










HOMEMADE SMOOTHIES (400ml)

Breakfast Banana and Oatmeal  (387 cal).....	20
Oats, banana, peanut butter, chia seeds, honey and almond milk	
Blueberry Detox  (186 cal)	26
Blueberries, banana and cranberry juice	
Green Detox  (131 cal).....	20
Baby spinach, celery, cucumber, ginger, coconut water and pineapple juice	
Supercharge Kale  (363 cal)	26
Coconut water, kale, spinach, avocado, dates and matcha powder	
Strawberry Fields  (197 cal).....	20
Strawberries, pineapple juice and mango juice	
Pink Power Detox  (167 cal).....	22
Coconut water, beetroot, avocado, strawberries, red apple and lemon juice	
Very Berry  (207 cal).....	26
Mixed berries, banana, apple juice and Greek yoghurt	
Grapefruit Sunrise  (304 cal).....	20
Strawberries, grapefruit juice, mango juice, banana, Greek yoghurt and honey	





MORE SMOOTHIES (330ml)

Almond milk Soya milk Coconut milk Oat milk.....	Additional 3
Raspberry Thrill (184 cal).....	17
Raspberry, banana, blueberry and apple juice	
 Black Detox (184 cal).....	17
Blueberry, blackberry, black currant, cherry, activated charcoal and apple juice	
Strawberry Tropicana (154 cal).....	17
Strawberry, mango, honeydew melon and apple juice	
Passion Shoot (164 cal).....	17
Mango, pineapple, passion fruit and apple juice	
Acai Dream (174 cal)	17
Banana, mango, acai, blueberry and apple juice	
 Beet The Heat (164 cal).....	17
Beetroot, ginger, pineapple, blueberry and apple juice	

 Alcohol |
  Pork |
  Vegetarian |
  Dairy |
  Fish
 Shellfish |
  Soya |
  Eggs |
  Tree Nuts |
  Peanuts
 Vegan |
  Spicy |
  Gluten Free

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WHEY PROTEIN SHAKES












Almond milk Soya milk Coconut milk Oat milk..... Additional	3
Peanut Butter   (672 cal) (Vegan option available).....	26
Whey protein powder, almonds, peanut butter, banana and skimmed milk	
Double Berry and Banana  (251 cal).....	26
Whey protein powder, strawberries, blueberries, banana and skimmed milk	
Banana Coffee Blend  (305 cal).....	26
Whey protein powder, banana, oats, espresso, pine seeds and almond milk	

FRESH FRUIT JUICES

Apple (324 cal).....	13
Orange (202 cal).....	13
Watermelon (150 cal).....	13
Carrot (200 cal).....	13
ABG Detox (187 cal).....	13
Green apple, beetroot and ginger	
Energiser (178 cal).....	13
Red apple, carrot and orange	
Lemon Ginger Zinger (182 cal).....	13
Green apple, carrot, ginger and lemon	
Green Juice (147 cal).....	13
Green apple, cucumber, lime, ginger and celery	
Pineapple Sunrise (228 cal).....	13
Pineapple, carrot, red/green apple and lime	








































FRESH FRUIT










Whole Banana	3
Whole Apple	4
Whole Orange	3
Half Avocado	9

 Alcohol |
  Pork |
  Vegetarian |
  Dairy |
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 Shellfish |
  Soya |
  Eggs |
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BREAKFAST

