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



Crispsfrom &0.65Chocolate Barsfrom &0.65Cereal Bars / Flapjacksfrom &0.75

fruit, smoothies & shakes



Choice of fresh fruit \$0.65

REGULAR LARGE \$1.50 \$2.00

Thick Milk Shakes \$1.50 \$2.00

Add a scoop of Protien \$\mathbb{L}\$ \$\mathbb{L}\$

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. Competive rates.

Contact one of the team to discuss your requirements or book your event by emailing enauiries@freshtastv.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

£3.75 PER BOX

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

children's light meals



2015

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

freshasty

dicious food &









www.freshtasty.co.uk



Open to public

breakfast offers





Healthy Breakfast

Poached eggs x 2 on bloomer toasted \$2.00

£1.70

£1.60

£1.60

£1.40

£1 40

£0 40

£0 60

£0.85

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



Soups of the Day	REGULAR cup	LARGE bowl
(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



Thick Bloomer Breads (White or Brown) \$2.25 Baguette White/Wholemeal £9 40 £2.55 Wrap

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

Tasty Deli Deal

Any of the above + regular bottled water. tea, americano & trav 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

> > extra £0.40

Prawn marie rose, smoked salmon & speciality fillings

Tasty Salad Deal

Regular salad, 500ml water & fresh fruit

REGULAR LARGE £3.50 £3.75

Paninis, Toasties & Hot Wraps

£9 70 Freshly toasted panini £9 75 Hot filled wrap £2.25 Freshly toasted bloomer sandwiches Add mixed salad & coleslaw extra \$0.50

Tasty Hot Wraps

Crispy chicken, sweet chilli or salsa sauce, peppers, red onion cheese & sour cream \$9.75

Chorizo, red onion, mixed peppers, salsa, cheese & sour cream £2.95

Pulled Pork, red onion, mixed peppers. bba sauce, cheese & sour cream £9 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

Breakfast wrap, bacon, sausage, egg & mushroom with sauce of your choice £2.75 (add side salad for 30p extra.)

hot beverages



£0.35

£2.00



SINGLE DOLIBLE £1.45 £1.65 Fresh Espresso Fresh Ground £1.55 £1.75 £2.00 Cappuccino £1.85 Café Latte £1 95 £9 10 Café Mocha £9 35 £9 55 Hot Chocolate £9 95 £9 45 Tasty Extras Extra Shot £0.60

Fresh & Tasty Teas (Fair Trade Teas)

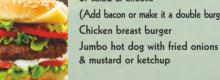
REGULAR LARGE POTO Fresh Breakfast Tea £0.85 £1.00 £1.50 Tasty Fruit Teas £1.10 £1.30 £1.80

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 £9 75



Pasta dishes 9

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

Baked potatoes

