

DESSERTS

HOT CHOCOLATE BROWNIE (V GF) 7.50

With melting chocolate sauce and vanilla ice cream **691 kcal**

ICE CREAM PARLOUR (V GF) 7.50

Three scoops of gelato or sorbet

Choose: Chocolate **83 kcal** | Vanilla **78 kcal** |

Passion fruit & mango sorbet (vg) **77 kcal**

(kcal listed per scoop)

PASSION FRUIT & VANILLA CHEESECAKE (V) 7.50

Vanilla cheesecake served with fresh passion fruit and a drizzle of passion fruit coulis **446 kcal**

COFFEE

FLAT WHITE 4.25 **108 kcal**

PICCOLO 2.75 **74 kcal**

ESPRESSO SINGLE 3.25 **0 kcal**

AMERICANO 3.25 **12 kcal**

MACCHIATO SINGLE 3.25 **7 kcal**

CAFFÈ LATTE 4.25 **147 kcal**

CAPPUCCINO 4.25 **147 kcal**

CLASSIC ICED COFFEE 4.25 **0 kcal**

OTHER CUPPAS

HOT CHOCOLATE 4.25 **227 kcal**

'MOROCCAN' FRESH MINT TEA

+ Marshmallows +1.00 **33 kcal**

3.25 **4 kcal**

YORKSHIRE TEA 3.25 **12 kcal**

ADD ONS 1.00

TEAPIGS 3.25 **0 kcal**

+ Vanilla **85 kcal**,

Please ask your server for the selection of teas available

hazelnut **86 kcal**

or caramel syrup **85 kcal**

SUNSHINE SMOOTHIES

SMALL **6.00**

LARGE **6.50**

Our smoothies are made from fruit and blended with cloudy apple juice to make a delicious icy fruit drink.

STRAWBERRY SPLIT

A luscious mix of strawberries and banana blended with cloudy apple juice **189 kcal / 253 kcal**

MELON LUSH

A dynamic combination of melon and luscious strawberries blended with cloudy apple juice **130 kcal / 154 kcal**

PASH 'N' SHOOT

A delicious tropical concoction of passion fruit, pineapple and mango, blended with cloudy apple juice **158 kcal / 182 kcal**

PROTEIN PUNCH

A great tasting fruity Protein boost combining whey protein, spirulina, chlorella and a crop of summer fruits **185 kcal / 209 kcal**

KALE KICK

Queen of the greens! Kale, spinach and mango blended with cloudy apple juice **156 kcal / 179 kcal**

BREKKIE SMOOTHIE

Rise and shine with gluten free rolled oats, flax seeds, blueberry, raspberry and banana **367 kcal / 391 kcal**

PINEAPPLE PUNCH

A perfect mix of pineapple, mango, kiwi, strawberry and blended with cloudy apple juice **165 kcal / 189 kcal**



DRINKS & DESSERTS MENU

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COREDRINKMNU0923

v - Suitable for vegetarian vg - Suitable for vegans.
Adults need around 2000 kcal a day.

THIRST QUENCHERS

FRESH LEMONADE WITH MINT 3.75

Cloudy and refreshing **98 kcal**

SUNSHINE COAST ICED TEA 4.25

Ice cold chamomile and green tea with mango, lime and fresh mint **102 kcal**

POMEGRANATE ICED TEA 4.25

Served ice-cold with a little lemon, pomegranate juice and fresh mint **85 kcal**

FRESH ORANGE

4.00 127 kcal / 5.50 170 kcal

CLOUDY APPLE JUICE

4.00 160 kcal / 5.50 213 kcal

PINEAPPLE

3.25 185 kcal / 4.25 247 kcal

POMEGRANATE JUICE DRINK

3.25 160 kcal / 4.25 213 kcal

CRANBERRY JUICE DRINK

3.25 85 kcal / 4.25 113 kcal

STILL WATER 3.00 0 kcal

SPARKLING WATER 3.00 0 kcal

DIET COKE 4.25 1 kcal

COKE ZERO 4.25 1 kcal

FANTA ORANGE ZERO 4.25 5 kcal

SLIMLINE LEMONADE 4.25 5 kcal

COCA COLA 4.50 182 kcal

WINES

WHITE

RIVERSTONE RIDGE SAUVIGNON BLANC

New Zealand. Fresh and crisp with classic characters of gooseberry and tropical flavours.

175ml **8.50** 250ml **10.60**

Bottle **29.75**

QUINDI PINOT GRIGIO

Italy. Fresh with notes of ripe peach and citrus, and a touch of richness.

175ml **8.30** 250ml **10.30**

Bottle **27.75**

THE PADDOCK CHARDONNAY

Australia. Lemon freshness combined with peachy roundness.

175ml **7.40** 250ml **8.45**

Bottle **23.45**

CASTELBELLO BIANCO

Italy. Dry and refreshing with hints of citrus, peach and spice.

175ml **6.95** 250ml **7.95**

Bottle **22.15**

CULLINAN VIEW CHENIN BLANC

South Africa. Deliciously fresh and creamy with a peachy fruit character.

175ml **7.55** 250ml **8.55**

Bottle **23.95**

PETITE RONDE PICPOUL DE PINET

France. Fresh with a citrusy and stone fruit character highlighted with floral notes.

