

Get fit, indulge, relax – it's all in the Leisure Club!

Spoil yourself with a treatment, swim in the 20m pool and immerse yourself in jacuzzi bubbles. Reap the benefits of a customised programme from your personal trainer or enjoy one of the many member group outings. Join a class, zumba, spinning, kettlebell, circuits – you choose! Go for a work out in the gym, if you have children, we will look after them in the jungle gym or the toddler area while you train. These are just some of the benefits available for members of the Leisure Club and hotel residents. From student membership to over 55's membership, we have an option to suit everyone.

COFFEE DOCK MENU



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Coffee Menu

Cappuccino Espresso with Smooth, Silky Milk	Lge	€2.40
	Small	€2.25
Latté Espresso and Steamed Milk		€2.40
Mocha Espresso with Lashings of Chocolate and Milk		€2.50
Espresso A Single Shot of Espresso	Doppio	€1.90 €2.40
Americano A Rich Black Coffee combining Espresso & Hot Water		€1.90
Traditional Tea		€1.80
Specialty Tea (See our selection)		€2.00
Protein Shakes		€2.75
Hot Chocolate	(Full)	€2.50
	(Kids)	€1.50
Fresh Smoothie of the Week		€3.00
Add a shot of protein		€4.50

Pastries & Treats

Fresh Fruit Scone with Jam & Cream	€2.50
Fresh Muffins or Pastries See Daily Selection	€2.50
Protein Bars	€2.50
Snack Bars	€1.00
Cookies	€1.50

See Our Selection Of Fresh Pastries Available Daily

Snacks & Sandwiches

Available 11.00am to 6.00pm daily

BLT €5.80
Wholegrain Roll with Bacon, Tomato, Lettuce & Mayonnaise.

Fresh Soup of the Day €4.00
Today's Soup served with Cream, Croutons & Bread Roll

BAGELS

Bacon & Cheddar Cheese €4.80

Smoked Salmon & Cream Cheese €6.25

SANDWICH SELECTION

Served with a Dressed Salad Garnish & Crisps. Select from:

Roast Ham	Cheddar Cheese	Mayonnaise
Roast Beef	Mozzarella	Chilli Mayonnaise
Chicken	Lettuce	Relish
Tuna	Tomato	Wholegrain Mustard
Bacon	Red Onion	Sweet Pickle

White or Brown Sliced Pan €4.35

Open Brown Soda Bread €4.35

Wrap €4.80

SALADS

A Selection of Lettuces served with:

1) Tuna & Egg, Light Vinaigrette Dressing €5.25

2) Marinated Chicken, Chilli Dressing €5.25

Leisure Centre members receive a 10% discount on all food items on this menu.