



MARTLESHAM LEISURE
FITNESS • HEALTH • WELLBEING

CAFE BAR MENU

OUR KITCHEN IS OPEN FROM 11-2 & 6-9 ON WEEKDAYS, AND 10-2 ON WEEKENDS

BRUNCH

Weekdays 11-12 | Weekends 10-12

Sausage sandwich	£3.50
Bacon sandwich (GF)	£3.50
Fried egg sandwich (GF)	£3.00
Beans on toast (GF)	£3.00
Toast and preserves (GF)	£2.00
Toasted buttered teacakes	£2.00
Porridge with honey	£2.00
Eggs on toast (GF) <i>(Fried, scrambled or poached)</i>	£3.00
Extras (Per portion) <i>(Bacon, Sausage, Egg, Beans, Toast)</i>	£0.70

CLUB FAVOURITES

Ham, egg and chips (GF)	£8.50
Scampi, chips and peas	£8.50
Chargrilled cajun chicken with chips and coleslaw (GF)	£9.00
Hunters chicken with wedges and peas (GF)	£9.00
Chilli and rice with nachos (GF)	£8.50
Spaghetti bolognese and garlic bread	£9.00
Vegetable burger topped with cheddar cheese and tomato relish with wedges and salad	£8.50
Cheese and bacon 1/2 lb burger with chips and salad	£9.50

On Wednesday evenings choose any two items from the club favourite menu for just £14

SANDWICHES

Tuna, mayo and cucumber	£4.00
Chicken Caesar	£4.00
Cheese, tomato and pickle	£4.00
Ham and tomato	£4.00
Prawn and Marie rose sauce	£4.00
Toasted club sandwich	£6.00

**All available as a Gluten Free option*

JACKET POTATOES

Tuna and mayonnaise	£6.50
Cheese and beans	£6.50
Beef chilli con carne	£6.50
Prawn and marie rose sauce	£6.50
Extra fillings	£1.00

**All available as a Gluten Free option*

CHILDREN'S MEALS

Chicken nuggets with chips	£5.00
Cheeseburger with chips	£5.00
Scampi with chips	£5.00
Sausage with chips	£5.00
Vegetable burger and chips	£5.00
<i>(Above meals come with beans, peas or salad)</i>	
Ham, egg and chips (GF)	£5.00
Spaghetti bolognese	£5.00

£3 special children's menu on Saturday and Sunday.

Only available for lunchtime.

Children must be under 12.

NIBBLES & SIDES

Marinated harlequin olives (GF)	£3.00
Toasted buttered teacakes	£2.00
Cheese on toast	£3.50
Beans on toast	£3.00
Chips (GF)	£2.50
Cheesy chips (GF)	£3.50
Garlic bread	£2.50
Cheesy garlic bread	£3.00

SALADS

Chicken Caesar with Bacon	£9.00
Greek with pitta bread (GF)	£7.50
Cajun or plain chicken (GF)	£8.50
Prawn and Marie rose sauce (GF)	£7.50
Pesto pasta with pine nuts, rocket and parmesan	£6.50
add Chargrilled Chicken	£2.00
Olive, tomato and parmesan (GF)	£6.00
Halloumi and roasted red peppers	£8.50

Gluten Free options available where marked (GF) Please inform us when placing your order of any dietary requirements