

HOT DRINKS

ESPRESSO *Single or double?* 2.75 / 3.25

AMERICANO *A long black coffee with add milk option* 3.5

FLAT WHITE *A double shot with equal measure of frothy milk* 3.6

CAFÉ MOCHA *A coffee & chocolate blend* 4

MACCHIATO *Single or double espresso with a frothy top* 3 / 3.5

CORTARDO *Single or double espresso with a short milky top* 3 / 3.5

CAFÉ LATTE *Single shot topped with smooth hot milk* 3.6

CAPPUCCINO *Double shot topped with frothy milk & a chocolate sprinkle* 3.6

HOT CHOCOLATE *Cliffton hot chocolate with a frothy top
Add cream & marshmallows +0.75* 4.25

CHAI LATTE *Chai syrup topped with smooth hot milk* 4.5

MATCHA LATTE *Made with agave & almond milk* 5

BEETROOT LATTE *Made with agave & almond milk* 5

TURMERIC LATTE *Made with agave & coconut milk* 5

Make them dirty +0.5

BULLET COFFEE 5

A long black coffee blended with ghee butter
& a choice of MCT or coconut oil

ADD SYRUP +0.75

Caramel / Vanilla / Hazelnut / Cookie / Cinnamon
/ Gingerbread / Spiced pumpkin / Sugar free vanilla
/ Sugar free salted caramel

ALTERNATIVE MILKS +0.4

Oat / Almond / Coconut

SELECTION OF TEAS 3.5

English breakfast / Earl grey / Green / Peppermint
/ Chai / Matcha / Decaf / Summer fruit



ICED DRINKS

ICED LATTE	<i>Double shot of espresso & your choice of milk shaken with ice</i>	4.2
ICED AMERICANO	<i>A long black coffee over ice</i>	3.8
ICED TEA	<i>Made with agave & shaken with ice</i>	4.2
With a choice of: Peach / Mango / Passionfruit / Strawberry		
ICED MATCHA	<i>Made with almond milk & agave shaken with ice</i>	5

SMOOTHIES

NOT JUST FOR GIRLS (VG)(GF)(DF) 272 ^{KCAL}	6.5
Mixed summer berries, banana, coconut milk	
GREEN DIESEL (VG)(GF)(DF) 257 ^{KCAL}	6.5
Kale, broccoli, avocado, apple, lemon	
UNLEASH YOUR DEMONS (GF) 56 ^{KCAL} -ex milk	6.5
Your choice of milk, espresso, banana	
NAMASTE BITCHES (VG)(GF)(DF) 193 ^{KCAL}	6.5
Cucumber, apple, matcha, lemon, ginger, agave	
GRAPE ESCAPE (VG)(GF)(DF) 206 ^{KCAL}	6.5
Grape, strawberry, blueberry, banana, orange	
BROCOLLI & THE BEAST (VG)(GF)(DF) 213 ^{KCAL}	6.5
Broccoli, pineapple, banana, mango, cucumber & spinach	
SIX OF THE BEST (VG)(GF)(DF) 195 ^{KCAL}	6.5
Mango, pineapple, banana, strawberry, kiwi, orange	
KALE KICK (VG)(GF)(DF) 206 ^{KCAL}	6.5
Kale, spinach, mango & pineapple	
AVO NICE DAY (VG)(GF)(DF) 231 ^{KCAL}	6.5
Mango, spinach, broccoli, avocado, coconut, ginger, lime & apple	
OAT OF THIS WORLD (VG)(GF)(DF) 443 ^{KCAL}	6.5
Oats, raspberry, blueberry, banana, oat milk, flack seed	
PASH N SHOOT (VG)(GF)(DF) 223 ^{KCAL}	6.5
Passionfruit, mango, pineapple & orange	

SHAKES

POPEYE POWER

5

STEP 1

Choice of water or one of the below

- Oat milk 400ml 244KCAL
- Almond milk 400ml 96KCAL
- Coconut milk 400ml 132KCAL
- Semi skimmed milk 400ml 188KCAL
- Skimmed milk 400ml 140KCAL
- Coconut water 250ml 45KCAL +1

