

WEEKLY SPECIALS

SOUP OF THE DAY	4.50
MEAT	9.95
Roast belly of pork, honey & thyme potatoes, spiced plum chutney	
FISH	8.95
Classic tuna niçoise salad	
VEGGIE	6.95
Sautéed garlic mushrooms, toasted foccacia, rocket & parmesan salad	
SNACK	7.50
Southern fried chicken wrap, cajun mayonnaise french fries	

CHEF'S CHOICE

Nanchos, sour cream, salsa and double cheese	6.50
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SIDE ORDERS

Mixed salad	2.50
Heritage tomato and buffalo mozzarella salad	3.30
Rocket and shaved parmesan salad	3.30
Baked beans	1.30
Chips	2.50
Steamed mixed vegetables	2.05
Onion rings	2.50
Bread roll	0.80
Avocado	2.00
Cheddar cheese	1.25
Tomato or cucumber	1.05
Tyrrell's vegetable crisps	1.75

LIGHT BITES

Calamari with ramera peppers, tomatoes and basil aioli	6.90
<i>Floured squid deep-fried and tossed with lemon juice, basil, romero peppers served with a basil aioli</i>	
Calamari to share	11.20
Wentworth burger *	9.95
<i>An 8oz burger served with lettuce, tomato and pickle topped with cheese and bacon served with chips</i>	
Grilled sirloin steak with café de paris butter	8.95
<i>4 oz steak served with rocket salad and sauté potatoes</i>	
Grilled mackerel, new potatoes and spring onion salad	7.40
<i>served with rosemary and lemon dressing</i>	
Cajun chicken, avocado and tomato	8.50
<i>Grilled chicken breast marinated in cumin, chilli, oregano, paprika, garlic and oil served with slices of tomato and avocado topped with mixed leaves and house dressing</i>	
Kiln-smoked salmon caesar salad	8.95
<i>Iceberg and cos lettuce tossed in our homemade caesar dressing topped with toasted foccacia croutons, parmesan cheese and hot smoked salmon flakes</i>	
Spanish omelette with chorizo, rosemary and potato	6.10
<i>Three egg omelette with a mixed leaf red onion salad</i>	
Organic three egg omelette	6.95
<i>with a choice of two fillings</i>	
<i>extra fillings</i>	<i>each 0.75</i>
<i>Bacon, tomato, mushroom, avocado, sweet potato, sweetcorn, double cheddar, red onion, courgette, red peppers</i>	

PASTA

SERVED WITH A ROCKET AND PARMESAN SALAD

Artichoke and black olive linguini	7.50
Roasted tomato and basil linguini	7.50
Wild mushroom and rosemary linguini	7.50
Courgette and pesto spaghetti	7.50
Goats cheese and spinach cannelloni	7.50

SANDWICHES

SERVED WITH SALAD GARNISH AND TYRRELL'S CRISPS	
<i>Choice of brown / white / granary bread / white soft roll / tortilla wrap</i>	
Wheat free bread supplement	1.00
Tennis & Health Club sandwich	7.00
<i>Cajun chicken breast, streaky bacon and onion marmalade</i>	
Parma ham, rocket and mozzarella in foccacia	7.10
<i>Thinly sliced parma ham, beef tomato, rocket and mozzarella dressed with olive oil, sea salt and black pepper served on a rosemary foccacia bun</i>	
Tuna with low-fat mayonnaise	6.00
<i>Low fat mayonnaise with tuna and cucumber</i>	
Grilled mediterranean vegetables wrap	5.90
<i>with courgette, red onion, peppers and aubergine</i>	
Egg and cress	6.10
<i>A traditional sandwich with boiled eggs, mayonnaise, paprika and seasoning with mixed cress, watercress, mustard cress, celery cress.</i>	
Smoked salmon and cream cheese bagel	7.10

JACKET POTATOES

SERVED WITH A SIDE SALAD

Tuna and sweetcorn	6.10
Prawn marie-rose	6.25
Low-fat cottage cheese and pineapple	5.25
Bombay chicken	6.50
Shepherd's pie and gravy	6.75

SWEET ITEMS

Home made scones	2.45
<i>Two scones served with butter and preserves</i>	
Chocolate torte	2.90
<i>Double chocolate torte with sweet pastry base</i>	
Carrot cake	2.90
<i>Traditional carrot cake with a soft fondant walnut topping</i>	
Selection of organic frozen yoghurts and ice creams	2.00

ALL PRICES ARE INCLUSIVE OF VAT

PLEASE ADVISE US OF ANY ALLERGIES

NO SERVICE CHARGE IS MADE, GRATUITIES ARE DISCRETIONARY