## Members’ Room

### Toasted sandwiches

- **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 – 586 kcal

### Baguettes

- **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

- **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 – 330 kcal

- **Tuna and cucumber**
  - Tuna and cucumber on wholemeal bread – 210 kcal

### Salad boxes

- **Harissa chicken & green grain salad**
  - British chicken, harissa paste and green grains – 136 kcal

- **Plant power**
  - Falafel, hummus, roast butternut, pomegranate, courgette, tomato, cucumber, mixed leaves and omega seeds with Middle Eastern spiced vinaigrette – 163 kcal

### Wraps

- **Fiesta chicken**
  - Britsh 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

- **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

- **Life still / sparkling water** 330 ml
- **Apple / orange juice**
- **Coke / Diet Coke**
- **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 2.25 / 2.70
- **Macchiato** single / double 6 kcal 2.60 / 2.90
- **Americano** 0 kcal 3.05
- **Latte** 202 kcal 3.25
- **Cappuccino** 135 kcal 3.25
- **Flat white** 117 kcal 3.40
- **Mocha** 282 kcal 3.40
- **Hot chocolate** 310 kcal 3.40
- **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.