

## CAFÉ SPECIALS

SOUP OF THE DAY	4.50
MEAT	9.50
Blackened cajun chicken, steamed rice and creol sauce	
FISH	11.50
Grilled seabass served with a watercress & orange salad, french fries and garlic aioli	
VEGGIE	7.50
Asparagus & blue cheese quiche, garden leaf salad	
SNACK	8.95
Grilled sardines, lemon & thyme butter and a new Potato and spring onion salad	

## CHEF'S CHOICE

Sweet chilli & coriander sticky spare ribs served with French fries & black pepper & lemongrass coleslaw	9.50
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## SIDE ORDERS

Mixed salad	2.50
Beef 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
Buttered corn on the cob	1.95
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
Cucumber mint raita & pitta bread	1.95
Marinated olives & bread sticks	2.95

## LIGHT BITES

Filo wrapped tiger prawns <i>served with deep-fried nori seaweed and a sweet chilli mayonnaise</i>	5.95
Filo wrapped tiger prawns to share	9.95
Wentworth burger <i>An 8oz burger served with lettuce, tomato and pickle topped with cheese and bacon served with chips</i>	9.95
Grilled sirloin steak with café de paris butter <i>4 oz steak served with rocket salad and sauté potatoes</i>	8.95
Tuna Steak Nicoise Salad <i>Baby gem, new potatoes, french beans, egg and olives (served pink unless otherwise requested)</i>	11.50
Greek feta salad - <i>spinach leaves topped with feta sun blushed tomatoes, olives &amp; roasted romero peppers</i>	7.95
Moroccan coucous salad with <i>roast peppers, aubergine, mint and cucumber ( with chicken 10.95)</i>	7.95
Cajun chicken, avocado and tomato <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>	8.50
Kiln-smoked salmon caesar salad <i>Iceberg and cos lettuce tossed in our homemade caesar dressing topped with toasted foccacia croutons, parmesan cheese and hot smoked salmon flakes</i>	8.95
Spanish omelette with chorizo, rosemary and potato <i>Three egg omelette with a mixed leaf red onion salad</i>	6.10
Organic three egg omelette <i>with a choice of two fillings</i>	6.95
<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 PAR MESAN 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

## 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 <i>Cajun chicken breast, streaky bacon and onion marmalade</i>	7.00
Parma ham, rocket and mozzarella in foccacia <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>	7.10
Tuna with low-fat mayonnaise <i>Low fat mayonnaise with tuna and cucumber</i>	6.00
Grilled mediterranean vegetable wrap <i>with courgette, red onion, peppers and aubergine</i>	5.90
Egg and cress <i>A traditional sandwich with boiled eggs, mayonnaise, paprika and seasoning with mixed cress, watercress, mustard cress, celery cress.</i>	6.10
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
Baked goat's cheese & parma ham, red onion relish	6.75
Cajun chicken, bacon and coleslaw	8.50

## SWEET ITEMS

Home made scones <i>Two scones served with butter and preserves</i>	2.45
A selection of homemade cakes	2.90
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