



C L U B
R O O M










M E N U

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Breakfast

Eggs Your Way

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|  |  | | |
|  | | LANES GRILLED BREAKFAST STACK 6.65 |  |
| | | TWO RASHERS OF SMOKED BACON, TWO FREE RANGE EGGS COOKED YOUR WAY, GRILLED TOMATO, BEANS, PORTOBELLO MUSHROOM & TOAST | |
|  | | VEGGIE BREAKFAST STACK 6.65 |  |
| | | TWO VEGGIE SAUSAGES, TWO SLICES OF GRILLED HALLOUMI, TWO FREE RANGE EGGS COOKED YOUR WAY, PORTOBELLO MUSHROOM. GRILLED TOMATO, BEANS, & TOAST | |
|  |  | SMASHED AVOCADO ON TOAST 4.10 |  |
| | | SMASHED AVOCADO SPREAD ON TWO SLICES OF TOASTED DOORSTOP BREAD WITH A GENEROUS SPRINKLE OF SEEDS & CHILLI FLAKES
<small>PERFECT WITH A POACHED EGG - ADD FOR £1</small> | |
|  |  | PORTOBELLOS ON TOAST 3.85 | |
| | | TWO GRILLED PORTOBELLO MUSHROOMS ON TWO SLICES OF TOASTED DOORSTOP BREAD | |
|  | | GRANOLA, GREEK YOGURT & HONEY 3.85 | |
| | | OUR SIGNATURE GRANOLA MIXED WITH GREEK YOGURT, SLICED BANANAS, BLUEBERRIES AND A DRIZZLE OF BLOSSOM HONEY | |
|  | | FRUITY PORRIDGE 3.85 | |
| | | PERFECTLY COOKED PORRIDGE TOPPED WITH SLICED BANANAS, BLUEBERRIES AND A DRIZZLE OF BLOSSOM HONEY | |
| | | |  |
| | | | EGGS BENEDICT 6.55 |
| | | | SERVED WITH GAMMON HAM, TWO SOFT POACHED FREE RANGE EGGS, TOASTED ENGLISH MUFFIN AND HOLLANDAISE SAUCE |
| | | |  |
| | | | EGGS ROYALE 7.55 |
| | | | SERVED WITH SMOKED SALMON, TWO SOFT POACHED FREE RANGE EGGS, TOASTED ENGLISH MUFFIN AND HOLLANDAISE SAUCE |
| | | |  |
| | | | TWO EGGS ON TOAST 3.95 |
| | | | TWO FREE RANGE EGGS COOKED YOUR WAY, SERVED ON DOORSTOP TOAST |
| | | | SAUSAGE & EGG SANDWICH 4.50 |
| | | | TWO JUICY BANGERS AND AN EGG COOKED YOUR WAY, SANDWICHED BETWEEN DOORSTOP BREAD |
| | | | BACON & EGG SANDWICH 4.50 |
| | | | TWO RASHERS OF SMOKED BACON AND AN EGG COOKED YOUR WAY, SANDWICHED BETWEEN DOORSTOP BREAD |

Extras

ADD ANY OF THE BELOW TO YOUR MEAL FOR JUST £1 PER ITEM

BACON



BEANSY



EGG



TOAST



1/2 AVOCADO



SAUSAGE



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Sandwiches & Bagels

SERVED WITH TORTILLA CHIPS & SALAD
PLEASE ASK IF YOU WOULD LIKE YOUR SANDWICH TOASTED

<input checked="" type="checkbox"/> <input checked="" type="checkbox"/>	PRAWN OPEN SANDWICH FRESH PRAWNS IN MARIE ROSE SAUCE ON AN OPEN SANDWICH BED	5.50
<input checked="" type="checkbox"/> <input checked="" type="checkbox"/>	CHEESE & TOMATO MATURE CHEDDAR & SWEET TOMATO SANDWICH	5.20
<input checked="" type="checkbox"/> <input checked="" type="checkbox"/>	TUNA & CHEESE TUNA MAYO & MATURE CHEDDAR SANDWICH	5.50
<input checked="" type="checkbox"/> <input checked="" type="checkbox"/>	HAM & CHEESE GAMMON HAM & CHEDDAR CHEESE SANDWICH	5.40
<input checked="" type="checkbox"/> <input checked="" type="checkbox"/>	SMOKED SALMON & PHILLY SMOKED SALMON & PHILADELPHIA TOASTED BAGEL	6.50
<input checked="" type="checkbox"/> <input checked="" type="checkbox"/>	CHEESE & CHILLI JAM (V) MATURE CHEDDAR & TANGY CHILLI JAM BAGEL	4.95

Maining

<input checked="" type="checkbox"/>	CURRY OF THE DAY HOMEMADE FRAGRANT CURRY SERVED WITH FLUFFY RICE - CHECK OUR SPECIALS BOARD FOR TODAY'S FLAVOUR	7.45
<input checked="" type="checkbox"/>	SOUP OF THE DAY HOMEMADE SOUP SERVED WITH CRUSTY BREAD AND BUTTER - CHECK OUR SPECIALS BOARD FOR TODAY'S FLAVOUR	4.95
<input checked="" type="checkbox"/>	FIVE BEAN CHILLI HEARTY FIVE BEAN CHILLI SERVED WITH FLUFFY RICE	6.45

