

cakes, cookies & pastries



Tray Bakes (Homemade)	£0.85
Muffins (Large)	£1.20
Fresh Baked Pastries	£1.20
Fair Trade Selection & Gluten Free	£1.20
Gluten Free	from £1.20

crisps & confectionery



Crisps	from £0.65
Chocolate Bars	from £0.65
Cereal Bars / Flapjacks	from £0.75

fruit, smoothies & shakes



Choice of fresh fruit	£0.65
Fresh Fruit Smoothies	REGULAR £1.50 LARGE £2.00
Thick Milk Shakes	£1.50 £2.00
Add a scoop of Protien	£1.00 per scoop

soft drinks



Small Fruit Juice	£0.75
Fruit Shoot	£0.75
Bottles 500ml	£1.30
Water 500ml	£0.75
Water 750ml	£1.00
Lucozade	£1.30

Outside Catering

Free delivery on all orders over £10!

VIP events, birthday parties, christenings, holy communion, office events & parties.

Buffet menu available from sandwich platters to canapes, BBQ's, salads, smoothies and more!

Chef hire optional. Competitive rates.

Contact one of the team to discuss your requirements or book your event by emailing enquiries@freshtasty.co.uk

Children's 5 item party bag/box



These can be pre ordered and ready for you to collect upon arrival.

Small soft roll with fillings choices (ham, cheese, egg or tuna)

Fromage frais/Yogurt

Small packet of mini cheddars or crisps

Small fruit juice carton (apple or orange) or water

Fruit bag (fresh apple & grape) or small banana

Mini cake/Freddo

Serviette

£3.75
PER BOX

children's light meals



Mac n cheese with crusty bread £2.50

Hot dog £2.50

Cheese burger £2.50

French bread pizza £2.50

Chicken breast nuggets £2.50

Add fries, salad or beans extra £1.00



Pick up a loyalty card today and collect stamps for your free coffee!

115 Main Street, Prestwick KA9 1LA
Tel: 01292 470844

Fresh & Tasty @ Prestwick Tennis and Fitness

1 Whinfield Place, Prestwick KA9 2TS

Tel 01292 473036

Email: enquiries@freshtasty.co.uk

● = Available at Tennis Centre only

April 2015



menu...



www.freshtasty.co.uk



breakfast offers

Start the day the fresh and tasty way



Hot Filled Rolls

Bacon	£1.70
Tasty Thick Sliced Sausage	£1.60
Pork Link Sausage	£1.60
Scrambled Egg Roll	£1.40
Potato Scone x 2	£1.40
Add an extra item on filled roll:	
Extra egg, pot scone or hash brown	£0.40
Extra sausages, slice or bacon	£0.60
Toast	
Bloomer Bread Toasted & Butter/Jam	£0.85



Healthy Breakfast

Poached eggs x 2 on bloomer toasted	£2.00
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Breakfast Deals

Fresh & tasty breakfast roll meal deal.	
Buy any filled roll with a regular tea or black coffee	£2.35
Upgrade to latte, cappuccino or fruit tea (extra £0.60)	£2.95
Any tasty 5 item breakfast + freshly brewed tea or black coffee	£3.50
Upgrade to latte, cappuccino or fruit tea (extra £0.60)	£4.10

fresh & tasty home made soup

Served with fresh croutons of your choice



	REGULAR cup	LARGE bowl
Soups of the Day (See our Board)	£2.00	£2.50
Soup Roll & Butter/Low-fat Spread	£0.60	
Thick Cut Bloomer Bread with Butter	£0.30	



Like and share to receive all our Fresh & Tasty offers!

freshly made to your taste

Your choice from our Deli



Thick Bloomer Breads (White or Brown)	£2.25
Baguette White/Wholemeal	£2.40
Wrap	£2.55

Pick your own Fresh Salad items.

Fillings: Chicken, ham, chicken mayo, sweet chilli chicken, Cajun chicken, chicken tikka, pastrami, roast turkey, chorizo, roast beef, tuna mayo & cheese savoury.

Prawn marie rose, smoked salmon & speciality fillings	extra £0.40
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Tasty Deli Deal

Any of the above + regular bottled water, tea, americano & tray bake, cookie or fruit £3.50 (add £0.50 extra for latte, cappuccino or fruit tea)

Salad Box/Bowl (sit in)

Fill your box with all your fresh salad items + one meat, cheese or seafood

	REGULAR	LARGE
	£2.50	£3.00

Prawn marie rose, smoked salmon & speciality fillings	extra £0.40
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Tasty Salad Deal

Regular salad, 500ml water & fresh fruit

	REGULAR	LARGE
	£3.50	£3.75

Paninis, Toasties & Hot Wraps

Freshly toasted panini	£2.70
Hot filled wrap	£2.75
Freshly toasted bloomer sandwiches	£2.25
Add mixed salad & coleslaw	extra £0.50

Tasty Hot Wraps

Crispy chicken, sweet chilli or salsa sauce, peppers, red onion cheese & sour cream	£2.75
Chorizo, red onion, mixed peppers, salsa, cheese & sour cream	£2.95
Pulled Pork, red onion, mixed peppers, bbq sauce, cheese & sour cream	£2.95
Sweet Chilli Crispy King Prawn, red onion, mixed peppers, salsa, cheese & sour cream	£2.95
Cajun Beef, red onion, mixed peppers, salsa, cheese & sour cream	£2.75
Breakfast wrap, bacon, sausage, egg & mushroom with sauce of your choice	£2.75
(add side salad for 30p extra.)	



hot beverages



We offer a varied selection of fresh Fair Trade coffee and tasty teas



Fresh and Tasty Brews

	SINGLE	DOUBLE
Fresh Espresso	£1.45	£1.65
	T/Away REGULAR	T/Away LARGE Sit In
Fresh Ground	£1.55	£1.75
Cappuccino	£1.85	£2.00
Café Latte	£1.95	£2.10
Café Mocha	£2.35	£2.55
Hot Chocolate	£2.25	£2.45

Tasty Extras

Extra Shot	£0.60
Syrups	£0.35

Fresh & Tasty Teas (Fair Trade Teas)

	REGULAR	LARGE	POT
Fresh Breakfast Tea	£0.85	£1.00	£1.50
Tasty Fruit Teas	£1.10	£1.30	£1.80

Don't forget to pick up your loyalty card and collect your stamps!

hot snacks



French bread pizza rich tomato sauce & mozzarella + topping	£2.00
Tasty hot nachos	£2.50

(Guacamole, salsa, sour cream jalapenos & cheese) add chicken extra £0.75

1/4Lb beef burger with your choice of salad & cheese £2.50

(Add bacon or make it a double burger) extra £0.99

Chicken breast burger £2.75

Jumbo hot dog with fried onions & mustard or ketchup £2.00



Pasta dishes

Freshly cooked pasta with sauce of the day accompanied with garlic bread or bruschetta £3.00

Baked potatoes

With tasty fresh cold filling from our deli	£2.75
Speciality or hot filling	£3.25
Add Mixed Salad & Coleslaw	extra £0.50