Cut Fresh Fruits  (137 cal).....	16
Trio of melon, duet of grapes, duet of apple, strawberry, kiwi, orange and pineapple	
Egg Shakshuka   (724 cal).....	22
Oven baked egg, capsicum, onion, Middle Eastern tomato sauce, served with flat bread	
Breakfast Burritos     (913 cal).....	24
Avocado, cream cheese, spinach and scrambled eggs wrapped in tortilla bread, served with crudities and jalapeños	
Banana Split Breakfast Bar     (459 cal).....	25
Whole banana, blueberries, blackberries, raspberries, strawberries, granola, Greek yoghurt, almonds and sliced coconut	
The Club's Muesli     (604 cal).....	18
Mixed oats with fruits, nuts, yoghurt and honey	
Flaxseed Pancakes  (458 cal).....	22
Vegan yoghurt, blueberries and maple syrup	
Toasted Rye Slice    (874 cal).....	20
Topped with grilled halloumi cheese, sliced tomato and pesto	
Crushed Avocado on Sour Dough Toast  (533 cal)...	19
With smoked salmon  (627 cal).....	31
With poached eggs   (651 cal).....	25
With grilled tomato  (555 cal).....	21
Three-Egg Omelette (<i>with or without yolk</i>) (359 cal)	
Choice of two fillings   (395 cal).....	24
Choice of three fillings   (471 cal).....	30
Choice of four fillings   (493 cal).....	35
Tomato(150.56 cal), mushroom(236.47 cal), cheddar cheese  (163.2 cal), spinach(156.1 cal), turkey ham(74.4 cal), veal bacon(141.9 cal), onion (151.56 cal), tuna flakes  , green chilli, bell peppers (7.3 cal)	
Additional fillings.....	3
Scrambled Eggs    (611 cal).....	23
With grilled mushrooms and herbed tomatoes	
NEW	
Sooji Uppuma & Spinach Omelet   (533 cal).....	37
Fresh avocado, cherry tomato, asparagus and mushroom	
Poached Eggs on Toast   (501 cal).....	29
With baked beans, hash browns, grilled tomatoes, mushrooms and wilted spinach	

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 Shellfish |
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NEW

Grilled Banana Vegan Rye Bread  (831 cal) 40

Orange & Cinnamon marinated whole yellow banana with avocado, vegan sausage & smashed Sweet potatoes

Traditional Eggs Benedict   (659 cal) 25

Two poached eggs served on a whole wheat English muffin with grilled turkey ham, spinach, tomato and hollandaise sauce

Smoked Salmon Eggs Benedict    (702 cal) 32

Two poached eggs served on a whole wheat English muffin with smoked salmon, spinach, tomato and hollandaise sauce

Vegan Traditional Breakfast  (684 cal) 32

Vegan sausage, hash browns, baked beans, sautéed spinach, mushroom, grilled tomato and vegan toast

BREAKFAST GRANOLA SMOOTHIE JARS

Blueberry Granola Jar    (511 cal) 26

Blueberries, banana, cranberry juice, Greek yoghurt and granola

Strawberry and Banana    (515 cal) 26

Strawberries, banana, almond milk, Greek yoghurt and granola

Açaí Smoothie Jar    (223 cal) 26

Açaí berry, banana, strawberries, blueberries, almond milk and granola

SOUPS













served with gluten free or rye bread

Thick Lentil   (494 cal) 19

NEW

Broth of Chicken Soup with Shemji Mushroom  (505 cal) 20

Clear chicken broth with carrot, onion, fennel, garlic and green beans

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 Shellfish |  Soya |  Eggs |  Tree Nuts |  Peanuts
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SALADS

served with a wholemeal or gluten free bread

NEW

Asparagus Greek Salad in

Tamarind Dressing  (639 cal).....34

Cherry tomato, onion, cucumber, trio of peppers,
kalamata olives, radish, vegan feta and green apple



NEW





Smoked Salmon Niçoise Salad   (670 cal).....38

French classic salad of onion, potato, boiled egg, kalamata olives,
green beans, anchovy, candy tomato, French dressing

Caesar Salad    (1115 cal).....34

Cos lettuce hearts, croutons, grilled bacon, parmesan cheese,
garnished with anchovy fillets tossed in garlic and anchovy aioli

With Chicken    (1460 cal).....42

With Prawns     (1344 cal).....52

Pumpkin, Feta, Baby Spinach,

Avocado and White Bean Salad    (748 cal).....38

With Chicken   (1003 cal).....46

Cumin Roasted Prawn and

Brown Bulgur Salad    (937 cal).....36

Courgette, bulgur, roasted cashews, rocket leaves and
pomegranate

Mixed Green Leaf








with Bocconcini     (870 cal).....36

Roast pumpkin, baby spinach, arugula, candy tomato, mini
mozzarella, pine nuts and drizzle with balsamic glaze

