



FRESH AND FULL OF FLAVOUR!

We believe that the **freshness** and **flavour** of our nutritious food is **essential to wellbeing**. Our menu is carefully crafted to serve the health of our members, and the communities we live in.

So we **prepare our food to order** and can trace it back to the Red Tractor Approved farm it came from. And, if possible, it's local and British. We will only serve **free range** chicken and eggs, sustainably sourced fish, and work with ethical suppliers.

We have something for everyone, whether you are looking for healthy light-bites, a delicious meal to share with family and friends, or a refreshing post workout drink. We also offer a kids menu, making eating out as a family easy and fun!

Check out our **freshly stoned baked pizzas**, our wholesome baguettes and **sandwiches**, and the goodness of our British **burger range**, with **vegetarian** and **vegan** options also available.

Eat Well – Providing healthy options and the knowledge to be able to make healthy choices!

EAT WELL
with mytimeactive

CELEBRATE IN STYLE AT MYTIME ACTIVE!

Thinking of throwing a party?

From our function suites to private hire of our facilities, we have the perfect place to host your upcoming event.

**Please ask a member of the team
for more details.**



BREAKFASTS

Breakfast Roll

One/two/three fillings • £4.75/£5.95/£6.95
Choose from smoked bacon, grilled sausages, vegetarian sausages or fried egg. Served in wholemeal 'fibre packed' roll or white roll

*bacon brown/white bread 466 kcal/531 kcal
eggs brown/white bread 338 kcal/373 kcal
sausages brown/white bread 648 kcal/698 kcal*

Full English Breakfast • £9.25

Two rashers of smoked bacon, grilled sausage, hash brown, grilled tomato, baked beans, eggs your way* and wholemeal toast. Extra items £1.00 each
*with *scrambled 901 kcal/poached 886 kcal/fried 910 kcal*

Vegetarian Breakfast • £9.25

Two vegetarian sausages, hash brown, grilled tomato, baked beans, eggs your way* and wholemeal toast. Extra items £1.00 each
*with *scrambled 745 kcal/poached 723 kcal/fried 750 kcal*

Smashed Avocado & Eggs on Toast • £7.50

Scrambled, poached 'for less calories' or fried
*brown bread - scrambled 258 kcal/poached 233 kcal/fried 260 kcal
white bread - scrambled 264 kcal/poached 241 kcal/fried 268 kcal*

Eggs Your Way • £6.95

Scrambled, poached or fried served on wholemeal toast. Extra items £1.00 each
*brown bread - scrambled 227 kcal/poached 205 kcal/fried 259 kcal
white bread - scrambled 231 kcal/poached 209 kcal/fried 263 kcal*

Homemade Porridge • £3.95

with choice of topping. Berries, honey or nuts
with berries/honey/nuts 417/434/591 kcal

LIGHT BITES

Classic Sandwich or Baguette

All served with a side salad and choice of wholemeal or white bread

Tuna • £5.95

Tuna with light mayo
brown bread 426 kcal/white bread 484 kcal

Chicken • £5.95

Fresh Avocado and pesto sauce
brown bread 578 kcal/white bread 636 kcal

Prawns • £6.95

Prawns with Marie Rose sauce
brown bread 399 kcal/white bread 457 kcal

Classic Cheese & Ham • £4.75

Honey baked ham and mature cheddar slice
brown bread 519 kcal/white bread 550 kcal

Club Sandwich • £8.75

with chicken, bacon, tomatoes, salad and egg mayonnaise
brown bread 414 kcal/white bread 418 kcal

Fish Goujons • £5.95

Served with light mayo and salad
brown bread 616 kcal/white bread 673 kcal

Oven Baked Jacket Potatoes • £4.50 *131 kcal*

Choose one filling, extra items £1.00 each

Cheese *267 kcal*, Beans *218 kcal*, Tuna *237 kcal*,
Prawns *210 kcal*, Coleslaw *376 kcal* or Bacon *206 kcal*

OUR MAINS

Chicken Caesar or Tuna Niçoise • £9.95

chicken 314 kcal/tuna 238 kcal

Mytime Active Beef Burger • £11.95

Served with fresh relish and side salad
Add cheese and/or bacon £1.00 each
*CC 703 kcal, FF 541 kcal or SF 330 kcal
with cheese/bacon/cheese & bacon 911/741/949 kcal*

Chargrilled Chicken Burger • £12.25

Served with light mayo and crunchy salad
CC 664 kcal, FF 584 kcal or SF 419 kcal

Halloumi Burger • £11.95

Served with light mayo and avocado
CC 735 kcal, FF 533 kcal or SF 362 kcal

Vegan Burger • £11.95

Served with tomato, onion and avocado
CC 678 kcal, FF 516 kcal or SF 305 kcal

**All served with a choice of chunky chips,
fries or sweet potato fries**

STONE BAKED PIZZAS

Margherita • £9.95 *757 kcal*

Original mozzarella cheese and tomato sauce

Pepperoni • £10.50 *862 kcal*

Extra pepperoni, mozzarella cheese and tomato sauce

Chicken • £10.50 *857 kcal*

Tomato sauce, mozzarella, chicken
roasted peppers and rosemary

Classic Hawaiian • £10.25 *836 kcal*

Tomato sauce, mozzarella, ham and pineapple

Vegetarian • £10.25 *829 kcal*

Onions, peppers, sweetcorn, mushrooms,
mozzarella cheese and tomato sauce

SIDES

Chunky Chips • £3.25 *538 kcal*

Fries • £3.25 *375 kcal*

Sweet Potato Fries • £3.25 *164 kcal*

Chunky Chips with Cheese & Bacon • £6.50 *783 kcal*

Loaded Nachos • £7.50 *417 kcal*

Melted cheese, salsa and topped with jalapenos

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PLEASE SCAN THE QR CODE OR ASK A MEMBER
OF THE TEAM FOR ALLERGEN ADVICE.