Members’ Room

**Toasteds sandwiches** from 5.85

**Calabrese Club**
British chicken, salami Milano, semi-dried tomato tapenade, spinach and Dijon mayo in a stonebaked ciabatta (694 kcal)

**Italian deli**
Mozzarella, semi-dried tomato tapenade, coquille olives, basil, mayo and spinach on stone-baked, hand-pulled sourdough ciabatta (596 kcal)

**Baguettes** from 5.85

**Ham and Emmental**
Sliced Wiltshire ham, Emmental, Dijon mayo on sourdough baguette (233 kcal)

**West Country Cheddar and chutney**
Thick sliced West Country Cheddar, farmhouse chutney, semi-dried tomatoes and peppery rocket on multigrain baguette (276 kcal)

**Wedges** from 4.10

**Egg and cress (v)**
Creamy egg mayo and fresh cress on wholemeal bread (217 kcal)

**BLT**
Crispy bacon, sliced tomato, mixed leaves and mayo on wholemeal bread (380 kcal)

**Tuna and cucumber**
Tuna and cucumber on wholemeal bread (210 kcal)

**Salad boxes** from 6.70

**Harissa chicken & green grain salad**
British chicken, harissa paste and green grains (136 kcal)

**Plant power**
Falafel, hummus, roast butternut, pomegranate, courgetti, tomato, cucumber, mixed leaves and omega seeds with Middle Eastern spiced vinaigrette (163 kcal)

**Wraps** from 5.20

**Fiesta chicken**
British chargrilled chicken, fire-roasted corn dip, chipotle mayo, sweetcorn, black beans, tomato, red cabbage, red pepper, coriander, spinach and lime in a multigrain tortilla (194 kcal)

**Middle Eastern meze (vg)**
Falafel, hummus, aubergine tapenade, tomato, piquillo peppers, spinach and cucumber on a multigrain wrap (243 kcal)

**Cakes** from 2.40

**Scones** (624 kcal)

**Raspberry & mango and coconut cake** (597 kcal)

**Carrot & orange cake** (511 kcal)

**Walnut & coffee and cardamom cake** (589 kcal)

**Blubbery muffin** (381 kcal)

**White chocolate & raspberry muffin** (391 kcal)

**Plum, almond & raspberry ripple cake** (467 kcal)

**Nuttly brownie** (537 kcal)

**Triple chocolate muffin** (400 kcal)

**Croissant** (355 kcal)

**Pain au chocolat** (376 kcal)

**Pain aux raisins** (294 kcal)

**Cold drinks** from 2.50

**Life still / sparkling water** (330 ml)

**Apple / orange juice**

**Elderflower pressé**

**Fentimans Ginger Beer, Rose lemonade, Victorian lemonade**

**Hot drinks**
Our coffee is carbon neutral and Rainforest Alliance certified

**Espresso** single / double (0 kcal) 2.15 / 2.60

**Macchiato** single / double (6 kcal) 2.50 / 2.80

**Americano** (0 kcal) 2.95

**Cappuccino** (135 kcal) / **Latte** (202 kcal) 3.15

**Flat white** (117 kcal) 3.30

**Mocha** (282 kcal) 3.30

**Hot chocolate** (310 kcal) 3.30

**Tea** (1 kcal) 2.80

Please ask us for available flavours

**Milk alternatives** 0.20

(v) vegetarian | (vg) vegan

We use a wide range of ingredients in our kitchen, some of which may contain allergens.

Please let us know if you have a specific allergy or dietary requirement so we can let you know of the most appropriate food choice.

Adults need around 2000 kcal a day.