175ml **8.70** 250ml **10.80**

Bottle **30.75**

RED

BERRI ESTATES SHIRAZ

Australia. Medium-bodied and fruity with raspberry, cherry and plum flavours.

175ml **7.90** 250ml **8.90**

Bottle **25.00**

CALLIA LUNARIS MALBEC

Argentina. Concentrated with dark and red fruits and spicy undertones.

175ml **8.45** 250ml **10.60**

Bottle **29.75**

CORTE VIGNA MERLOT

Italy. Upfront briary fruit flavours alongside soft vanilla tones.

175ml **7.40** 250ml **8.50**

Bottle **23.45**

CASTELBELLO ROSSO

Italy. Shows ripe plum and cherry fruit with a soft, light finish.

175ml **6.95** 250ml **7.95**

Bottle **22.15**

RARE VINEYARDS PINOT NOIR

France. Soft and lightly oaked with cherries and blueberries and a hint of spice.

175ml **8.65** 250ml **10.80**

Bottle **30.75**

GRANFORT CABERNET SAUVIGNON

France. Classic blackcurrant aromas and flavours, balanced with a soft, tannic finish.

175ml **8.20** 250ml **9.70**

Bottle **27.60**

ROSÉ

BELVINO ROSÉ PINOT GRIGIO

Italy. Slightly drier in style, full of fresh summer berry fruit aromas.

175ml **7.65** 250ml **9.65**

Bottle **26.45**

CASTELBELLO ROSATO

Italy. Refreshing raspberry fruit, backed with a zesty finish.

175ml **6.95** 250ml **7.95**

Bottle **22.20**

SPARKLING

IL BACO DA SETA PROSECCO

Italy. Fine bubbles and delicate, ripe fruity aromas.

125ml **9.25** Bottle **34.95**

CHAPEL DOWN VINTAGE RESERVE

England. Lively and refreshing with good depth and tropical fruit aromas.

Bottle **57.95**

GALANTI PINOT GRIGIO

SPUMANTE ROSE

Italy. A light and fresh sparkling rosé with ripe, red summer fruit flavours.

125ml **9.75** Bottle **35.50**

All our wines are between 11% ABV and 14% ABV. Please ask your server to check the bottle. 125ml glasses are available on request.

Adults need around 2000 kcal a day. The calorie information for our menu is calculated from recipes, however, as all our dishes are prepared by hand, some variation may occur. Guidance permits a +/-20% variance on published calorie values. For latest information please visit our website.

COCKTAILS

SPICED RUM PUNCH 9.75

Bacardi spiced rum, pineapple juice, guava juice, orange juice, a dash of lime and strawberries

MANGO COLADA 8.75

Mango vodka, rum, coconut milk, pineapple and lime. Served long over ice

CARIBBEAN ICED TEA 9.75

Bacardi spiced rum, Coke Zero and lemon juice

STRAWBERRY & BASIL DAIQUIRI 8.75

With rum and lime. Shaken over ice and served in a martini glass

LYNCHBURG LEMONADE 9.75

Jack Daniel's, Cointreau and lemonade

BLOODY MARY 8.75

Vodka with spiced tomato juice, black pepper and celery, served with Tabasco on the side

PASSION FRUIT MARTINI 9.75

Vanilla vodka, Passini and lime juice. Served with passion fruit and a shot of Prosecco on the side

BEERS, CIDER, SPRITZ & GIN

DRAUGHT BEER

PERONI

Italy (ABV 5.0%)

Half Pint **3.75** / Pint **7.50**

CAMDEN HELLS LAGER

England (ABV 4.6%)

Half Pint **3.85** / Pint **7.75**

CIDER

REKORDERLIG CIDERS 6.50

Sweden

› Strawberry & Lime, (ABV 4.0%) 500ml

› Apple, (ABV 4.5%) 500ml
Crisp and refreshing

SPRITZ & GIN

APEROL SPRITZ 8.75

Aperol and Prosecco, topped with soda.

HUGO 8.75

Prosecco, elderflower liqueur, fresh mint and soda

PEACH GIN SPRITZ 9.75

Gordon's peach gin, Prosecco and tonic water.

BOTTLED AND CANNED BEER

ASAHI 6.25

Japan (ABV 5.2%) 330ml

ESTRELLA 5.75

Spain (ABV 4.6%) 330ml

GOOSE IPA 6.50

USA (ABV 5.9%), 355ml

GLUTEN FREE PERONI 6.25

Italy (ABV 5.0%) 330ml

CORONA 6.25

Mexico (ABV 4.5%) 330ml

LONDON PRIDE 6.75

UK (ABV 4.7%) 500ml

PERONI NASTRO AZURO 0.0% 5.75

Italy (ABV 0.0%) 330ml **76 kcal**

NON-ALCOHOLIC

WAVEBREAKER 5.50

Long and refreshing blend of pineapple, lime and coconut **108 kcal**

STRAWBERRY SMASH 6.00

Soda with strawberry, lemon and mint **62 kcal**

ELDERFLOWER COLLINS 6.50

Elderflower cordial, lime, pomegranate and soda **34 kcal**