

FORUM

CAFÉ BAR

MENU



SNACKS

SOUP OF THE DAY

Served with Granary Bread £2.95
Please see Blackboard for today's choice)

7.5" BAGUETTE FILLED WITH A SELECTION OF FILLINGS
White or Brown

PRAWN MARIE ROSE £5.95
HAM, CHEESE, & TOMATO £4.95
CHICKEN, BACON, LETTUCE & TOMATO £4.95
EGG MAYONNAISE £3.95
ROASTED VEGETABLES & PESTO £4.50

All served with Coleslaw & Salad

BITES & TREATS

ICE CREAM TUB £1.60
COOKIES £1.00
SCONE WITH JAM £0.95

SMOOTHIES

Ice Blended Drink & Ice Frapes £2.00

DRINKS

Price
Members
Discount

TEA & COFFEE

TEA	£1.40	£0.70
HERBAL TEAS	£1.40	£0.70
FLAT COFFEE	£1.50	£0.90
AMERICANO	£1.50	£0.90
CAPPUCCINO	£1.50	£0.90
LARGE CAPPUCCINO	£1.70	£1.00
LATTE	£1.70	£1.00
FLAVOURED LATTE <i>(Raspberry, Banana, Mint & Gingerbread)</i>	£1.80	£1.10

TALL LATTE	£1.70	£1.00
MOCHA	£1.70	£1.00
HOT CHOCOLATE	£1.60	
HOT CHOCOLATE DELUXE	£2.00	
BLACK FOREST HOT CHOCOLATE	£2.00	£1.00
SINGLE ESPRESSO	£1.40	
DOUBLE ESPRESSO	£2.00	

SOFT DRINKS

PEPSI, IRN BRU, 7UP, TANGO	£1.50
BRITVIC 55	£1.75
FRUIT SHOOT	£1.00
FRESH ORANGE	£1.20
J20 FRUIT DRINKS	£1.75
STILL WATER	£1.50
SPARKLING WATER	£1.75
CORDIALS	£0.50
GLASS OF MILK	£0.80
APPLETISER	£1.75
MILK SHAKES	£1.75

Chocolate, Strawberry, Raspberry & Banana

DRINKS

Please note we are unable to serve alcohol to non residents before 11am
(12.30pm Sundays)

CORONA (500ml)	£3.20
TENNENTS LAGER (500ml)	£2.80
GUINNESS (500ml)	£3.70
MAGNERS (330ml)	£3.10
STELLA (330ml)	£3.20
BECK'S (275ml)	£3.20
BUDWIESER (330ml)	£3.20

STOWELLS 'SIGNATURE' WINES

COLOMBARD-CHARDONNAY (WHITE)	£3.30
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*A typical tropical-fruits-flavoured oaked Aussie white using the zingy Colombard, with 20% Chardonnay.
175ml 12.5% vol*

CABERNET-SHIRAZ (RED)	£3.30
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*A deep coloured and juicy red wine with classic blackcurrant flavour
and soft, easy tannins 175ml 13.5% vol*

ROSE WINE- Footsteps Rose California	£3.30
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Lively, fruity and exploding with red berry flavours

LUCOZADE SPORT (various flavours)	£1.50
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PROTEIN SHAKE 50g	£2.50
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EASY BODY PROTEIN SHAKE	£2.00
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ACTIVE WATER	£1.50
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STACK FORCE SHOT	£2.00
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NO+ ELITE SHOT	£2.00
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MUSCLE VOLUMIZER - Mixed with milk or Water	£2.00
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ACTIVATE ENERGY BAR	£1.00
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ACTIVE CONTROL BAR	£2.00
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50% PROTEIN BAR	£2.25
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