

# 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
<b>TEA &amp; COFFEE</b>		
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	£1.80	£1.10
<i>(Raspberry, Banana, Mint &amp; Gingerbread)</i>		
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
------------------------------	-------

*A typical tropical-fruits-flavoured oaked Aussie white using the zingy Colombard, with 20% Chardonnay.  
175ml 12.5% vol*

CABERNET-SHIRAZ (RED)	£3.30
-----------------------	-------

*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
--------------------------------------	-------

*Lively, fruity and exploding with red berry flavours*

LUCOZADE SPORT (various flavours)	£1.50
-----------------------------------	-------

PROTEIN SHAKE 50g	£2.50
-------------------	-------

EASY BODY PROTEIN SHAKE	£2.00
-------------------------	-------

ACTIVE WATER	£1.50
--------------	-------

STACK FORCE SHOT	£2.00
------------------	-------

NO+ ELITE SHOT	£2.00
----------------	-------

MUSCLE VOLUMIZER - Mixed with milk or Water	£2.00
---	-------

ACTIVATE ENERGY BAR	£1.00
---------------------	-------

ACTIVE CONTROL BAR	£2.00
--------------------	-------

50% PROTEIN BAR	£2.25
-----------------	-------