Rainbow Salad with Sesame and

Grilled Salmon   (1400 cal).....44

Julienne carrot, onion, peppers, duet of cabbage, candy tomato,
sesame seed and lemon olive oil dressing

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SANDWICHES

Choose your type of bread from panini, wholemeal ciabatta, sesame bagel or gluten free bread and ask for it toasted if preferred. All served with olives and crudités.

Roast Beef  (795 cal) 36

Roast beef, lettuce, cheddar cheese, dill pickles and hot mustard

Tuna and Cucumber   (578 cal) 27

With low fat mayonnaise

NEW

Grilled Halloumi & Vegetables in

Nina's Pita Pocket (979 cal) 32

Arugula, grilled peppers, sun dried tomato, artichoke, sautéed onion & chimichurri

Hawaiian Chicken  (1464 cal) 27

Honey baked chicken breast, veal bacon, pineapple, iceberg lettuce and cheddar cheese

WRAPS

served with olives and vegetable crudités

Thai Coconut Chicken Wrap  (1093 cal) 28

Coconut curried chicken, lettuce and carrot


Edamame Falafel Wrap  (935 cal) 27

Gherkins, tahini, lettuce, onion, tomato and vegan garlic mayo dip

GLUTEN FREE

Boot Camp Breakfast    (875 cal) 33

Two poached eggs with gluten free bread and three choices from the following:



Grilled mushroom(236.47 cal), sautéed spinach(156.1 cal), halloumi cheese  (163.2 cal), grilled tomatoes(150.56 cal)

NEW









Deluxe Morning Delight  (1104 cal) 35

Coconut and tamarind muesli with mango, pomegranate chia seeds, lentil and chickpea cake, sautéed spinach, avocado toast

Grilled Salmon and Vegetable

Poke Bowl   (969 cal) 54

Avocado, candy tomato, white beans, boiled egg, mango, mixed lettuce and cucumber in cilantro vinaigrette dressing



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MAIN MEALS

Middle Eastern Marinated

Salmon Skewers   (1598 cal) 48

With shirazi salad, cucumber cilantro yoghurt and grilled flatbread

Coriander and Garlic Chili Rubbed

Angus Steak   (1177 cal) 64

Pumpkin purée, grilled mushroom, tomato, broccoli and chimichurri

NEW



Red Curried & Sesame Cauliflower   (422 cal) 32

Sautéed black garlic, spinach, curly kale, sticky black and white rice, baby carrots with orange rhubarb compote

Grilled Hammour Steak  (503 cal) 55

Garlic couscous, grilled vegetables, and peri peri sauce

Sun-dried Tomato and Feta Stuffed


Breast of Chicken   (1200 cal) 46

Served with garlic ratte potato, broccolini and creamy garlic sauce

COOKIES

Chocolate Chip  4

Double Chocolate  4

Raisin & Oatmeal  4

White Chocolate & Macadamia   4







MUFFINS

Breakfast Cinnamon Carrot &

Walnut Muffin   8

Blueberry Muffin  8

Rich Chocolate Muffin   8

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LOOSE LEAF TEA

English Breakfast Tea.....	14
Earl Grey Tea.....	14
Sencha Green Extra Special.....	14
Pure Peppermint Leaves.....	14
Natural Rosehip with Hibiscus.....	14
Chamomile Tea.....	14

SELECTION OF COFFEE

Fresh milk *Almond milk *Soya milk *Coconut milk	
*Oat milk	Additional 3
Cappuccino.....	13 / 19
Latte.....	13 / 19
Flat White.....	13 / 19
American Coffee.....	9 / 16
Espresso.....	10 / 17
Hot Chocolate.....	8 / 14
Coffee Mocha.....	14 / 20
Iced Coffee.....	14

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