

FULL MENU

SPORTSCAFE

BREAKFAST

SERVED UNTIL 11AM

Sportspark Breakfast (CG, M, E) 867kcal **£6.95**

Two rashers of grilled unsmoked bacon, two locally sourced grilled sausages, grilled mushrooms, grilled tomato, baked beans, two hash browns and a choice of either scrambled, poached or fried eggs

Low Carb Breakfast (CG, M, E) 501kcal **£4.95**

Two rashers of grilled unsmoked bacon, grilled mushrooms, grilled tomato, sautéed spinach and a choice of scrambled, poached or fried eggs

Vegetarian Breakfast (CG, SU, S, V) 435kcal **£4.95**

Two vegetarian sausages, grilled mushrooms, two grilled tomatoes, sautéed spinach and two hash browns

Free Range Omelette (E, M) (V options available) 251kcal **£4.50**

A choice of three fillings; fillings include locally sourced ham, spinach, grilled mushrooms, bell peppers, red onion and cheese

Free Range Eggs on Toast (CG, E, V) 360kcal – 457kcal **£2.95**

Your choice of scrambled, poached or fried eggs on wholemeal or white thick sliced bread

BREAKFAST ITEMS SERVED ALL DAY

Breakfast Roll (CG, SU, S, E, M) (V and GF options available) **£3.25**

A choice of unsmoked bacon, grilled sausage or fried egg served on a brioche roll

Ham, Eggs & Chips (E) 600kcal **£4.75**

Two slices of premium ham, two fried eggs and chips

Baked Beans on Toast (CG, V, VE) 373kcal **£2.50**

Available on wholemeal or white thick sliced bread

Scrambled Eggs on Toast (CG, E, M, V) 390kcal **£2.95**

Available on wholemeal or white thick sliced bread

Toast (CG, M, V) 270kcal **£1.50**

Two slices of wholemeal or white thick sliced bread served with butter and preserves

Toasted Fruit Teacake (CG, SE, V) 245kcal **£1.75**

Spiced fruit teacake served toasted with butter

CHILDREN'S MENU

SERVED FROM 11AM

Half Jacket Potato (M,V) 205kcal **£3.00**

Served with a choice of beans or cheese

Fish Fingers* (F, CG) 541kcal **£4.50**

Sausages* (CG) 538kcal **£4.50**

Beef Burger* (CG, M, S, CE, SU) 538kcal **£4.50**

Chicken Bites* (CG) 541kcal **£4.50**

***Choose two from the following sides:**

skin-on fries, beans, peas, sweetcorn or salad

ALLERGENS KEY

CE Celery	MU Mustard
CG Cereals containing gluten	N Nuts
CR Crustaceans	P Peanuts
E Egg	SE Sesame seeds
F Fish	S Soya
GF Gluten Free	SU Sulphites
L Lupin	V Suitable for Vegetarians
M Milk	VE Suitable for Vegans
MO Molluscs	

LIGHT BITES & SALADS

SERVED FROM 11AM

Homemade Soup of the Day **£2.95/£3.35**

(CG, M, CE) 55kcal–152kcal

Homemade soup served with or without a roll
Gluten Free rolls are available

Chicken Tenders (CE, S, M, CE, MU, E) 484kcal **£3.95**

Served hot with a dip and side of Coleslaw

Fish Finger Sandwich (CE, F, M, MU, S, SE, E) 890kcal **£5.95**

Crispy fish goujons in hearty rustic roll, tartar sauce & chips

Steak Baguette, fried onions & cheese **£6.25**

(CG, M, MU) 600kcal

Served with salad garnish & fries

JACKET POTATOES

Elveden grown jacket potatoes served with a selection of fillings:

