

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



www.qualityhotelclonakilty.com



Coffee Menu

Homemade Fresh Soup of the Day	€4.50
Today's Soup served with Whipped Cream, Croutons & Freshly Baked Bread Roll	
Soup and a Sandwich	€8.00

Sandwich Selection

Served with a Dressed Salad Garnish & Crisps with any combination of:

Roast Ham	Cheddar Cheese	Mayonnaise
Roast Beef	Mozzarella	Chilli Mayo
Chicken	Lettuce	Relish
Tuna	Tomato	Sweetcorn
Bacon	Red Onion	Stuffing

White or Brown Sliced Pan	€4.50
Open Brown Soda Breaded	€4.50
Toasted White or Brown Sliced Pan	€5.00
Toasted Wrap	€5.00
BLT	€6.00
Warm Wholegrain Bread Roll with Bacon, Tomato, Lettuce & Mayonnaise	

Bagels

Bacon & Cheddar Cheese	€5.00
Smoked Salmon & Cream Cheese	€6.50
Open Smoked Salmon & Prawn	€10.00
Irish Oak Smoked Salmon & Prawns served on Homemade Farmhouse Brown Bread and a Marie Rose Dressing	

Salads

Cajun Chicken	€6.50
Tuna and Sweetcorn	€6.50
Warm Chicken & Bacon	€6.50
Greek Salad, Feta Cheese and Olives	€6.50
Smoked Salmon	€8.50

All Salads are served with Homemade Brown Bread.

Pastries & Desserts

Fruit Scone with Jam & Cream	€2.50
Fresh Croissant with Butter and Jam	€2.50
Warm Apple Pie with Cream	€5.00
Fresh Muffins & Pastries	€2.50
Warm Sticky Toffee Pudding	€5.00
Homemade Polenta Cake	€5.00
Cheese Plate	€7.50
Cooleeney, Cashel Blue, Carrigaline, Gubeen & Quince Jelly	

Beverages

	Large	Small
Cappuccino	€2.60	€2.40
Latte		€2.60
Doppio		€2.60
Americano	€2.40	€2.00
Espresso		€2.00
Traditional Tea		€2.00
Herbal Teas		€2.20
Kids Hot Chocolate		€2.00
Adult Hot Chocolate		€3.00
Smoothie of the Week		€3.00
Protein Shakes		€4.50

If you would like a copy of our coffee dock menu allergen information, please ask your server.

Leisure Centre members receive a 10% discount on all food