
Bar Menu



DAY

Coffees

- Espresso — £1.50
- Double Espresso — £1.80
- Cappuccino — £2
- Latte — £2
- Americano — £2
- Mocha — £2.20
- Flat White — £2.20

Teas

- Breakfast Tea — £1.50
- Earl Grey — £1.50
- Juane Lemon — £1.50
- Green tea, lemon & ginger
- Peppermint — £1.50

Shakes

- Bitch Don't Kale My Vibe** — £5.50
Pineapple, kale, chia seeds,
blueberries, apple juice & ginger
- Diet Starts Tomorrow** — £5.50
Strawberry puree, cottage cheese, lemon zest,
cashew nuts, almond milk & vanilla whey protein
- Peanut BJ** — £5.50
Peanut butter, strawberry puree, raspberry puree,
cacao nibs, almond milk & vanilla whey protein
- The Whey You Make Me Feel** — £5.50
Chocolate whey protein, peanut, cacao nibs,
chia seeds, banana, lucuma & almond milk
- Drop The Beet** — £5.50
Dragon fruit, beetroot, pomegranate & apple juice

NIGHT

Fizz

- Skinny Prosecco 75cl — £24
- Skinny Mini 20cl — £7.50
- Twisted Halo Bottle — £6

Wine

175ml glass/ bottle

Neptune Point

- Sauvignon Blanc — £6/£19
- Navajas Tinto Rioja — £6/£19

Spirits & Mixers

25ml measure

- Hendricks Gin — £5.50
- Sailor Jerry Spiced Rum — £5.50
- Duppy Share Rum — £5.50
- Absolut Blu Vodka — £5.50
- Maker's Mark Whisky — £5.50
- Cazcabel Honey Tequila — £5.50

Beavertown Beers

- Gamma Ray APA — £5
- Neck Oil Session IPA — £5

Cocktails

- Reggae Rum Punch — £8
- Foxy Ginger Mule — £8
- Big Smoke Bloody Mary — £8
- Elderflower Garden Party — £8

Snacks & soft drinks also available from the bar

Timetable



	06:45 – 07:30	07:45 – 08:30	10:00 – 11:00	11:15 – 12:15	18:15 – 19:00	19:15 – 20:00
MON	CARDIO	CARDIO			CARDIO	CARDIO
TUE	STRENGTH	STRENGTH			STRENGTH	STRENGTH
WED	ENDURANCE	ENDURANCE			ENDURANCE	ENDURANCE
THU	CORE	CORE			CORE	CORE
FRI	SHOWCASE	SHOWCASE			SHOWCASE	SHOWCASE
SAT			SHOWCASE	SHOWCASE		

CARDIO

Burn off those weekend regrets and be that lean mean fat burning machine we know you are.

STRENGTH

Forget Legs, Bums & Tums, Tuesdays are about Chest, Back, Buns, Legs, Shoulders and Guns.

ENDURANCE

Harder, better, faster, stronger for longer.

CORE

That awkward moment when you walk through metal detectors and your abs of steel sets them off.

SHOWCASE

All your weekly fitness needs in one class. It might be the weekend but it's time to get to work.