

The Juice Bar

The Juice Bar offers members and guests wholesome foods and drinks packed full of health-enhancing fibre, omega three fats, phytonutrients, energy-rich carbohydrates, lean protein, vitamins and minerals to improve your health and wellbeing.

Superactive Juices | £7.00

Five-A-Day (VE) (DF) (GF)

The perfect boost of essential vitamins and minerals. Orange, apple, carrot, ginger and lime (155 Kcal)

Digestive (CA) (VE) (DF) (GF)

This juice is a balanced digestive all-rounder and is a gentle way of giving your stomach a boost. Lemon, apple, celery, fennel, mint and ginger (121 Kcal)

Detox (CA) (VE) (DF) (GF)

Recommended for post-workout or as an all-round healthy pick up. Lemon, ginger, carrot and pear (160 Kcal)

Make Your Own Blend

(all freshly pressed)

Choose a base:

Carrot, orange, celery or apple

Choose:

Kale, spinach, parsley, ginger, lemon, cucumber, beetroot, broccoli, grapes

Protein Fruit Shakes | £7.00

Personal Trainers Choice (CA)

Whey or plant-based protein, oats, banana, peanut butter and coffee beans (671 Kcal)

Booster (CA) (GF)

Whey or plant-based protein, celery, kale, strawberries, lime and coconut water (88 Kcal)

Health Nut Smoothie (CA) (GF)

Whey or plant-based protein, banana and peanut butter (300 Kcal)

Make Your Own Blend

Choose a base:

Water, oat/almond/dairy milk or coconut water

Choose:

Berries, pineapple, mango, banana, orange, carrots, spinach, kale, avocado (half an avocado)

Choose your protein:

Peanut/almond/cashew butter or protein powder (unflavoured)

Extras | £1.15 each:

Chia seeds, flax seeds, sunflower seeds, coffee beans, oats

Soft Drinks

Still/Sparkling Water £3.05

Coke/Diet Coke £3.05

Teas £3.05

Traditional English Breakfast, Earl Grey, Chamomile, Peppermint, Green/White Tea, Fruit Tea

Coffee £3.05

Espresso, Americano

Double Espresso £3.65

Cappuccino/Latte/Flat White £3.65

If you have a food allergy, intolerance or sensitivity, please speak to a member of our team. All prices are inclusive VAT at the current rate.

(CA) contains allergens (V) suitable for vegetarians (VE) suitable for vegans (DF) dairy free (GF) gluten free

The Juice Bar

Sandwiches

Served on granary, wholemeal or white bread with crisps.

Cucumber (V) (551 Kcal) | £8.25

Egg and Mustard Cress (574 Kcal) | £8.50

Tuna and Cucumber (626 Kcal) | £8.50

Wiltshire Ham with Piccalilli (664 Kcal) | £8.50

Coronation Norfolk Farm Chicken (596 Kcal) | £9.60

Club Smoked Salmon | £11.40
Cream cheese and chives (578 Kcal)

Triple Decker of Pastrami, Pickle, Mustard Mayonnaise and Cheese | £11.40
On brown rye bread (553 Kcal)

Mixed Crab | £12.50
Cucumber and citrus mayonnaise (442 Kcal)

Kimchee and Vegan Cheese (VE) | £9.80
On grilled sourdough (311 Kcal)

Ciabatta with Mozzarella, Tomato and Basil (V) | £8.50
Balsamic vinegar (326Kcal)

Plates

Smoked Salmon | £16.80
Buttered bread, lemon and capers (198 Kcal)

British Cheese | £13.90
Crackers and chutney (385Kcal)

From the Bakery

Crumpets (VE available) (248 Kcal) | £4.10

'Kings Ginger' Fruit Cake (404 Kcal) | £5.90

Toasted Teacake (304 Kcal) | £5.90

Cake of the Week | £5.90
(Please ask a member of staff for more information)

Chocolate Nut Bar (VE) (GF) (402 Kcal) | £5.90

Lemon Drizzle (VE) (482 Kcal) | £5.90

Hot Sandwiches

Hot sandwiches all served with your choice of frites or salad.

Pulled Pork Focaccia | £17.60
Slaw, smoked applewood cheddar and apple sauce (1178Kcal)

Cod Fish Finger Bap | £17.60
Mushy pea mayonnaise and curried ketchup (644Kcal)

Royal Automobile Club Sandwich | £20.20
Triple decker toasted white bread, bacon, chicken, egg, confit tomato and baby gem lettuce (1210Kcal)

Book Maker | £20.60
Hereford beef steak, red onion jam on toasted Italian semolina bread (924 Kcal)

Frites | £5.00

Parmesan (409 Kcal), Mushroom (399 Kcal), Truffle (368 Kcal), Spicy Smoked (383 Kcal), Prosociano (279 Kcal) or Plain (VE) (367 Kcal)

Salads

Add Chicken (107 Kcal) or Bacon (281 Kcal) | £3.10

Crayfish Salad | £11.60/£19.60
Cocktail sauce, spinach and cos lettuce, egg, and chives (Kcal 600)

Caesar Salad (VE available) | £8.55/£16.50
Baby gem, anchovies topped with Parmesan (460/627 Kcal)

Kale and Avocado (VE available) | £8.55/£16.50
Toasted hazelnut, radish, blue cheese and wasabi dressing (349/555 Kcal)

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