

The Clubhouse

This menu is a reflection of a journey that began on the bustling streets of India and found its home in England.

Our chef’s earliest memories are shaped by the aroma of spices warming in family kitchens, the rhythm of street food vendors, and meals that were never rushed—only shared. Cooking was never just about food; it was about connection, balance, and comfort. Years later, that passion travelled continents, evolving along the way while holding tightly to its roots.

In England, the philosophy has remained simple: honest ingredients, lighter plates, and flavours that speak without overwhelming. This bistro menu is a meeting point of both worlds—Indian heritage and British sensibility. Expect thoughtfully prepared, light food options designed for everyday enjoyment, alongside select dishes that carry the soul of India.

Some plates are gentle and modern, perfect for a relaxed meal. Others are unapologetically nostalgic—crafted to transport you, if only for a moment, to the warmth of an Indian home, the spice-laced air of a roadside café, or a shared table filled with stories. This is not fusion for the sake of it. It is a personal journey on a plate—rooted, refined, and always welcoming.

We hope you enjoy the journey as much as we have enjoyed creating it.

SALADS

£12.95

Chicken Caesar Salad

(Our classic Caesar salad features crisp romaine lettuce tossed with creamy caesar dressing, crunchy croutons, and Parmesan cheese.)

Mumbai Chicken Tikka Caesar Salad

(This is our homage to Caesar Cardini, the man who invented Caesar Salad in 1924. Same but with a twist. We upgrade the chicken to one with Indian marination and the dressing packs an Indian Mexican punch)

Hot Smoked Salmon Salad

(Hearty, protein-rich meal with smoky hot roasted salmon, made with new potatoes, cucumber, asparagus, and greens dressed with a lemon vinaigrette)

Bacon, Brie, Walnut & Cranberry Salad

(Rich, savory, sweet, and tangy salad with greens (like spinach or arugula), crispy bacon, creamy brie, crunchy walnuts and cranberries, all tossed in our in-house special dressing)

Buddha Bowl

(Thank you, Buddhist Monks, for gifting the world this wonderful protein packed colour fest in a bowl. Wholesome, balanced meal served in one bowl featuring grains, fresh vegetables, protein, and an in-house - flavourful dressing)

Add: Chicken Tikka Or Smoked Salmon Or Roast Chicken Or Falafel £3

DARA SINGH PROTEIN BOWL

£9.95

(Dara Singh was an Indian professional wrestler who went to become the world champion back in 1960's. This meal is ideal if you are looking to just have a PROTEEEEEIN. Succulent pieces of chicken breast marinated in authentic Indian household spices cooked in clay oven served with white rice and side salad.)

CHICKEN ROTI WRAP

£8.95

Famous Indian common man’s quick bite: Fresh Roti made in tandoor filled with clay oven charred tandoori chicken with green chutney and salad.

EGGS

Bread Bhurji

£8.95

(The term Bhurji means crumble. This is India’s breakfast, sometime lunch even dinner. This is our take of what road-side street food of India, if uplifted would taste like. Think of this as rich man’s take on boring scrambled egg)

Scrambled Eggs

£7.95

(Lightly whisked eggs gently cooked until soft and fluffy. Simple, comforting, and well balanced.)

Railway Station Late Night Bread Omelette

£10.95

(An Indian roadside masterpiece where bread politely hugs a spicy omelette, usually cooked faster than your decision to eat it. India's version of perfect hunggover food. Eaten every day at anytime. perfectly paired with Indian Chai

Fluffy, spiced eggs are cooked on a hot griddle, folded with onions, tomatoes, chillies and secret spices then sandwiched between slices of butter-toasted bread and served hot.)

