



FRESH AND FULL OF FLAVOUR!

We believe that the **freshness** and **flavour** of our nutritious food is **essential to wellbeing**. Our menu is carefully crafted to serve the health of our members, and the communities we live in.

So we **prepare our food to order** and can trace it back to the Red Tractor Approved farm it came from. And, if possible, it's local and British. We will only serve **free range** chicken and eggs, sustainably sourced fish, and work with ethical suppliers.

We have something for everyone, whether you are looking for healthy light-bites, a delicious meal to share with family and friends, or a refreshing post workout drink. We also offer a kids menu, making eating out as a family easy and fun!

Check out our **freshly stoned baked pizzas**, our wholesome baguettes and **sandwiches**, and the goodness of our British **burger range**, with **vegetarian** and **vegan** options also available.

Eat Well – Providing healthy options and the knowledge to be able to make healthy choices!

EAT WELL
with mytimeactive

CELEBRATE YOUR BIRTHDAY PARTY WITH US!

Please ask a member of the team for more details



OUR MAINS

Chicken Caesar or Tuna Niçoise • £9.95

chicken 314 kcal/tuna 238 kcal

Lean Beef Burger • £11.95

Served with fresh relish and side salad

Add cheese and/or bacon £1.00 each

CC 703 kcal, FF 541 kcal or SF 330 kcal

with cheese/bacon/cheese & bacon 911/741/949 kcal

Chargrilled Chicken Burger • £12.25

Served with light mayo and crunchy salad

CC 664 kcal, FF 584 kcal or SF 419 kcal

Halloumi Burger • £11.95

Served with light mayo and avocado

CC 735 kcal, FF 533 kcal or SF 362 kcal

Vegan Burger • £11.95

Served with tomato, onion and avocado

CC 678 kcal, FF 516 kcal or SF 305 kcal

**All served with a choice of chunky chips,
fries or sweet potato fries**

STONE BAKED PIZZAS

Margherita • £9.95 *757 kcal*

Original mozzarella cheese and tomato sauce

Pepperoni • £10.50 *862 kcal*

Extra pepperoni, mozzarella cheese and tomato sauce

Chicken • £10.50 *857 kcal*

Tomato sauce, mozzarella, chicken
roasted peppers and rosemary

Classic Hawaiian • £10.25 *836 kcal*

Tomato sauce, mozzarella, ham and pineapple

Vegetarian • £10.25 *829 kcal*

Onions, peppers, sweetcorn, mushrooms,
mozzarella cheese and tomato sauce

SHARING PLATTERS

Wings & Strips Platters • £16.50 *855 kcal*

Hot & spicy chicken wings, buffalo chicken wings,
BBQ chicken wings, southern fried chicken strips with
sweet chilli dip, BBQ dip and sour cream

The Vegetarian Platter • £14.25 *986 kcal*

Potato wedges, onion rings, garlic mushrooms,
sliced garlic bread, with nachos, salsa and sour cream

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PLEASE SCAN THE QR CODE OR ASK A MEMBER
OF THE TEAM FOR ALLERGEN ADVICE.

LIGHT BITES

Classic Sandwich or Baguette

All served with a side salad and choice
of wholemeal or white bread

Sausage or Bacon • £5.25

Smoked bacon or grilled sausages

Bacon - 395 kcal (brown)/453 kcal (white)

Sausages - 784 kcal (brown)/842kcal (white)

Tuna • £5.95

Tuna with light mayo

426 kcal (brown)/484 kcal (white)

Chicken • £5.95

Fresh Avocado and pesto sauce

578 kcal (brown)/636 kcal (white)

Prawns • £6.95

Prawns with Marie Rose sauce

399 kcal (brown)/457 kcal (white)

Classic Cheese & Ham • £4.75

Honey baked ham and mature cheddar slice

519 kcal (brown)/550 kcal (white)

Club Sandwich • £8.75

with chicken, bacon, tomatoes, salad and egg mayonnaise

414 kcal (brown)/418 kcal (white)

Fish Goujons • £5.95

Served with light mayo and salad

616 kcal (brown)/673 kcal (white)

Oven Baked Jacket Potatoes • £4.50 *131 kcal*

Choose one filling, extra items £1.00 each

Cheese 267 kcal, Beans 218 kcal, Tuna 237 kcal,

Prawns 210 kcal, Coleslaw 376 kcal or Bacon 206 kcal

SIDES

Chunky Chips • £3.25 *538 kcal*

Fries • £3.25 *375 kcal*

Sweet Potato Fries • £3.25 *164 kcal*

Chunky Chips with Cheese & Bacon • £6.50 *783 kcal*

Loaded Nachos • £7.50 *417 kcal*

Melted cheese, salsa and topped with jalapenos

KIDS MEALS

Chicken or Cod Goujons • £4.95

Served with chunky chips, fries or sweet potato fries

Chicken - chunky chips 397 kcal/fries 340 kcal or sweet potatoes fries 279 kcal

Cod - chunky chips 529 kcal/fries 472 kcal or sweet potatoes fries 346 kcal

Pasta Bows in Tomato Sauce • £4.75 *724 kcal*

Served with garlic bread

Mac N Cheese • £4.75 *767 kcal*

Macaroni pasta in a creamy cheese sauce

Beef Burger • £4.95

Served with chunky chips, fries or sweet potato fries

chunky chips 505 kcal/fries 321 kcal or sweet potatoes fries 195 kcal

Vegan Burger • £4.95

Served with chunky chips, fries or sweet potato fries

chunky chips 385 kcal/fries 329 kcal or sweet potatoes fries 203 kcal