STEP 2

Choose your protein
Whey protein

- Vanilla 124KCAL
- Strawberry 130KCAL
- Chocolate 120KCAL
- Banana 130KCAL
- Salted caramel 100KCAL

Vegan protein

- Vanilla 124KCAL

STEP 3

Additions +0.75

- Peanut butter 95KCAL
- Banana 105KCAL
- Frozen blueberries 7KCAL

SCAN HERE
FOR FULL
MACRO
INFORMATION



MILKSHAKES

All our milkshakes are made with semi-skimmed milk, vanilla ice cream & topped with squirty cream

7

CHOOSE FROM:

Vanilla / Banana / Strawberry /
Chocolate / Oreo / Biscoff

A

SOFT DRINKS

PRESS COLD PRESSED JUICES 250ml	4
Daily lean greens - Kale, spinach, romaine, celery, cucumber, lemon, ginger	
Daily celery - Celery, lemon	
Super ginger - Ginger, lemon, apple	
Clean carrot - Carrot, orange, apple, ginger	
Berry boost - Strawberry, apple, lemon, mint	
GINGER SHOT 50ml	3
Ginger, lemon, apple	
BOOCH & BREW KOMBUCHA 300ml	4.5
Apple & elderflower	
FRESH JUICE 250ml	3.2
Orange / Apple	
FROBISHERS 250ml	3.75
Tomato / Cranberry / Pineapple	
FENTIMANS 275ml	4
Elderflower presse / Rose lemonade / Sparkling raspberry	
APPLETISER 275ml	3.5
BUNDABERG GINGER BEER 375ml	3.75
COCONUT WATER 330ml	3
FEVER TREE 200ml	3.5
Mediterranean tonic / Light tonic / Clear lemonade / Soda water	
COCA COLA / DIET COKE / COKE ZERO 330ml	3.5
VOSS WATER Still 500ml	3
MARLISH WATER Sparkling 330ml	3.5
MARLISH WATER Still / Sparkling 750ml	6.5
CORDIAL	2
Blackcurrant / Lime / Elderflower	

SPECIALITIES

NOCCO ENERGY DRINKS 330ml	3.5
Ask your server for flavours	
VITAMIN WELL WATER 500ml	4
Elevate - Pineapple & wild strawberry + vitamin B12, folic acid, magnesium + zinc	
Hydrate - Rhubarb & strawberry + vitamin C + D, zinc + biotin	
Reload - Lemon & lime + vitamin B + D, magnesium + zinc	
Recover - Elderflower & peach + vitamin B12, folic acid + magnesium	
TRIP CBD DRINKS 250ml	4
Peach & ginger / Elderflower & mint	
BAREBELLS PROTEIN MILKSHAKES 330ml	4.5
Strawberry / Chocolate / Vanilla / Banana	
HIGH WATER HARD SELTZER 5% ABV 250ml	5.5
Lemon & elderflower / Mango & peach / Cucumber & mint	

BEER

PERONI (Italy) 5.1% 330ml	5
ESTRELLA DAMM (Spain) 4.6% 330ml	5
SAN MIGUEL ZERO (Spain) 0% 330ml	4.75

GIN

PRICE PER 25ML MEASURE

BOMBAY SAPPHIRE	4.5
MALFY	6
Rosa / Blood orange	
HENDRICK'S	5
WHITLEY & NEILL	5.5
Rhubarb & ginger	
MONKEY 47	6.5
MANCHESTER	6.5
Raspberry Infused	



APRIL'S HAPPY HOUR 2-4-1 ON ANY COCKTAIL WITH A*

(The 2-4-1 offer applies to the same drink served at the same time)

