600)

SALADS

PROTEIN POWER-UP

Grilled chicken breast, avocado, a hard-boiled egg, cashew nuts, omega seeds, mixed leaf salad, pomegranate seeds and French dressing

509 cal **(600)**

SMOKED MACKEREL

With mixed leaf salad, omega seeds, a hard-boiled egg and lemon and yoghurt dressing

543 cal **(600)**

Member's Dish

By Richard Davies, Swansea club

STEAK & AVOCADO

Grilled sirloin steak with avocado, mixed leaf salad, feta cheese and balsamic dressing

432 cal **(600)**

CHICKEN CAESAR

Grilled chicken breast, mixed leaf salad, shaved Italian cheese, toasted croutons and Caesar dressing

569 cal **(600)**

FETA CHEESE V

With roasted vegetable and green lentil quinoa, sun-dried tomatoes, mixed leaf salad and crushed pistachios

824 cal

Add chicken breast

232 cal

HIGH PROTEIN TUNA

Tuna, avocado, spinach, green beans, pine nuts, a hard-boiled egg and French dressing

341 cal **(600)**

BURGERS

Served in a toasted, seeded wholemeal bun with rustic fries or jacket potato and mixed leaf salad. Swap rustic fries for sweet potato fries for 50p.

BEEF

With grilled unsmoked bacon, beef tomato, red onion and burger sauce

1356 cal

GRILLED CHICKEN BREAST

With grilled unsmoked bacon, beef tomato, red onion and garlic mayo

1206 cal

SPICY CHICKEN BREAST

With beef tomato, red onion and chipotle mayo

1059 cal

GOAT'S CHEESE V

With a flat mushroom, red onion and garlic mayo

1105 cal

If you prefer your burger without the bun we will swap it for roasted red pepper and a flat mushroom, just ask.

GRILLS & MAINS

Swap rustic fries for brown rice, jacket potato or extra salad, just ask.

**GRILLED CHICKEN BREAST
OR SALMON FILLET**

With sweet potato and carrot mash, wilted kale and spinach

Chicken 444 cal **600**

Salmon 390 cal **600**

STEAK & CHIPS

Aged 8oz. sirloin steak, rustic fries, half a beef tomato and mixed leaf salad

701 cal

Add red wine and shallot sauce

32 cal

**GRILLED CHICKEN
BREAST**

With carrots, green beans, broccoli, wilted spinach and roasted beetroot with red wine and shallot sauce

334 cal **600**

**BUTTERNUT SQUASH
CURRY** **V** **VEGAN**

With spinach, lentils and brown rice

506 cal **600**

**HICKORY GLAZED HALF
ROAST CHICKEN**

With rustic fries, wilted kale, spinach and garlic mayo

1375 cal

CHILLI CHICKEN

Grilled chicken breast with Singapore noodles, spinach, red pepper and shredded carrot

762 cal

HIGH PROTEIN PLATE

Aged 4oz. sirloin steak, grilled chicken breast, a flat mushroom, roasted red pepper, avocado salad and a hard-boiled egg

599 cal **600**

SIDES

RUSTIC FRIES

V **VEGAN** 366 cal

SWEET POTATO FRIES

V **VEGAN** 362 cal

**SWEET POTATO
& CARROT MASH**

V **VEGAN** 100 cal

**RED WINE &
SHALLOT SAUCE**

32 cal

MIXED LEAF SALAD

V **VEGAN** 27 cal

KHOBEZ FLATBREAD

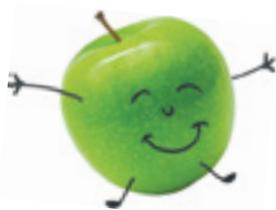
V **VEGAN** 157 cal

**ROASTED VEGETABLE
& GREEN LENTIL QUINOA**

V 452 cal

**BALSAMIC GLAZED
VEGETABLES** **V** **VEGAN**

102 cal



KIDS MENU

SERVED ALL DAY



BREAKFAST

POACHED EGG & WHOLEMEAL SOLDIERS V

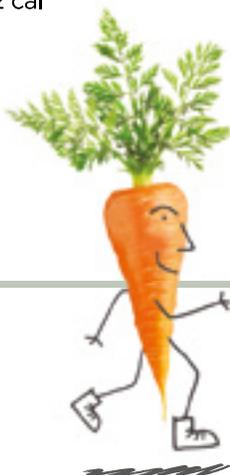
263 cal

SCRAMBLED EGGS ON WHOLEMEAL TOAST V

273 cal

BAKED BEANS ON WHOLEMEAL TOAST V

252 cal



TWO EGG OMELETTE WITH TWO FILLINGS V

186 cal

Choose from:

