

## DESSERTS

### HOT CHOCOLATE BROWNIE (V GF) 7.50

With melting chocolate sauce and vanilla ice cream **691 kcal**

### ICE CREAM PARLOUR (V GF) 7.50

Three scoops of gelato or sorbet

Choose: Chocolate **83 kcal** | Vanilla **78 kcal** |

Passion fruit & mango sorbet (vg) **77 kcal**

(kcal listed per scoop)

### PASSION FRUIT & VANILLA CHEESECAKE (V) 7.50

Vanilla cheesecake served with fresh passion fruit and a drizzle of passion fruit coulis **446 kcal**

## COFFEE

FLAT WHITE 4.25 **108 kcal**

PICCOLO 3.00 **74 kcal**

ESPRESSO SINGLE 3.50 **0 kcal**

AMERICANO 3.50 **12 kcal**

MACCHIATO SINGLE 3.50 **7 kcal**

CAFFÈ LATTE 4.25 **147 kcal**

CAPPUCCINO 4.25 **147 kcal**

CLASSIC ICED COFFEE 4.50 **0 kcal**

## OTHER CUPPAS

HOT CHOCOLATE 4.25 **227 kcal**

'MOROCCAN' FRESH MINT TEA

+ Marshmallows +1.00 **33 kcal**

**3.55 4 kcal**

YORKSHIRE TEA 3.55 **12 kcal**

ADD ONS 1.00

TEAPIGS 3.55 **0 kcal**

+ Vanilla **85 kcal**,

Please ask your server for the selection of teas available

hazelnut **86 kcal**

or caramel syrup **85 kcal**

## SUNSHINE SMOOTHIES

SMALL **6.50**

LARGE **7.00**

Our smoothies are made from fruit and blended with cloudy apple juice to make a delicious icy fruit drink.

### STRAWBERRY SPLIT

A luscious mix of strawberries and banana blended with cloudy apple juice **189 kcal / 253 kcal**

### PINEAPPLE PUNCH

A perfect mix of pineapple, mango, kiwi, strawberry and blended with cloudy apple juice **165 kcal / 189 kcal**

### PASH 'N' SHOOT

A delicious tropical concoction of passion fruit, pineapple and mango, blended with cloudy apple juice **158 kcal / 182 kcal**

### PROTEIN PUNCH

A great tasting fruity Protein boost combining whey protein, spirulina, chlorella and a crop of summer fruits **185 kcal / 209 kcal**

### KALE KICK

Queen of the greens! Kale, spinach and mango blended with cloudy apple juice **156 kcal / 179 kcal**

### BREKKIE SMOOTHIE

Rise and shine with gluten free rolled oats, flax seeds, blueberry, raspberry and banana **367 kcal / 391 kcal**



# DRINKS & DESSERTS MENU

## GO CONTACTLESS

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LHR\*BHXDKNK50524

v - Suitable for vegetarian vg - Suitable for vegans.  
Adults need around 2000 kcal a day.

## THIRST QUENCHERS

### FRESH LEMONADE WITH MINT 4.00

Cloudy and refreshing **98 kcal**

### SUNSHINE COAST ICED TEA 4.50

Ice cold chamomile and green tea with mango, lime and fresh mint **102 kcal**

### POMEGRANATE ICED TEA 4.50

Served ice-cold with a little lemon, pomegranate juice and fresh mint **85 kcal**

### FRESH ORANGE

**4.25 127 kcal / 5.75 170 kcal**

### CLOUDY APPLE JUICE

**4.25 160 kcal / 5.75 213 kcal**

### PINEAPPLE

**3.25 185 kcal / 4.25 247 kcal**

### POMEGRANATE JUICE DRINK

**3.25 160 kcal / 4.25 213 kcal**

### CRANBERRY JUICE DRINK

**3.25 85 kcal / 4.25 113 kcal**

### GUAVA JUICE DRINK

**3.25 142 kcal / 4.25 190 kcal**

### STILL WATER 3.30 0 kcal

### SPARKLING WATER 3.30 0 kcal

### DIET COKE 4.25 1 kcal

### COKE ZERO 4.25 1 kcal

### FANTA ORANGE ZERO 4.25 5 kcal

### SLIMLINE LEMONADE 4.25 5 kcal

### COCA COLA 4.50 182 kcal

## COCKTAILS

### SPICED RUM PUNCH 9.75

Bacardi spiced rum, pineapple juice, guava juice, orange juice, a dash of lime and strawberries

### MANGO COLADA 9.00

Mango vodka, rum, coconut milk, pineapple and lime. Served long over ice

### CARIBBEAN ICED TEA 9.75

Bacardi spiced rum, Coke Zero and lemon juice

### STRAWBERRY & BASIL

### DAIQUIRI 9.00

With rum and lime. Shaken over ice and served in a martini glass

### LYNCHBURG LEMONADE 9.75

Jack Daniel's, Cointreau and lemonade

### BLOODY MARY 9.75

Vodka with spiced tomato juice, black pepper and celery, served with Tabasco on the side

### PASSION FRUIT

### MARTINI 9.75

Vanilla vodka, Passini and lime juice. Served with passion fruit and a shot of Prosecco on the side

## BEERS, CIDER, SPRITZ & GIN

### draught beer

#### PERONI

Italy (ABV 5.0%)

Half Pint **4.00** / Pint **7.75**

#### CAMDEN HELLS LAGER

England (ABV 4.6%)

Half Pint **4.00** / Pint **7.75**

### cider

#### REKORDERLIG CIDERS 7.00

Sweden

› Strawberry & Lime, (ABV 4.0%) 500ml

› Apple, (ABV 4.5%) 500ml

Crisp and refreshing

### spritz & gin

#### APEROL SPRITZ 9.25

Aperol and Prosecco, topped with soda.

