



TRUE PADEL

MENU

GAMEDAY BITES

GSN FITNESS FOODS

- HIGH PROTEIN WRAPS £4.10
 - KOREAN SWEET CHILLI CHICKEN
 - STICKY BBQ CHICKEN
 - CLASSIC ENGLISH BREAKFAST

- LOW CALORIE POT O'GOLD £5.20
 - PASTA BOLOGNESE
 - SALT & PEPPER CHICKEN NOODLES
 - CRISPY BUFFALO CHICKEN WITH POTATOES
 - BEEF CURRY WITH RICE
 - CHICKEN STROGANOFF WITH RICE

- BLUEBERRY BLAST OVERNIGHT OATS £3.50

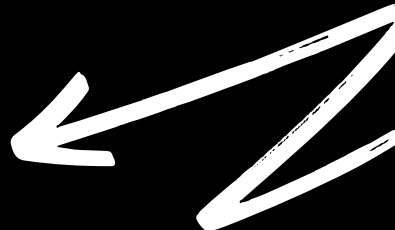
SNACKS

- BAREBELLS PROTEIN BARS £2.70
 - COOKIES & CREAM
 - CARAMEL CASHEW
 - CRISPY NOUGAT

- CRISPS (SELECTION AT BAR) £1.00

FOR ANY ALLERGEN INFORMATION,
PLEASE REFER TO OUR STAFF!

READY TO PLAY AGAIN?
SCAN THE QR-CODE TO
BOOK YOUR COURT!





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HYDRATION STATION

SOFT DRINKS

- COKE (REGULAR / DIET / ZERO) £1.40
- SPRITE (REGULAR / DIET) £1.40
- FANTA (REGULAR / ZERO) £1.40

ENERGY DRINKS

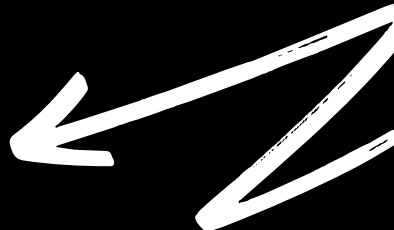
- LUCOZADE SPORT RASPBERRY £2.20
- NOCCO BCAA ENERGY DRINK £2.50
 - LIMÓN DEL SOL
 - MANGO DEL SOL
 - CARIBBEAN PINEAPPLE (NO CAFFEINE)
 - CITRUS ELDERFLOWER (NO CAFFEINE)

WATERS

- VITAMIN WELL WATER £2.50
 - RELOAD - LEMON & LIME
 - ELEVATE - PINEAPPLE & STRAWBERRY
 - HYDRATE - RHUBARB & STRAWBERRY
- MARLISH NATURAL SPRING WATER £1.20
 - STILL OR SPARKLING
- MARLISH FLAVOURED SPARKLING WATER £1.50
 - LEMON / ORANGE / RASPBERRY / GRAPEFRUIT
- BOTTLE OF STILL WATER £1.10

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BEERS & CIDERS

ON DRAFT

PINT / HALF

- CRUZCAMPO (4.4%) £4.45 / £2.35
- HEINEKEN (5%) £4.95 / £2.55

BOTTLES AND CANS

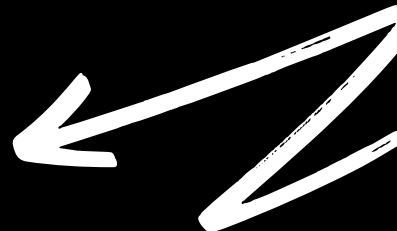
- CORONA (4.5%) £3.10
- PERONI (5%) £3.10
- SAN MIGUEL (5%) £2.95
- JOHN SMITHS (3.6%) £3.20
- GUINNESS (4.1%) £3.50
- BEAVERTOWN NECK OIL IPA (4.3%) £3.50
- HEINEKEN (0%, ALCOHOL FREE) £2.85

CIDERS

- OLD MOUT CIDER £4.60
 - STRAWBERRY & APPLE (4%)
 - PINEAPPLE & RASPBERRY (4%)
 - BERRIES (0%, ALCOHOL FREE)

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WINES & SPIRITS

WINES

125ML / 250ML / 750ML

- CASTELLI PINOT GRIGIO (12%)
£3.50 / £6.50 / £15.00
- CASTELLI MERLOT (12%)
£3.50 / £6.50 / £15.00
- CASTELLI ROSÉ (12%)
£3.50 / £6.50 / £15.00

BUBBLES

BY THE BOTTLE (750ML)

- CASTELLI PROSECCO (11%) £16.50
- PLAZA PROSECCO (11%) £15.00

SPIRITS

PER MEASURE (25ML)

- GORDON'S GIN (37.5%) £2.75
- EDINBURGH RHUBARB & GINGER GIN (40%) £3.50
- ABSOLUT VODKA (40%) £2.95
- SMIRNOFF VODKA (37.5%) £2.75
- JACK DANIELS WHISKY (40%) £3.00
- BACARDI RUM (37.5%) £2.75
- OLD J SPICED RUM (35%) £3.00

MIXERS

- MARLISH ENGLISH TONIC £1.50
- ANY SOFT DRINK (SEE PAGE 2) £1.40

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BLISSFUL BREWS

COFFEES

- FLAT WHITE £3.00
- LATTE MACCHIATO £3.20
- CAPPUCCINO £3.20
- BABYCCINO (STEAMED MILK) £1.50
- AMERICANO £2.80
- ESPRESSO £2.50
- ICED LATTE £3.50
- MOCHA (MADE WITH DAIRY MILK) £3.50
- HOT CHOCOLATE (MADE WITH DAIRY MILK) £2.80

+ CHOICE OF DAIRY OR OAT MILK

TEAS

- FRESHLY BREWED TEA £2.30
 - PEPPERMINT
 - RED BERRY
 - ENGLISH BREAKFAST

+ CHOICE OF DAIRY OR OAT MILK

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