

MOMENTUM enu

100% Goodness

Breakfast

until 11.30am

BENDYLEGS GRANOLA

Locally made toasted granola with all the bits s/w greek yoghurt or milk & banana
£2.85

ORGANIC PORRIDGE

with a choice of:
- muscovado sugar
- honey
- goji berries
- raisins
- banana
£2.70

TOAST OR BAGEL

with a choice of
- butter **£1.00**
- jam, marmite, peanut butter & lots more: **35p**

LINCOLNSHIRE SAUSAGE SANDWICH

on toasted granary bloomer with a choice of:
- fresh tomatoes
- ketchup or brown sauce
£2.80

BACON SANDWICH

on toasted granary bloomer with a choice of:
- fresh tomatoes
- ketchup or brown sauce
£2.80

SMOKED SALMON & CUCUMBER SANDWICH

on toasted granary bloomer.
£2.80

GOWER FREE RANGE SCRAMBLED EGGS & TOAST

Made to order with a choice of:
- Bacon
- Sausage
- Baked beans
- Smoked Salmon
- Fresh tomatoes & spring onion
£2.95

BAKED BEANS ON TOAST

Haricot beans in tomato sauce
£2.50

FAVOURITE POWER SMOOTHIE

Organic muesli, banana, milk, apple juice, honey. (contains nuts)
£2.85



MOMENTUM Delivers
Ideal for meetings & groups.
Please enquire for details

Coffee & Tea

We use freshly ground, hand roasted, gourmet, organic coffee beans from Fairtrade plantations.

COFFEE	Price
CAPPUCINO	£1.60
LATTE	£1.80
FILTER	£1.40
AMERICANO	£1.50
ESPRESSO	£1.20
EXTRA SHOT	30p
DECAF	20p



TEAS

We've got loads of organic, caffeine free, herbal teas. Please ask at the counter.
£1.30

FAVOURITE HOT CHOCOLATE

made with real Valrhona chocolate.
£1.80



We sell a wide variety of cold drinks. These are available from our refrigerated displays within momentum. We wish we could bring them to you in glass bottles so they could be easily recycled but due to Health and Safety here at the pool, it's just not possible. We've done our best with the plastic contained products we could source.

Kids

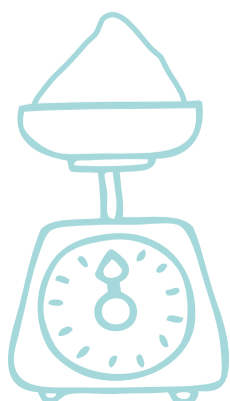
Funky snack boxes, filled with ham or cheese roll, crisps, freddo, fruit shoot & apple

£2.95

We also sell a range of snacks, cereals, nuts, crisps, cereal bars & dried fruit

Eleveners, Puddings & Teatime

Choose from one of our delicious cakes made by The Little Welsh Deli, the Homemade Cake Company or Organics. Availability and price variations



VICTORIA SPONGE

CARROT AND WALNUT CAKE

TRIPPLE LAYER CHOCOLATE CAKE

£2.50

FAVOURITE DANISH DEEP FILLED APPLE PIE

£2.50

HANDMADE CHOCOLATE AND BLUEBERRY MUFFINS

ROCKY ROAD

FRUIT SALAD W/GR YOGHURT

FLAPJACKS

£1.50

Made in wales

Fresh Soup

from 11.30

FRESH SOUP

All our soups are homemade using only local ingredients. Please check blackboards inside for our soup of the day.

Our soups are served with a hunk of fresh granary bread and a chunk of cheddar

£2.95



Some like it hot

from 11.30

Served over pasta or jacket potato.

FAVOURITE

ARRABBIATA MEATBALLS

Our famous beef and bacon meatballs in a spicy tomato ragu.
£4.75

BUTTERNUT SQUASH & CHICKPEA TAGINE

Inspired by the souk with cumin, paprika, tumeric, tomatoes and lemon zest.
£4.25

THAI RED CHICKEN CURRY

Our legendary tastebud tingling curry
£4.75

CHILLI CON CARNE

Spicy but nice served with strong cheddar
£4.50

GOAN CHICKPEA CURRY

With Peppers & Cashews
£4.20

One of these delicious homemade bowlfoods will be on offer each week. Check inside for this weeks choice.



www.momentumfood.co.uk

Proud of our packaging

We're proud to be pioneering compostable packaging. We think it's the only proper solution to the mountain of packaging produced by the fast food industry.

please recycle



Lunch etc.

TOASTIES & SANDWICHES

All of our sandwiches are made daily on the premises using only the freshest ingredients. Our refrigerated cabinet sells all of the usual favourites.

Cheese & tomato	£2.60
Tuna & Cucumber	£2.90
Egg & Cress	£2.60
Ham Salad	£2.90
Chicken Tikka	£2.90
Chicken Mayo	£2.90
Chicken & Bacon	£3.10

All fillings available as paninis, baguette or jacket potato
£3.80
s/w salad & handcut crisps

Please see our specials board to the front of the shop for daily bread specials



Pastas

Served hot or cold

- Sweet chili chicken
- Coronation chicken
- Chicken Tikka
- Tuna, red onion, celery & sweetcorn
- Mediterranean tomato & vegetable

£3.50

Also available as Jacket Potato fillings with a side salad

£3.80

Healthy, generous pastas, packed with vitality, just what you need to keep your energy levels up.

Salads

Served hot or cold

Delicious mixed salad served with your choice of the following ingredients:

- Welsh Ham
- Tuna
- Cheddar
- Goats Cheese
- Bacon
- Smoked Salmon
- Mackerel
- Chicken
- Hummus & Sundried Tomato

£3.50



Pasties

Served hot or cold

Delicious home made pasties from the little Welsh deli

- Chicken and mushroom
- Corned beef
- Roasted Mediterranean vegetable

£3.25
Served with salad **£3.75**