#### HUGO 9.25

Prosecco, elderflower liqueur, fresh mint and soda

#### PEACH GIN SPRITZ 9.75

Gordon's peach gin, Prosecco and tonic water.

### bottled and canned beer

#### ASAHI 6.50

Japan (ABV 5.2%) 330ml

#### ESTRELLA 6.25

Spain (ABV 4.6%) 330ml

#### GOOSE IPA 6.50

USA (ABV 5.9%), 355ml

#### GLUTEN FREE PERONI 6.50

Italy (ABV 5.0%) 330ml

#### CORONA 6.50

Mexico (ABV 4.5%) 330ml

#### LONDON PRIDE 6.75

UK (ABV 4.7%) 500ml

#### PERONI NASTRO AZURO 0.0% 6.00

Italy (ABV 0.0%) 330ml **76 kcal**

### NON-ALCOHOLIC

#### WAVEBREAKER 5.50

Long and refreshing blend of pineapple, lime and coconut **108 kcal**

#### STRAWBERRY SMASH 5.50

Soda with strawberry, lemon and mint **62 kcal**

#### ELDERFLOWER COLLINS 5.50

Elderflower cordial, lime, pomegranate and soda **34 kcal**

## WINES

### WHITE

#### RIVERSTONE RIDGE

#### SAUVIGNON BLANC

New Zealand. Fresh and crisp with classic characters of gooseberry and tropical flavours.

175ml **8.75** 250ml **11.25**

Bottle **31.00**

#### QUINDI PINOT GRIGIO

Italy. Fresh with notes of ripe peach and citrus, and a touch of richness.

175ml **8.60** 250ml **10.60**

Bottle **29.00**

#### THE PADDOCK CHARDONNAY

Australia. Lemon freshness combined with peachy roundness.

175ml **7.75** 250ml **9.25**

Bottle **25.00**

#### CASTELBELLO BIANCO

Italy. Dry and refreshing with hints of citrus, peach and spice.

175ml **7.25** 250ml **8.75**

Bottle **23.50**

#### CULLINAN VIEW CHENIN BLANC

South Africa. Deliciously fresh and creamy with a peachy fruit character.

175ml **7.85** 250ml **9.40**

Bottle **26.00**

#### PETITE RONDE PICPOUL DE PINET

France. Fresh with a citrusy and stone fruit character highlighted with floral notes.

175ml **8.75** 250ml **10.75**

Bottle **32.00**

### SPARKLING

#### IL BACO DA SETA PROSECCO

Italy. Fine bubbles and delicate, ripe fruity aromas.

125ml **9.75** Bottle **38.00**

#### CHAPEL DOWN VINTAGE RESERVE

England. Lively and refreshing with good depth and tropical fruit aromas.

Bottle **57.95**

#### GALANTI PINOT GRIGIO

#### SPUMANTE ROSE

Italy. A light and fresh sparkling rosé with ripe, red summer fruit flavours.

125ml **10.00** Bottle **39.50**

### RED

#### BERRI ESTATES SHIRAZ

Australia. Medium-bodied and fruity with raspberry, cherry and plum flavours.

175ml **8.25** 250ml **9.75**

Bottle **27.00**

#### CALLIA LUNARIS MALBEC

Argentina. Concentrated with dark and red fruits and spicy undertones.

175ml **8.75** 250ml **10.75**

Bottle **32.00**

#### CORTE VIGNA MERLOT

Italy. Upfront briary fruit flavours alongside soft vanilla tones.

175ml **7.75** 250ml **9.50**

Bottle **25.00**

#### CASTELBELLO ROSSO

Italy. Shows ripe plum and cherry fruit with a soft, light finish.

175ml **7.25** 250ml **9.25**

Bottle **24.00**

#### RARE VINEYARDS PINOT NOIR

France. Soft and lightly oaked with cherries and blueberries and a hint of spice.

175ml **8.80** 250ml **10.80**

Bottle **32.00**

#### GRANFORT CABERNET SAUVIGNON

France. Classic blackcurrant aromas and flavours, balanced with a soft, tannic finish.

175ml **8.50** 250ml **10.50**

Bottle **29.00**

### ROSÉ

#### BELVINO ROSÉ PINOT GRIGIO

Italy. Slightly drier in style, full of fresh summer berry fruit aromas.

175ml **8.00** 250ml **10.00**

Bottle **27.50**

#### CASTELBELLO ROSATO

Italy. Refreshing raspberry fruit, backed with a zesty finish.

175ml **7.00** 250ml **8.75**

Bottle **24.00**

All our wines are between 11% ABV and 14% ABV. Please ask your server to check the bottle. 125ml glasses are available on request.

Adults need around 2000 kcal a day. The calorie information for our menu is calculated from recipes, however, as all our dishes are prepared by hand, some variation may occur. Guidance permits a +/-20% variance on published calorie values. For latest information please visit our website.