MON-FRI 16:00-20:00 / SAT & SUN 12:00-16:00

COCKTAILS

STARLIGHT	11
Absolut mango vodka, vanilla, lemon, pineapple with a prosecco chaser	
LONG ISLAND ICED TEA*	11
Finlandia vodka, Cointreau, El Jimador tequila, Bacardi Carta Blanca rum, Bombay Sapphire gin, lemon, Coca Cola	
FRENCH MARTINI*	11
Finlandia vodka, Chambord, pineapple	
MIMOSA*	8
Prosecco, orange	
BLOODY MARY	11
Finlandia vodka, tomato juice, Tabasco, Worcestershire sauce, celery, lime, seasoning	
PORNSTAR MARTINI*	11
Finlandia vodka, passion fruit, vanilla, lime, pineapple	
ESPRESSO MARTINI*	11
Finlandia vodka, Kahlua, espresso, vanilla	
COSMOPOLITAN*	11
Absolut citron vodka, Cointreau, cranberry, lime	
BELINI*	12
Joesph Perrier champagne, peach	
MOJITO*	11
Bacardi Carta Blanca rum, mint, lime, sugar, soda	



COCKTAILS

MARGARITA*	11
El jimador tequila, triple sec, lime, with a salt rim if desired	
APEROL SPRITZ*	11
Aperol, prosecco, soda, orange	
DARK & STORMY*	11
Kraken black spiced rum, ginger beer, lime, bitters	
MOSCOW MULE*	11
Finlandia vodka, ginger beer, lime	
AMARETTO SOUR*	11
Disaronno, sugar syrup, lemon	

MOCKTAILS

VERY BERRY NICE*	7
Fresh summer berries, apple & cranberry	
SUMMER BREEZE*	7
Orange, pineapple, passion fruit & lime	
CLEAN MARGARITA* < 0.5% ABV	8
Clean Tequila, lime, agave, salt	
CLEAN PINK SPRITZ* < 0.5% ABV	8
Clean Pink Gin, Mediterranean tonic water, elderflower, cranberry juice	
CLEAN MOJITO* < 0.5% ABV	8
Clean rum, mint, soda, sugar, lime	

SPIRITS

PRICE PER 25ML MEASURE

VODKA

FINLANDIA	4.5
GREY GOOSE	7

WHISKY

JAMESONS	6
WOODFORD RESERVE	8

TEQUILA

PATRON SILVER	5
EL JIMADOR	5

RUM

BACARDI CARTA BLANCA	5
KRAKEN	6

OTHER SPIRITS

BAILEYS (50ml)	5
KAHLUA	4.5
CHAMBORD	5
LIMONCELLO	5
DISARONNO AMARETTO	5
COINTREAU	4.5

A

WINE

WHITE WINE

	187ml Bottle	Bottle
VIA ALTA SAUVIGNON BLANC (Chile) Fresh & zesty with wonderful aromatic aromas	9.5	
EMOTIVO PINOT GRIGIO (Italy) Light, crisp & refreshing dry white	10	
CAL Y CANTO BLANCO, VERDEJO (Spain) Dry crisp & refreshing with a good depth of silky citrus fruit flavours		25
PIROVANO PINOT GRIGIO IGP (Italy) Smooth ripe stone fruits & soft floral spice		26
LA CAPLANA GAVI DOCG (Italy) An elegant classic, simply delicious		32
DOMAINE DU COLOMBIER CHABLIS (France) Steely rich		37

RED WINE

	187ml Bottle	Bottle
VIA ALTA MERLOT (Chile) Rich & concentrated easy drinking Merlot	9.5	
CAL Y CANTO TINTO, TEMPRANILLO MERLOT/SYRAH (Spain) Silky smooth, cherries, red berry & a touch of spice		25
C'EST LA VIE PINOT NOIR, SYRAH (France) Black cherry flavours with a soft herbal finish Brimming with spice & crushed red berries		29
TITTARELLI MALBEC (Argentina) Smooth velvety & endlessly pleasing		30
DOMAINE BERTHET RAYNE CHATEAUNEUF DU PAPE AC (France) Full bodied & rich		51

ROSÉ WINE

	175ml	250ml	Bottle
FLORIE MEDITERRANEE (France) Generous notes of red fruits	9.5	11	32
WHISPERING ANGEL PROVENCE ROSÉ (France) Light red-fruit & delightful peachy			50

