

The **montage** Café Bar combines simple ingredients, locally sourced, to create a menu to complement your visit, whether it is just a coffee and pastry or a light meal you will be welcome

menu



All of our food is freshly made and does take a little time to prepare...

"pressed for time?"

Why not pre-order your breakfast, lunch or evening meal, enjoy your workout, class or swim and then join us in Montage.

breakfast (served until 11.30am)

- A choice of Cereals** From: 1.30
Served with semi-skimmed or skimmed milk.
- Muesli, Fresh Fruit (v) & Natural Yogurt** 3.95
A bowl packed with energy.
- Newmarket or Quorn Sausages (v)** 3.75
Beans, mushrooms, a slice of toast and a choice of egg.
- Bacon, Scrambled Eggs, Plum Tomatoes and Toast** 3.50
Sunshine on a plate.
- Waffle, egg, bacon & beans** 3.25
Nice and easy.
- Eggs on Toast** 2.50
Poached or Scrambled, Just that.
- Bacon or Sausage Bap** 1.50
Eat in or take away.
- Toast (2 slices)** 1.40
With butter or flora.
- A Choice of Jam or Marmalade** 0.30

main dishes

- Homemade Chicken Burger** 6.95
Served in a toasted ciabatta bun with chips or jacket potato and a side salad. Made with 100% chicken breast.
- Homemade Chilli and Rice** 6.75
Using 100% lean mince served with nachos and guacamole.
- Salmon Supreme** 6.75
With a herby crust or honey and chilli glaze served with roasted new potatoes, vegetables or salad.
- Homemade Beef and Mushroom Pie** 6.50
Pastry top pie with delicious tasty beef and mushroom filling, served with mashed potato and vegetables.
- Roasted Winter Vegetable Bake (v)** 5.95
Served with green beans and carrot batons.
- Goats Cheese & Leek Tart (v)** 5.45
With a mixed leaf salad and warm ciabatta bites.

montage to go

Available daily:
Grab a freshly made sandwich or pasta, salad and fruit pot, add a coffee or cold drink to go From: 1.75

smaller tummies

- Smaller portions for smaller tummies but with the same great taste.
Served with a drink of your choice*
 - Homemade Grilled Chicken Burger in a bun** 4.50
Served with chips or half a jacket potato and salad.
 - Mini Pizza** 4.25
Choose your topping from ham, cheese, pineapple and tomato. Served with chips, half a jacket potato, beans or salad.
 - Macaroni Cheese (v)(gf)** 4.25
Served with ciabatta bites.
 - Fabulous Lasagne** 4.50
Layered pasta, beef mince and a rich creamy sauce.
 - Newmarket or Quorn Sausages (v)** 4.25
Served with chips or half a jacket potato, beans or salad.
- *9 fl oz cup of Robinsons Special R Squash, Coca Cola, Lemonade or milk.

salad & sandwich bar

Open from 11.00 to 18.00 every day.
Choose from our fine ingredients at the salad bar.

- Sandwiches** From: 3.25
- Salads** From: 4.95

lite bites

- Pasta Provencales** 4.95
A rustic mixture of red peppers, garlic and courgettes in a rich tomato sauce. Served with garlic bread.
- Warm Chicken and Bacon salad** 5.25
Served with ciabatta bites and a honey and mustard dressing.
- Mediterranean Salad** 5.25
Grilled chicken, chorizo, mozzarella with olives on a mixed leaf salad. Drizzled with balsamic vinegar.
- Omelettes (v)** 4.25
Choose from ham, cheese, mushroom, tomato, onion and sweetcorn.
- Jackets, Panini's or Toasted Sandwiches (v)** From: 3.95
Choose any two fillings from tuna, ham, bacon, baked beans, mozzarella, cheddar or cream cheese, pineapple, sundried tomato, mushroom, onion, tomatoes and sweetcorn.
Add extra fillings for 40p each.
- Chips Thick and golden.** 1.30
- Chips and cheese.** 1.60

(v) suitable for vegetarians
(gf) gluten free
(n) dishes may contain nuts or nut oil

beverages

- Espresso** 1.50
- Café Latte** 2.25
- Flavoured Lattes** 2.45
- Cappuccino** 1.95/2.25
- Americano** 1.55/2.00
- Mocha** 2.45
- Kenyan Tea (per person)** 1.75

All the above drinks are 100% Rain Forest Alliance Certified.

- Hot Chocolate** 2.20
All of the above are made with semi skimmed or skimmed milk to suit your mood!
- Earl Grey Tea** 1.85
- Dr Stuart's Botanical and Fruit Teas** 1.85

Including: Chamomile, Apple and Ginger, Lemon Myrtle, Green Tea or Peppermint.

smoothies (all one price)

- Refreshing power pick me ups** 3.30
full of fruit and natural sugars.
- Pink Passion**
Strawberries, Raspberries, Banana, fruit juice and low fat yoghurt.
- Blueberry Blush**
Blueberries, Pineapple, fruit juice and low fat yoghurt.
- Morning Burst**
Orange, Banana, Apple, Orange juice and low fat yoghurt.

"Special Offers!"

Check our boards and leaflets for the latest deals!

fun **Meet** **birth**
c tions in gs day parties

Celebrate with the facilities at **Newmarket Leisure Centre** available for **hire**

montage

Cafe • Bar

Free wifi

Licensed Bar

The place that's fit to meet and eat