Tomato V 7 cal

Grated Cheddar cheese V 104 cal

Mushrooms V 6 cal

Chicken breast 58 cal

Honey roast ham 23 cal

Spinach V 5 cal

Broccoli V 8 cal

Red onion V 9 cal

Red pepper V 5 cal

MAINS

SERVED FROM NOON

CHOOSE YOUR MAIN

BEEF BURGER

407 cal

MACARONI CHEESE V

316 cal

CHICKEN GOUJONS

160 cal

FISH FINGERS

184 cal

PORK SAUSAGES

276 cal

VEGETARIAN SAUSAGES

V VEGAN 116 cal

THEN ADD ANY TWO SIDES

RUSTIC FRIES V VEGAN

183 cal

JACKET POTATO V

292 cal

BROWN RICE V VEGAN

133 cal

BAKED BEANS V VEGAN

70 cal

CRUDITÉS V VEGAN

23 cal

MIXED VEGETABLES V VEGAN

22 cal

MIXED LEAF SALAD V VEGAN

12 cal

PIZZA & PASTA

**CHEDDAR CHEESE
& TOMATO PIZZA V**

370 cal

**CHEDDAR CHEESE, HAM
& TOMATO PIZZA**

407 cal

SPAGHETTI BOLOGNESE

368 cal

PENNE PASTA V VEGANIn tomato sauce, with carrots
and broccoli on the side

377 cal

ALSO AVAILABLE

**SANDWICHES
ON WHOLEMEAL BREAD**

With crudités

Choose from:

Honey roast ham 254 cal

Chicken breast 267 cal

Grated Cheddar cheese **V** 388 calToasted Cheddar cheese **V** 334 calToasted Cheddar cheese
and ham 375 cal**JACKET POTATO V**

With crudités

305 cal

ONE TOPPING**TWO TOPPINGS****Choose from:**Grated Cheddar cheese
V 187 cal

Tuna mayo 81 cal

Baked beans **V** 70 cal

Honey roast ham 53 cal



DESSERTS

**WARM CHOCOLATE
BROWNIE WITH
VANILLA ICE CREAM V**

392 cal

FROZEN YOGHURT V**Choose from:**

Vanilla 91 cal

Strawberry 142 cal

Mango 142 cal

FRESH FRUIT SALAD**V** VEGAN

74 cal

**KIDS**
meal dealANY MAIN,
DESSERT
& DRINK*Drink includes 250ml water,
Rebel Mylk or Cawston Press Juice

DESSERTS

COCONUT ICE CREAM V

With chilli, fresh lime and chocolate sauce

353 cal (600)

FRESH FRUIT SALAD

V VEGAN

With strawberries, blueberries, red apple, mixed grapes and pomegranate seeds

121 cal (600)

ETON MESS V

With Greek and frozen yoghurt, strawberries, blueberries, meringue and crushed pistachios

272 cal (600)

FROZEN YOGHURT V

Choose from:

Vanilla 137 cal (600)

Strawberry 212 cal (600)

Mango 212 cal (600)

PROTEIN SHAKES

THE LEAN GREEN V

Spinach, kale, broccoli, mango, passion fruit, banana, spirulina, chlorella, whey protein and apple juice 187 cal (600)

FRUIT & NUT V

Strawberries, banana, peanut butter, whey protein and almond milk 269 cal (600)

TOP BANANA V

Banana, peanut butter, chocolate whey protein and almond milk

477 cal (600)

OATS SO GOOD V

Rolled oats, banana, raspberries, blueberries, flax seeds, whey protein and apple juice 555 cal (600)

SMOOTHIES

DETOX-ZING V VEGAN

Carrot, courgette, ginger, blueberries, banana and apple juice 168 cal (600)

COCO LOCO V VEGAN

Coconut, mango, pineapple, mint, lime and apple juice 186 cal (600)

DOCTOR BEET V VEGAN

Beetroot, mango, carrot and apple juice

161 cal (600)

We will donate 20p to the British Heart Foundation when you purchase this smoothie.

British Heart Foundation is a registered charity with registered charity numbers 225971 (England and Wales) and SC039426 Scotland).



24 CARROT GOLD V VEGAN

Carrot, turmeric, ginger, sweet potato, lemon zest, mandarin and apple juice

185 cal (600)

BREAKFAST

MAIN MENU

KIDS MENU

DESSERT

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.