

**LANES**  
HEALTH CLUBS

# MENU



# Breakfast

## **LANES GRILLED BREAKFAST STACK** (GF) £6.95

2 rashers of smoked bacon, 2 free range eggs your way, grilled tomato, beans, portobello mushroom & toast. 600kcal

## **VEGGIE BREAKFAST STACK** (V) £6.95

2 veggie sausages, 2 slices of grilled halloumi, 2 free range eggs cooked your way, portobello mushroom, grilled tomato, beans & toast. 800kcal

## **SMASHED AVO ON TOAST WITH TOMATO SALSA** (VE) (GF) £4.25

Smashed avocado on a slice of toast served with tomato salsa. Perfect with a poached egg, add for just £1. 350kcal

## **PORTOBELLOS ON TOAST** (VE) (GF) £3.95

2 grilled portobello mushrooms on 2 slices of toast. 350kcal

## **GRANOLA, GREEK YOGHURT & HONEY** (V) £3.95

Our signature granola mixed with Greek yoghurt, sliced bananas, blueberries & a pot of honey. 435kcal

## **FRUITY PORRIDGE** (V) £3.85

Porridge topped with sliced banana, blueberries & a pot of delicious honey.

# Eggs Your Way

## **EGGS BENEDICT** (GF) £6.55

2 poached free range eggs served with succulent ham and hollandaise sauce. Served on a toasted bagel. 595kcal

## **EGGS ROYALE** (GF) £7.55

Served with smoked salmon, 2 poached eggs and hollandaise sauce. Served on a toasted bagel. 677kcal

## **EGGS FLORENTINE** (V) £6

2 poached eggs served on a toasted bagel with hollandaise sauce and spinach. 550kcal

## **2 EGGS ON TOAST** (GF) (V) £3.95

2 free range eggs cooked your way, served on 2 slices of toast. 430kcal

## **EGG SANDWICH** (GF) £4.50

With either:  
- 2 sausages. 777kcal  
- 2 rashers of bacon. 516kcal

## Extras

Add any of the following for just £1 per item: bacon, beans, egg, toast, sausage, 1/2 avocado

(GF) Gluten Free Available  
(V) Vegetarian  
(VE) Vegan

# Sandwiches & Bagels

Choose either fresh bread or a bagel for all options below. Served with Tortilla chips and salad. Please ask if you would like your sandwich toasted.

**SMOKED SALMON & PHILLY BAGEL** (GF) 608KCAL £6.50

**CHEESE & CHILLI JAM BAGEL** (GF) (V) 623KCAL £4.95

**BLT** (GF) 537KCAL £5.50

**PRAWN OPEN SANDWICH** £5.50  
With Marie Rose sauce.

**CHEESE & TOMATO** (GF) (V) 545KCAL £5.20

**TUNA & CHEESE** (GF) 643KCAL £5.50

**HAM & CHEESE** (GF) 573KCAL £5.40

# Mains & Specials

Please check our board for today's selection of mains and specials.

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# Baked Potatoes

You choice of topping served with a fresh side salad.

**PRAWNS IN MARIE ROSE SAUCE** £5.85  
550KCAL

**TUNA MAYONNAISE** (GF) 570KCAL £5.75

**BAKED BEANS** (GF) (VE) 550KCAL £5.50

**MATURE CHEDDAR CHEESE** £5.50  
(GF) (V) 500KCAL

# Salads

Served with your choice of either caesar salad dressing or honey and mustard dressing.

Please let us know when you order if you need a (GF) salad dressing alternative.

**LANES' PROTEIN SALAD** (GF) £7.55

Our signature salad with roasted chicken, sliced avocado and a boiled egg mixed with peanuts, seeds, mixed salad & baby leaves in a creamy caesar salad. 400kcal

**MAKE YOUR OWN** £7.55

Choose any 3 from the following to add to our classic tossed salad bedding:

- chicken
- nuts & seeds
- boiled egg
- smoked salmon
- prawn cocktail
- tuna mayo
- 1/2 avocado
- halloumi
- falafel
- ham

**Ts & Cs:** Please speak to a member of our team if you have a food allergy or intolerance. All food is prepared in an area where allergens are present. Whilst every care is taken, we cannot guarantee any products are free from genetically modified ingredients, nuts, nut derivatives, dairy or small bones in fish products. All items are subject to availability. All prices of food and drink are inclusive of VAT.



# Lanes' Orange Juice

A glass of our freshly squeezed orange juice. 250kcal

£3.00

# Smoothie of The Day

Please check our board for the smoothie of the day. 200kcal

£3

# Protein Shakes

- Strawberry
- Chocolate

£3

320kcal

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