

SPORTSCAFÉ MENU

For information on allergens, please refer to the allergens key

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Sportscafé

BREAKFAST

Breakfast is served until 11am

Sportspark Breakfast (CG,M,E) 867 (kcal) **£6.50**
Two rashers of grilled unsmoked bacon, two locally sourced grilled sausages, grilled mushrooms, grilled tomato, two hash browns and a choice of either scrambled, poached or fried eggs.

Low Carb Breakfast (CG,M,E) 501 (kcal) **£4.50**
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,VE) 435 (kcal) **£4.50**
Two vegetarian sausages, grilled mushrooms, two grilled tomatoes, sautéed spinach and two hash browns

Breakfast Roll 2 Items £3.15 / 3 Items £4.15 (CG,SU,S,E) V, VE & GF options available 390 (kcal)
A choice of Two or Three fillings; fillings include unsmoked bacon, locally sourced sausage, vegetarian sausage, mushrooms, poached or fried egg or sautéed spinach all available on a sourdough roll or gluten free roll
*Please ask a member of staff when ordering for the itemised allergens for each product

Free Range Egg Omelette (E,M) V options available 251 (kcal) **£4.50**
A choice of three fillings; fillings include unsmoked bacon, locally sourced ham, spinach, grilled mushrooms, bell peppers, red onion and cheese

Natural Yoghurt served with seasonal berries (M,CG,N,V) 340 (kcal) **£3.00**
Low fat natural yoghurt accompanied with seasonal berries, low fat granola and pumpkin seeds served with a side of honey

Baked Beans on Toast (CG,V,VE) 373 (kcal) **£2.50**
Available on wholemeal or white thick sliced bread

Free Range Eggs on Toast (CG,E,V) 360 (kcal)-457 (kcal) **£2.90**
Your choice of scrambled, poached or fried eggs on wholemeal or white thick sliced bread

Toast (CG,M,V) 270 (kcal) **£1.50**
Two slices of wholemeal or white thick sliced bread served with butter and preserves

LIGHT BITES

Light Bites and Main meals served after 11am

Homemade Soup of the Day (CG,M,CE) 55 (kcal)-152 (kcal) **£2.55 without roll £2.95 with roll**
Homemade fresh soup served with or without a roll

Houmous Served with a Selection of Crudities (SE,CG & CE) 361 (kcal) **£3.15**
Served with an assortment of cucumber, celery, peppers and pitta bread

Mozzarella Sticks (CG, M, V) ??? (kcal) £
Served with a hot dip

Chicken Tenders (CG, S, M, CE, MU) ??? (kcal) £
Served with a hot dip

Sweet Chilli Chicken Wrap (CG, SU, S, V, VE) ??? (kcal) £
Served with a side salad

Elveden Grown Jacket Potatoes served with a selection of fillings

Tuna Mayonnaise (F,E,MU) 497 (kcal) **£4.00**

Baked Beans (V,VE) 322 (kcal) **£3.80**

Baked Beans with Cheese (M,V) 447 (kcal) **£4.00**

Grated Cheese (M,V) 410 (kcal) **£3.80**

Pulled Pork (??) ??? (kcal) £

Cottage Cheese (??) ??? (kcal) £

Sweet Potato Fries (CG,V,VE) 418 (kcal) **£2.50**
Optional to add cheese for an extra 50p

Skin on Fries (V,VE) 394 (kcal) **£2.50**
Optional to add cheese for an extra 50p

Panini's served with a selection of fillings
Mozzarella Pesto & Sunkissed Tomato (CG,M,V) 310 (kcal) **£**
Ham and Cheese (E, M, SE) 228 (kcal) **£**
Tuna and Cheese (F, CG, E, M, MU, SU) 265 (kcal) **£**

Italian Chicken and Spicy Pesto Flatbread (CG, E, S, M, MU) 235 (kcal) **£**
Served warm with a side salad garnish

Salad Cart available 11am-2pm Monday to Friday £3.00

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
L Lupin	SU Sulphites
M Milk	V Suitable for Vegetarians
MO Molluscs	VE Suitable for Vegans

MAINS

Chicken and Bacon Topper (CG,S,MU) 816 (kcal) **£7.00**
Chicken breast and bacon topped with melted cheese and BBQ sauce served with either skin on fries, sweet potato fries and salad

100% British 6oz Beef Burger Served in a Sourdough Roll (S,SU,M,CG,E,MU) 834 (kcal) **£7.00**
Served with bacon, cheese, lettuce and burger sauce with either skin on fries, sweet potato fries or salad

Pulled Pork Served in a Sourdough Roll (I) (kcal) £
Served with rocket, coleslaw and either skin on fries, sweet potato fries or side salad

Bean Burger Served in a Sourdough Roll (CG,V,VE) 728 (kcal) **£6.50**
Served with either skin on fries, sweet potato fries and salad garnish

Grilled Chicken Burger (CG,S,MU,M) 826 (kcal) **£6.50**
Grilled chicken breast with lettuce in a sourdough bun served with either skin on fries or sweet potato fries
Want to add some flavour? Add peri peri or BBQ sauce for 25p each
Want to build up your burger add bacon or cheese for 50p each

Homemade Lasagne (CG,S,M,N,CE) 969 (kcal) **£6.50**
Served with sliced garlic bread

Grilled Teriyaki Salmon (I) (kcal) £7.00
Served with stir-fry vegetables

Pesti Pasta (I) (kcal) £
Penne pasta served in a rice italian basil pesto
Add chicken for an additional £1.20

Tomato and Basil Pasta (I) (kcal) £
Penne pasta served in a rich tomato and basil sauce
Add chicken for an additional £1.20

Beetroot, Baby Spinach and Cottage Cheese Salad (I) (kcal) £
Vibrant mix of beetroot, spinach and walnuts drizzled with a Dijon mustard dressing

Traditional Caesar Salad Plain £4.50 / Chicken £5.95 (E, F, M, CG, N, SE, S) Pain 434(kcal) Chicken 625(kcal)
Vibrant mix of beetroot, spinach and walnuts drizzled with a Dijon mustard dressing

Penang Curry (VE, V) (kcal) £
A gluten free and vegan friendly curry infused with Thai flavours

CHILDREN'S MENU - ALL £4.50

Fish Fingers (F,CG) 541 (kcal)

Sausages (CG) 538 (kcal)

Beef Burger (CG,S,CE,SU) 538 (kcal)

Chicken Bites (CG) 541 (kcal)

(Choose from a selection of two of the following: Mash (M), Vegetables, Skin-on fries, Beans, Salad)

Serving Hours

Monday to Thursday: 7:30am-9:30pm Friday to Sunday: 7:30am-9:00pm
All food is cooked and prepared to order

www.sportspark.co.uk

All day every day for the community.

Tel: (01603) 592398

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