CHAMPAGNE / SPARKLING

	200ml Btl.	700ml Btl.
JOSEPH PERRIER CUVÉE ROYALE CHAMPAGNE (France)	17.5	60
FAMIGLIA ZONIN PROSECCO D.O.C (Italy)	8	
CASA COLLER PROSECCO (Italy)		32
BOLLINGER BRUT (France)		65
BOLLINGER ROSÉ (France)		70
LOUIS ROEDERER CRISTAL CHAMPAGNE (France)		300

SWEET TREATS

BAREBELLS PROTEIN BARS

2

Salted peanut **Nuts* / Caramel chocolate

HOMEMADE COOKIES

2

Ask your server for today's flavours

HOMEMADE PROTEIN BALLS

2

Peanut & chocolate **Nuts*

Made with oats, coconut, chocolate chips,
chocolate whey protein, chai seeds, linseeds,
peanut butter, maple syrup

Coconut & almond **Nuts (VG)(DF)*

Made with coconut, almond,
vegan vanilla protein & maple syrup

CPASE Balls **Nuts*

Made with CBD oil, oats, pistachios,
peanut butter, maple syrup, dark chocolate,
vanilla, dried cranberries, orange blossom
& chamomile

or 3 for 5

ICE CREAM 2 SCOOPS (GF)

3

Vanilla / Chocolate

Add fresh berries / Chocolate sauce / Biscoff sauce

1

SEE OUR COUNTER FOR TODAY'S SPECIALS

A

POOLSIDE BRUNCH MENU

Served everyday 07:30-15:30

GRANOLA BOWL (VG)(DF) 6

Mixed berry compote & coconut yoghurt
topped with homemade granola & fresh berries

WARM JUMBO PORRIDGE OATS 6

Choose 2 toppings:

Honey (DF)(GF)

Maple syrup (VG)(DF)(GF)

Smooth peanut butter *Nuts (VG)(DF)(GF)

Chia seeds (VG)(DF)(GF)

Homemade granola (VG)(DF)

Blueberries (VG)(DF)(GF)

Flax seeds (VG)(DF)(GF)

Mixed pumpkin & sunflower seeds (VG)(DF)(GF)

Made with water or your choice of milk:

Semi skimmed / Skimmed / Oat
/ Coconut / Almond

EGGS ANY WAY (V)(DF) 6

2 Cheshire eggs cooked your way; poached,
scrambled or fried served on toasted sourdough
with a dressed mixed leaf salad

CRUSHED AVOCADO & POACHED EGGS (V)(DF) 9

Crushed avocado made with fresh lemon juice
served on toasted sourdough with 2 Cheshire
poached eggs & a mixed leaf, tomato & onion salad
with a choice of fresh chilli or chilli flakes

*Please note that the poolside food menu is always at the Chef's
discretion & dependant on the customer volumes within the restaurant.*

POOLSIDE ALL DAY MENU

Served Mon-Fri 07:30-20:00

Sat & Sun 07:30-15:30

APRIL'S MEZE

8

Sweet chilli halloumi bites served with a chick pea houmous dip, crudites & warm pitta

CHICKEN SKEWERS (GF)(DF)

7

Sweet chilli chicken skewers served with a mixed leaf salad

PIRI-PIRI CHICKEN WRAP

10

Piri-piri chicken, mixed leaf, red pepper, red onion & aioli served in a warm tortilla wrap

HOISIN DUCK WRAP

10

Shredded duck breast, sliced cucumber & spring onion, hoisin sauce served in a warm tortilla wrap served with a mixed leaf salad

CAESAR SALAD

10

Baby gem lettuce, parmesan shavings, black pepper & a soft-poached egg, tossed in a traditional Caesar dressing with sourdough toast
Add Chicken / Prawns +4

Please note that the poolside food menu is always at the Chef's discretion & dependant on the customer volumes within the restaurant.

(DF) - Dairy free. (GF) - Gluten free (all bread can be substituted to GF). (VG) - Vegan. (V) - Vegetarian

**Nuts - May contain nuts. KCAL - Calories*

If you have a food allergy or intolerance please let us know before ordering. All our food is freshly prepared to order, in a kitchen where nuts, gluten and other allergies are present. Full allergy information on each dish is available upon request.