Plain with Butter (M) 264kcal **£2.95**

Grated Cheese (M,V) 463kcal **£4.00**

Tuna Mayonnaise (F, E, MU) 605kcal **£4.25**

Baked Beans (V, VE) 322kcal **£4.50**

Cajun Chicken & Tzatziki (E, MU, M) 538kcal **£4.95**

Homemade Chilli Con Carne (CG, CE) 482kcal **£4.95**

PIZZA & PASTA

SERVED FROM 11AM

12" Margherita Pizza (CG, M, V) 890kcal **£5.50**

Classic cheese pizza

12" Pepperoni Pizza (CG, M,) 970kcal **£6.50**

Pepperoni cheese pizza

12" Goat's Cheese, Spinach & Red Onion Pizza **£7.50**

(CG, M, V) 998kcal

A fantastic combination of flavours complimented with red onion jam

Homemade Lasagne (CG, S, M, N, CE) 969kcal **£6.75**

Served with sliced garlic bread

Gluten free penne available – please allow at least 25 minutes for preparation

MAINS

SERVED FROM 11AM

Chicken and Bacon Topper (CG, S, MU) 816kcal **£7.25**

Chicken breast and bacon topped with melted cheese, BBQ sauce served with skin-on fries or sweet potato fries and salad garnish

SP 'Full Stack' (S, SU, M, CG, E, MU) 930kcal **£7.95**

6oz 100% British beef burger with cheese, bacon, pickles, tomato, red onion, lettuce and onion rings, served with skin-on fries or sweet potato fries

Make a double stack **for £2.50**

Add chilli **for £1.50**

Halloumi Burger Served in a Brioche Roll **£7.25**

(CG, SE, M, V, MU) 728kcal

Grilled halloumi served with lettuce, tomato and chilli jam.

Served with skin-on fries or sweet potato fries and salad garnish

PANINIS

Served with a selection of fillings:

Goats Cheese, Spinach & Chilli Jam **£4.75**

(CG, S, SE,M) 528kcal

Ham and Cheese (CG, S, M, SE, MU) 297kcal **£4.75**

Tuna and Cheese (CG, S, M, SE, F, E, E, MU) 265kcal **£4.75**

Gluten Free Ham and Cheese (E, M, SE, MU) 456kcal **£4.75**

SALADS

Halloumi & Harissa Cous-Cous Salad **£6.50**

(CG, N, SU, M, P, V) 905kcal

Grilled halloumi served with a cous-cous salad and spiced dressing

Caesar salad (E, F, M, CG) 451–590kcal **£5.25**

Cos lettuce, parmesan, croutons and Caesar dressing

Add chicken **£1.50**

FRIES AND SIDES

Sweet Potato Fries (CG, V, VE) 418kcal **£3.25**

Skin-on Fries (V, VE) 394kcal **£2.75**

Onion Rings (CG, M, V) 410kcal **£2.50**

Extras for your sides

Add cajun spice **£0.50**

Add cheese **£0.75**

Add chilli **£1.50**

Penne pasta cooked in your choice of the following sauces **£5.95**

Add chicken **£1.50**

Pesto (CG, M, N, E, V) 596kcal–746kcal

Penne pasta served with Italian basil pesto, cherry tomatoes and spinach

Puttanesca (CG, F) 439kcal–589kcal

Rustic Italian sauce – olives, capers, anchovies, chilli and tomato

Arrabiata (CG, V) 380kcal–530kcal

Classic spicy tomato sauce

Tomato & Basil (CG, V) 380kcal–530kcal

Classic, simple and tasty

Grilled Chicken Burger (CG, S, MU, M, E) 826kcal **£7.50**

Grilled chicken breast with lettuce in a brioche roll served with skin-on fries or sweet potato fries

Add cajun spice **£0.50**

Add cheese **£0.75**

Add bacon **£0.75**

Add chilli **£1.50**

Gluten Free bun available please ask at the counter

Thai Green Chicken Curry (M, F) 549kcal **£7.00**

Served with steamed basmati rice

Scampi & Chips (CG, CR, F, E, MU) 692kcal **£6.50**

Served with Tartare sauce and peas

Homemade Chilli Con Carne (CG, CE) 517kcal **£6.25**

Served with steamed basmati rice

Sri Lankan Sweet Potato & Spinach Curry **£7.00**

(CG, P, S, N) 864kcal

Served with steamed basmati rice