Punjabi Turkish Eggs

£10.95

(People from Punjab, a state in India loves everything which is made from milk, especially Yogurt. Imagine a Punjabi getting married to a Turkish fellow and they invent a perfect fusion of breakfast. Fried eggs served with a spiced tomato chutney, smoked yoghurt, curry leaf brown butter and sourdough)

Essex 3 Egg Omelette

£9.95

Add Cheddar Or Mushroom Or Ham £1
Add Brie Or Bacon £2
Add Smoked Salmon £3

SANDWICHES

£11.95

Clubhouse Sandwich

(A classic triple-decker sandwich featuring toasted bread, sliced chicken, crispy bacon, lettuce, tomato, and mayonnaise)

Fish Goujon Sandwich

(Comfort food featuring crispy, breaded fish strips served in toasted bread with lettuce, rocket and inhouse dressing)

BBC Sandwich - Brie, Bacon & Cranberry

(No, not the one which shows all the politicians who are taking our jobs away. This is warm, gooey grilled cheese, layering crispy bacon, creamy brie, and tangy cranberry sauce between buttered toasted bread)

Tuna Sandwich

£7.95

(Simple & classic filling made by mixing tuna with sweetcorn, and mayonnaise, served in white bread)

Chicken and Tarragon Mayonnaise

£7.95

(Classic, elegant filling made with cooked chicken, mayonnaise, fresh tarragon served on buttered bread)

All Sandwiches are available on a choice of White, Granary or Gluten Free Breads.

Add a Bowl of Chunky Chips £2.50

JACKET POTATOES

£7.95

(A large potato cooked until the inside is fluffy and the skin is crispy, served plain with butter and a side salad)

Add Tuna, Sweetcorn & Mayo or Tarragon Chicken or Smoked Cheddar or Chicken Tikka £2
Add Baked beans £1

OPEN SANDWICHES

£11.95

Smashed Avocado

(Toasted sourdough bread with smashed avocado, chilli, lime, tomato and coriander)

Smoked Salmon

(Toasted sourdough bread with smashed avocado, chilli, feta cheese and smoked salmon)

Creamy Mushrooms

(Toasted sourdough bread with mushrooms cooked in cream, tarragon, mediterranean spices and herbs)

Chicken Tikka

(Toasted sourdough bread with Succulent pieces of chicken breast marinated in authentic Indian household spices cooked in clay oven served with special in-house green chutney and herbs)

The Clubhouse at Prested is NOT an allergy-free kitchen. We cannot guarantee that our products are free from ingredients that may affect those with food allergies.

We recognise the seriousness of food allergies and we recommend that you contact us before you place an order to inform us of any food allergies that you or your party may have. We reserve the right to decline any orders for clients with serious food allergies. We will not assume any liability for adverse reactions to our products.

The Clubhouse

At *The Clubhouse*, we believe that great food and great company are just as important to wellbeing as any workout. Our menu is thoughtfully crafted to nourish the body and delight the senses, bringing together fresh, vibrant ingredients and flavours that make healthy eating feel like a pleasure rather than a chore. From energising breakfasts and wholesome lunches to feel-good snacks and refreshing drinks, every bite is prepared with care, balance, and a touch of creativity.

This is more than just a place to eat - it's a space to relax, recharge, and reconnect. Whether you're refuelling after a class, meeting friends for a catch-up, or enjoying a quiet moment to yourself, we want your time here to leave you feeling uplifted and cared for. We believe that sharing a meal, a laugh, or even a simple coffee can do wonders for the mind and spirit.

Because true wellness is about more than calories and crunches - it's about enjoying wholesome food, warm conversations, and the simple joy of being well, together.

COFFEES

All our coffee beans are ethically sourced and roasted by a British company.

Espresso **£2.95**
(A tribute to the classic Italian espresso, rooted in tradition yet refined with a modern twist. Richly extracted for greater depth, it delivers a bold, expressive flavour with lasting intensity.)

Americano **£3.25**
(A refined take on espresso, softened with hot water for a smoother, more approachable cup. Clean, balanced, and aromatic, it delivers depth of flavour without the intensity.)

Flat White **£3.95**
(Silky steamed milk layered over a rich espresso base, crafted for perfect balance. Smooth, velvety, and understated, it allows the coffee's character to shine through.)

Cappuccino **£4.25**
(A classic blend of bold espresso, steamed milk, and a light crown of foam. Rich yet airy, it delivers a well-balanced cup with a smooth, lingering finish.)

Café Latte **£4.25**
(A gentle fusion of smooth espresso and generously steamed milk. Soft, creamy, and comforting, it offers a mellow coffee experience with subtle depth.)

Mocha Latte **£4.50**
(A smooth blend of espresso, steamed milk, and rich chocolate. Indulgent yet balanced, it delivers a comforting sweetness with a deep coffee finish.)

