



The Coffee House



AT WORTHING LEISURE CENTRE

Pre/Post Workout Specials just £3.95

- 2 free range poached eggs served with sliced avocado on farmhouse toast garnished with chilli flakes
- Spinach omelette using free range eggs, served with sliced tomato and a watercress salad
- Free range scrambled egg on a slice of farmhouse toast served with a watercress salad



Breakfast

- Beans on toast.....£3.25
- Free range scrambled egg on toast.....£3.25
- Toast and preserves.....£1.95

Light bites

- Soup of the day served with bread and butter ..£3.75
- Jacket potato£4.75
Served with a choice of fillings; baked beans, grated cheese or tuna mayo. Also served with a fresh salad garnish and our homemade coleslaw
- Extra filling.....75p

Sandwiches£3.25 (white or granary bread)

- Ham salad ● Tuna mayo with cucumber
- Cheese ploughman's
- Free range egg mayo with cress
- Chicken salad ● Coronation chicken with lettuce

Wraps£3.50

- Coronation chicken with salad ● Tuna salad
- Humous and spinach

Salad Box£3.75

- Chicken ● Free range boiled egg
- Ham/cheese ploughman's

Lunchbox Meal Deal for only £4.70

Mix 'n' Match

- Choice of any sandwich or wrap
- Choice of either free range boiled eggs and spinach leaves, veg sticks and dip, fruit pot or packet of crisps
- Choice of tea, coffee, can of drink

Kids Menuall just £3.75

- Cheesy pasta with veg sticks and squash
- Spaghetti bolognese with veg sticks and squash
- **Kids Lunchbox Deal**
(Ham, cheese or jam sandwich and either veg sticks or fruit pot and apple or orange juice carton)

Whilst we monitor the ingredients in all of our products we cannot guarantee they do not contain traces of nuts.
For further advice on allergens please ask a member of Coffee House staff.

Beverages

	Small	Regular
Americano	£2.05	£2.25
Cappuccino.....	£2.15	£2.35
Latte.....	£2.15	£2.35
Mocha	£2.25	£2.45
Flat White.....	£2.15	£2.35
Hot Chocolate	£2.25	£2.45
Espresso (Single)	£1.70	
Deluxe Hot Chocolate	£2.60	
Espresso (Single)	£1.70	
Espresso (Double)	£1.90	
Extra Shot of Syrup.....	£0.70	
Tea/Decaf Tea	£1.65	
Herbal Tea	£1.85	

Smoothies £2.95

Smoothie
of the Day

Ask staff for details.



Frappé	£2.15
Add Cream	£2.35
Strawberry/Banana/Chocolate/Coffee	
Bottled Water	£1.50
Juice Carton.....	£0.80
Protein Powder (made with water)	£1.60
Protein Powder (made with milk)	£2.10

Eco-Cup

South Downs Leisure's Coffee Houses have launched an "Eco-Cup" for only £3.95 which can be used over and over again, helping the environment and if you use it enough, saving you money!

Only £3.95 including 50% off your first hot drink.

Then every time you reuse the cup you will save 10% on hot drinks you buy from either South Downs Leisure Coffee Houses.



South Downs Leisure

www.southdownsleisure.co.uk