Baked Potatoes

YOUR CHOICE OF TOPPING ON A PERFECTLY OVEN BAKED POTATO

SERVED WITH A FRESH SIDE SALAD

<input checked="" type="checkbox"/> <input checked="" type="checkbox"/>	HEINZ BAKED BEANS	5.50
<input checked="" type="checkbox"/> <input checked="" type="checkbox"/>	MATURE CHEDDAR CHEESE	5.50
<input checked="" type="checkbox"/> <input checked="" type="checkbox"/>	TUNA MAYONNAISE	5.75
<input checked="" type="checkbox"/> <input checked="" type="checkbox"/>	CHICKEN AND BACON	5.75
<input checked="" type="checkbox"/> <input checked="" type="checkbox"/>	PRAWNS IN MARIE ROSE SAUCE	5.85

Salads

PLEASE NOTE THAT OUR SALAD DRESSING IS NOT GLUTEN FREE, HOWEVER WE CAN PROVIDE AN ALTERNATIVE - PLEASE ASK IF REQUIRED

<input checked="" type="checkbox"/>	PROTEIN SALAD ROASTED CHICKEN, SLICED AVOCADO & A BOILED EGG MIXED WITH PEANUTS, SEEDS, MIXED SALAD AND BABY LEAVES IN A CREAMY CAESAR DRESSING	7.55
<input checked="" type="checkbox"/>	EDAMAME AND HALLOUMI A GLORIOUS MIX OF PROTEIN RICH EDAMAME BEANS, TOSSED WITH GREEN BEANS, SLICED ROASTED PEPPERS AND GRILLED HALLOUMI CHEESE	7.55

Specials

We love trying new things and getting your feedback on our dishes, please check out today's specials on the board above the counter and let us know what you think.

Vegetarian

Vegan

Gluten Free Available



CLUB LOUNGE

Soft Drinks

STILL / SPARKLING WATER
COKE COLA
DIET COKE COLA
APPLETISER
BELVIOR CUCUMBER & MINT
BELVOIR ELDERFLOW PRESSE
PAGO MANGO & PASSION FRUIT
OLD JAMICA GINGER BEER
OASIS
FRESH ZUMMO ORANGE JUICE

Smoothies

CHECK OUR SPECIAL BOARD FOR
TODAYS SMOOTHIE OF THE DAY

Alcoholic Drinks

PROSECCO DOC BRUT
ABV 11%

ROTHSCHILD MERLOT, VDEP DOC
ABV 13.5%

PARLEZ-VOUS SAUVIGNON BLANC
ABV 11.5%

PRIMI SOLI PINOT GRIGIO BLUSH
ABV 12%

WINE PRICED PER GLASS / BOTTLE

LONDON PRIDE
ABV 4.7%

SHARPS DOOM BAR
ABV 4.3%

PERONI GLUTEN FREE
ABV 5.1%

ESTRELLA
ABV 4.6%

SAN MIGUEL
ABV 5.0%

STELA ARTOIS
ABV 4.8%

BECKS BLUE LOW ALCOHOL
ABV 0.01%

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CLUB ROOM

Ethos

WE BELIEVE THAT HEALTHY FOOD SHOULD BE BOTH DELICIOUS AND NUTRITIOUS. EATING HEALTHY IS ABOUT BALANCE AND OUR MENU IS DESIGNED TO ALLOW YOU TO EITHER KEEP ON TRACK OR SIMPLY INDULGE!

OUR INGREDIENTS ARE SOURCED LOCALLY WHEREVER POSSIBLE.

OUR CLUB LOUNGE IS DESIGNED FOR YOU TO RELAX AND SOCIALISE WITH OTHER MEMBERS AND FRIENDS WHILST ENJOYING A HEALTHY MEAL, SNACK OR JUST A COFFEE.

Social

BEING A MEMBER OF LANES HEALTH CLUBS IS MORE THAN JUST PUMPING IRON. WE FEEL THAT MEETING PEOPLE AND SPENDING TIME LEARNING A NEW SKILL OR ENJOYING AN EVENT HAS HUGE HEALTH BENEFITS.

VISIT OUR WEBSITE OR SEE THE NOTICES AROUND THE CLUB TO FIND OUR MORE.

Parties

WE LOVE TO CELEBRATE - THE LOUNGE IS AVAILABLE FOR PRIVATE PARTY BOOKINGS - IDEAL FOR BIRTHDAYS AND SPECIAL EVENTS. WE DON'T CHARGE YOU TO HIRE THE ROOM AND HELP YOU TO ORGANISE YOUR PARTY TOO!

SPEAK WITH THE TEAM TO FIND OUT MORE.

SMALL PRINT

FOOD ALLERGIES AND INTOLERANCES: 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 OR SMALL BONES IN FISH PRODUCTS.

ALL ITEMS ARE SUBJECT TO AVAILABILITY AND ALL WEIGHTS ARE AN APPROXIMATE UNCOOKED WEIGHT.

ALL PRICES FOR FOOD AND DRINK ARE INCLUSIVE OF VAT AT CURRENT RATE.