

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 *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

Espresso, ghee & a choice
of MCT or coconut oil

ADD SYRUP +0.75

Caramel / Vanilla / Hazelnut / Cookie / Cinnamon
/ Gingerbread / Spiced pumpkin / Sugar free vanilla
/ Sugar free 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 with a choice of milk</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> With a choice of: Peach / Mango / Passionfruit / Strawberry	4.2
ICED MATCHA <i>Made with almond milk & agave shaken with ice</i>	5

SMOOTHIES

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

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SHAKES

POPEYE POWER

5

STEP 1

Choice of water or one of the below

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

STEP 2

Choose your protein
Whey protein

Vanilla	124 ^{KCAL}
Strawberry	130 ^{KCAL}
Chocolate	120 ^{KCAL}
White chocolate	119 ^{KCAL}
Salted caramel	100 ^{KCAL}

Vegan protein

Vanilla	124 ^{KCAL}
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STEP 3

Additions +0.75

Peanut butter	95 ^{KCAL}
Banana	105 ^{KCAL}
Frozen blueberries	7 ^{KCAL}

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 / Malteser

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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	
BAREBELLS PROTEIN MILKSHAKES 330ml	4.5
Strawberry / Chocolate / Vanilla / Banana	
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
Black currant / Lime / Elderflower	

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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	
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 & TONIC

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	

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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
Mint, lime, sugar syrup, Bacardi Carta Blanca rum, soda	

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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	

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SPIRITS

PRICE PER 25ML MEASURE

VODKA

FINLANDIA	4.5
GREY GOOSE	7

WHISKY

JAMESONS	6
WOODFORD RESERVE	8

TEQUILA

PATRON SILVER	5
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RUM

BACARDI BLANCO	5
KRAKEN	6

OTHER SPIRITS

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



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 DE 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

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

Peanut & chocolate *Nuts / Double chocolate

HOMEMADE PROTEIN BALLS 2

Peanut & chocolate *Nuts or 3 for 5

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

ICE CREAM 2 SCOOPS (GF) 3

Vanilla / Chocolate

Add fresh berries or chocolate sauce (VG)(DF)(GF) 1

SEE OUR COUNTER FOR TODAY'S SPECIALS

(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.



POOLSIDE BRUNCH MENU

Served everyday 07:30-15:30

OVERNIGHT OATS (VG)(DF) 9.5

Acai & mixed berry-soaked oats topped with fresh mixed berries, coconut flakes, banana chips, flax seeds, chia seeds & homemade granola

GRANOLA BOWL (VG)(DF) 8.5

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

WARM JUMBO PORRIDGE OATS 8

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

CRUSHED AVOCADO & POACHED EGGS (DF)(GF) 11

Crushed avocado made with fresh lemon juice served on toasted sourdough with 2 Cheshire poached eggs & a mixed leaf 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

SOUP OF THE DAY 7

Served with toasted sourdough

SANDWICHES & WRAPS

All served with a mixed leaf salad & side of crisps

Smoked salmon & cream cheese 10

Fleetwood smoked salmon, cream cheese, cucumber & watercress served in a lightly toasted seeded bagel

Ham hock & mustard 9

Ham hock & wholegrain mustard sandwich served on a choice of lightly buttered white or wholemeal bread

Cheese & pickle (V) 9

Extra mature cheddar cheese and pickle served on a choice of lightly buttered white or wholemeal bread

Sweet chilli chicken 11

Sweet chilli chicken, mixed leaf & mayo served in a warm tortilla wrap

ADD SOUP OF THE DAY 4.5

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