

SOFT DRINKS

JUICES AND SMOOTHIES FRESHLY MADE TO ORDER

Cardio Angel / Winter Warrior / Flu Fighter / Go Faster Master	4.30
Freshly squeezed orange & ginger / apple carrot & orange / orange	2.50

BOOSTER SHOTS

Energy blend: bee pollen	1.00
Calorie burner blend: banana leaf extract	1.00
Antioxidant blend: vitamin A, C, E	1.00
Green detox blend: spirulina	1.00
Orbana blend: energy and vitamin	1.00

HEALTH DRINKS AND MEAL REPLACEMENTS

Ultra fruit and veg: orange / tropical	2.15
Ultra max: orange / tropical	2.50
Ultra life shakes: chocolate / strawberry / vanilla	3.30
Protein shakes: vanilla / chocolate / strawberry / banana	3.50
Milkshakes: Vanilla / chocolate / strawberry / banana	2.80
Glacéau Vitamin Water: revive / spark / multi v / defence / essential / power c	1.85
Lucozade Sport: orange / tropical / mixed berry	1.60
Lucozade Energy: orange / lemon	1.30

Red Bull	2.00
Appletiser	1.45
Ginger beer	1.30
Ribena: blackcurrant / apple / strawberry / orange	1.00
Baby mixers / apple juice	1.10
Cranberry juice	2.00
St Clements	2.10
Orange juice	small 2.00 large 4.00
Coca Cola / Diet Coke / Lemonade	small 1.30 large 2.60
Hildon sparkling / still	750ml bottle 3.10
Hildon Sport sparkling / still	bottle 1.50
Cordial	splash 0.30 glass 0.50 pint 1.00

ALL PRICES ARE INCLUSIVE OF VAT

PLEASE ADVISE US OF ANY ALLERGIES

NO SERVICE CHARGE IS MADE, GRATUITIES ARE DISCRETIONARY

ALCOHOLIC

BEERS AND LAGERS

Becks / Budweiser	3.10	Guinness stout	2.50
1664 Kronenberg	3.10	Tetley's bitter	2.50
Carlsberg draft	pint 3.30	John Smith's	2.50
Carlsberg draft	half 1.65	Carlsberg shandy	pint 3.30

SPIRITS AND APERITIFS 25ml

Famous Grouse whisky	2.00	Smirnoff vodka	2.00
Gordon's gin	2.00	Bacardi white rum	2.10
Pimms and lemonade	glass 2.75	pint 5.50	jug 20.00

CHAMPAGNE

Wentworth	43.50		
Laurent Perrier	¼ bottle 10.25	Laurent Perrier Rose	71.50

WHITE WINE

	175ml glass	bottle
Monte Verde Chardonnay 2008	4.50	18.50
Pinot Grigio Casa Bertoldi 2008	4.75	20.25
Peacan Stream Chenin Blanc 2008	5.20	21.50
Lake Hayes Sauvignon Blanc 2007	6.95	29.50
The Goose Expression Sauv Blanc 2008		35.75
Chateau de Parenchère Rose 2007	5.15	21.25
Spritzer	5.85	

RED WINE

Monte Verde Cabernet Sauvignon 2006	4.50	18.50
Berry's Good Ordinary Claret 2006	5.30	22.25
Elderton Shiraz 2006	5.30	22.50
Rioja Vendimia 2008	6.30	26.50
The Goose Expression 2005		61.25

TEA AND COFFEE

Teapigs:	2.20
English breakfast / Earl Grey / Camomile / Chai / Oolong / Peppermint / Green tea / Lemongrass / Super fruit / Rooibos	
Coffee and decaffeinated coffee	2.20
Cappuccino	2.45
Double shot cappuccino	2.95
Café latte	2.45
Double shot latte	2.95
Mocha café	2.95
Espresso	2.20
Double espresso	2.95
Hot chocolate or Cadbury Lite	2.20
Hot chocolate with cream	2.45
Iced tea / coffee	2.70