



Martlesham Leisure

health & fitness club

Café Bar Menu

Nibbles and Light Bites

- Marinated Harlequin Olives £2.50
- Toasted Buttered Tea Cakes £1.50
- Cheese on Toast & Onion Marmalade £3.00
- Beans on Toast £3.00
- Chips £2.50
- Cheesy Chips £3.00
- Garlic Bread £2.50
- Cheesy Garlic Bread £2.50

Sandwiches

- Sausage Sandwich £3.50
- Bacon Sandwich £3.50
- Fish Finger Sandwich £3.50
- Tuna, Mayo & Cucumber £4.00
- Chicken Caesar £4.00
- Chicken & Coleslaw £4.00
- Cheese, Tomato & Pickle £4.00
- Ham & Wholegrain Mustard £4.00
- Prawn Marie Rose £4.00
- Toasted Bacon, Lettuce & Tomato £5.50
- Toasted Club Sandwich £6.00

Panini's

- Cheddar Cheese and Red Onion £6.00
- Ham and Cheddar Cheese £6.00
- Tomato, Mozzarella and Pesto £6.00

All Panini Served with Tortilla Chips and Salad

Salads and Healthy Options

- Chicken Caesar Salad with Bacon £8.50
- Greek Salad with Pitta Bread £7.50
- Tuna Mayonnaise Salad £7.50
- Prawn Marie Rose Salad £7.50
- Ham & Coleslaw Salad £7.50
- Chargrilled Halloumi and Roast Pepper Salad £8.50
- Cajun or Plain Chicken Salad £8.00
- Pesto pasta with Pine Nuts, Rocket and Parmesan £6.50
- add Chargrilled Chicken £2.00
- Olive, Tomato & Parmesan Salad £4.50

Club Favourites

- Ham, Egg & Chips £8.50
- Hunters Chicken, Wedges & Peas £8.50
- Scampi, Chips & Peas £8.00
- Chargrilled Cajun Chicken with Chips, and Coleslaw £8.50
- Chilli & Rice with Nachos £8.50
- Spaghetti Bolognese & Garlic Bread £8.50
- Vegetable Burger Topped with Mozzarella, Tomato Relish, Wedges and Salad £7.50
- Cheese & Bacon Burger (1/4lb) £7.50
- Cheese & Bacon Burger (1/2lb) £8.50

Wednesday Night 'Two for Twelve Quid'
On Wednesday evenings choose any two items from the 'Club Favourites' menu for £12

Jacket Potatoes

- Tuna & Mayonnaise £6.00
- Cheese & Beans or Bacon £6.00
- Prawn Marie Rose £6.00
- Chilli Con Carne £6.00
- Bolognese & Cheese £6.00

Children's Meals

- Chicken Nuggets & Chips £4.50
 - Cheeseburger & Chips £4.50
 - Scampi & Chips £4.50
 - Fish Fingers & Chips £4.50
 - Sausage & chips £4.50
- (Choose above meals with Beans, Peas or Salad)
- Ham, Egg & Chips £4.50
 - Spaghetti Bolognese £4.50

Half price children's meals on Saturday and Sunday lunchtime. This offer applies to children under 12 only