Hot Chocolate **£4.25**
(Rich, velvety chocolate melted into warm, steamed milk. Comforting and indulgent, it delivers a smooth sweetness with a luxurious finish.)

Turmeric Latte **£4.50**
(A warming blend of steamed milk infused with turmeric and gentle spices. Smooth, aromatic, and restorative, it offers comfort with a subtly earthy finish.)

Piccolo **£3.75**
(A short, smooth espresso topped with lightly textured milk. Small in size yet full in flavour, it delivers richness with refined balance.)

Cortado **£3.75**
(Equal parts espresso and warm milk, crafted for harmony. Bold yet smooth, it softens the intensity while preserving the coffee's character.)

Syrups **£0.50**
(Vanila | hazelnut | caramel)

Extra Espresso Shot **£0.50**

Kids Babyccino **£1.00**
(Warm, frothy milk topped with a light dusting of cocoa. Gentle and comforting, it's a café-style treat made especially for little ones.)

Milk & Alternatives

Semi-skimmed | soya | oat

TEAS

£3.25

English Breakfast Tea
(A robust blend of black teas, carefully brewed for strength and clarity. Full-bodied and invigorating, it delivers a classic, no-nonsense cup.)

Indian Chai
(Strongly brewed tea infused with aromatic Indian spices and milk. Bold, warming, and full-bodied, it delivers comfort with every sip.)

Decaffeinated Tea
(A smooth black tea with the caffeine gently removed. Balanced and comforting, it offers full flavour without the lift.)

Green Tea
(Lightly brewed green tea with a clean, delicate profile. Fresh and calming, it delivers subtle flavour with a refreshing finish.)

Ask for other tea selections

SMOOTHIES

£4.95

Big 5
(Strawberry, mango, kiwi, pineapple, and apple juice)

Berry Go Round
(Strawberry, raspberry, blackberry, and apple juice)

Pash N Shoot
(Pineapple, mango, and apply juice)

Coco Loco
(Mango, coconut, lime, pineapple, mint, and apple juice)

Spinach to Win it
(Broccoli, spinach, cucumber, pineapple, mango, banana, and apple juice)

Detox-zing
(Ginger, corgette, carrot, blueberry, banana, and apple juice)

SOFT DRINKS

Diet Coke, Coca Cola, (500ml) **£3.00**
Coke Zero, Tango

Sam Pelligrino-Lemon, Lemon **£2.50**
+ Mint, Blood Orange

Water - Still, Sparkling **£1.75**

Appletiser **£2.50**

Lucozade - Orange, Raspberry **£2.75**

Frobishers - Orange, Apple **£3.00**

Monster Energy Drink **£3.00**

BEER CELLAR

ON TAP

Mahou (Full / Half Pint) **£5.95 / £3.15**
(A crisp Spanish lager with a clean, balanced finish. Lightly bitter and easy-drinking.)

Budlight (Full / Half Pint) **£5.00 / £2.75**
(A light American lager with a clean, crisp profile. Smooth, refreshing, and easy to drink.)

Camden Pale Ale **£5.75 / £3.00**
(Full / Half Pint)
(A modern pale ale with bright citrus and subtle malt notes. Lightly hopped, balanced, and refreshingly smooth.)

Camden Stout **£5.75 / £3.00**
(Full / Half Pint)
(A smooth stout with roasted coffee and chocolate notes. Rich yet balanced, with a clean, satisfying finish.)

BY THE BOTTLE

Kopparberg - Crisp Apple **£4.75**
(A refreshing apple cider with a clean, crisp sweetness. Light, fruity, and easy-drinking with a sharp finish.)

Kopparberg - Mixed Fruit **£5.25**
(A fruity cider bursting with mixed berry flavours. Sweet, refreshing, and easy-drinking.)

Adnams Ghost Ship Alcohol Free **£5.25**
(An alcohol-free pale ale with citrus hop notes and gentle bitterness. Clean, refreshing, and well balanced.)

Adnams Southwold Bitter **£5.95**
(A traditional English bitter with malty depth and gentle hop bitterness. Smooth, balanced, and easy-drinking.)

Corona Cero Alcohol Free Beer 0.0% **£4.75**
(A light, alcohol-free lager with a clean, crisp taste. Refreshing and smooth, with a balanced finish.)