

Drinks Menu

SOFT DRINKS

Coke/Sprite	\$2.70+ (M) • \$4.20+ (L)
Ribena	\$2.70+ (M) • \$4.20+ (L)
Coke Light	\$2.70+
Coke Zero	\$2.70+
Bitter Lemon	\$2.70+
Ginger Beer	\$2.70+
Ginger Ale	\$2.70+
Tonic / Soda	\$2.70+
100 Plus	\$2.70+
Orangina	\$4+

MINERAL WATER

Fiji Water (500ml)	\$3.80+
San Pellegrino (500ml)	\$6.80+
Smeraldina Aqua Mineral Water (Still/Sparkling)	\$4.50+

CHILLED JUICES

Orange	\$4.50+ (M) • \$6.50+ (L)
Calamansi	\$4.50+ (M) • \$6.50+ (L)
Pineapple	\$4.50+ (M) • \$6.50+ (L)
Lime	\$4.50+ (M) • \$6.50+ (L)
Cranberry	\$4.50+ (M) • \$6.50+ (L)
Tomato Juice	\$4.80+ (B)
Apple Juice	\$4.80+ (B)

FRESH JUICES

Orange • Carrot • Pineapple • Watermelon • Apple	\$6.50+ (M) • \$8+ (L)
--	------------------------

ILLY COFFEE

Espresso	\$4+
Double Espresso	\$5.80+
Cappuccino	\$5+
Café Latte	\$5+
Mocha	\$5+
Coffee	\$4+
Iced Cappuccino	\$5.80+
Iced Mocha	\$5.80+
Iced Café Latte	\$5.80+
Iced Coffee	\$5+

TWININGS TEA

English Breakfast • Earl Grey • Camomile • Peppermint • Green Tea	\$2.80+ Per Pot
---	-----------------

DRAUGHT BEERS

Tiger	\$7.50+ (G) • \$11+ (P) • \$28+ (J)
Shandy	\$7.50+ (G) • \$11+ (P) • \$28+ (J)
Heineken	\$8+ (G) • \$12+ (P) • \$31+ (J)
Strongbow	\$8+ (G) • \$12+ (P) • \$31+ (J)

INTERNATIONAL BEERS

Corona	\$10.50+
Boddingtons	\$14.50+
London Pride	\$15.50+
Old Speckled Hen	\$14.50+

MOCKTAILS

Gunner	\$5.20+ (M) • \$6.80+ (L)
Lemon	\$5.20+ (M) • \$6.80+ (L)
Lime Bitters	
Shirley Temple	\$5.20+ (M) • \$6.80+ (L)
Fruit Punch	\$5.20+ (M) • \$6.80+ (L)

COCKTAILS

Bloody Mary	\$10.80+
Wine Spritzer	\$10.80+
Margarita	\$11.80+
Singapore Sling	\$15+

CHAMPAGNE

Piper Heidsieck Brut N.V.	\$23+ (G) • \$125+ (B)
---------------------------	------------------------

SPARKLING WINE

Riondo Millesimato Extra Dry Prosecco DOC, Veneto, Italy	\$13.50+ (G) • \$62.50+ (B)
--	-----------------------------

PREMIUM WHITE WINE

Lunardi Pinot Grigio IGT, Veneto, Italy	\$11.50+ (G) • \$55+ (B)
---	--------------------------

Grant Burge Benchmark Chardonnay, Barossa Valley, Australia	\$12.50+ (G) • \$58+ (B)
---	--------------------------

Sacred Hill Sauvignon Blanc, Marlborough, New Zealand	\$13.50+ (G) • \$62.50+ (B)
---	-----------------------------

PREMIUM RED WINE

Terre Forti Merlot, Puglia, Italy	\$11.50+ (G) • \$55+ (B)
-----------------------------------	--------------------------

Grant Burge Benchmark Shiraz, Barossa Valley, Australia	\$12.50+ (G) • \$58+ (B)
---	--------------------------

Sacred Hill Pinot Noir, Marlborough, New Zealand	\$13.50+ (G) • \$62.50+ (B)
--	-----------------------------

HOUSE WINE

Luis Felipe Edwards Sauvignon Blanc, Central Valley, Chile	\$9.90+ (G) • \$45+ (B)
--	-------------------------

Luis Felipe Edwards Cabernet Sauvignon, Central Valley, Chile	\$9.90+ (G) • \$45+ (B)
---	-------------------------

HOUSE ROSÉ

Mirabeau Classic Rose, Provence, France	\$16+ (G) • \$78+ (B)
---	-----------------------

(G) GLASS • (P) PINT • (B) BOTTLE
• (M) MEDIUM • (L) LARGE

G - Glass (330ml) • P - Pint (500ml) • J - Jug (1300ml)

All prices are subject to prevailing Government taxes.
F&B service charge of 5% applies to payment by non-members.

MIX AND MATCH FRUIT JUICE

All Fruit Juice \$8+

SWING OUT

Apple, Pineapple and Ginger with Chopped Mint Leaves

Boosts the immune system and helps reduce absorption of cholesterol

COURT OF APPEALS

Carrot, Beetroot and Orange

Provides minerals and vitamins to protect your health

GLAM SLAMS

Orange and Apple

Provides nutrients to build up your antibodies

SWEET SHOTS

2 Slices of Watermelon and 2 Slices of Celery

Improves blood pressure and controlled cholesterol

SMILING FACE

1 Fresh Orange, 180ml Sprite and 15ml Grenadine Syrup

HEALTHY SMOOTHIES

BLUEBERRY BREEZE \$8.50+

Ice Blended Blueberry, Banana and Yoghurt with a Touch of Lime

ICY MANGO PEACH SUNRISE \$8.50+

Ice Blended Mango, Peach Syrup and Grenadine Syrup

SUMMER FRUIT SLUSH \$8.50+

Ice Blended Blueberry, Strawberry, Orange, Cranberry and Raspberry Syrup

STRAWBERRY DREAMER \$8.50+

Strawberry, Banana, Yoghurt and Honey

ORANGE BERRY SMOOTHIES \$8.50+

Orange Juice, Blueberry, Raspberry and Honey

WAKE UP SMOOTHIES \$8.50+

Banana, Raspberry, Blueberry, Yoghurt and Honey

SUPER CHARGE \$8.50+

Strawberry, Blueberry, Banana, Yoghurt, Milk and Ice

BANANA & AVOCADO TWIST \$9+

Banana, Avocado, Orange Juice, Honey and Ice

MANGO DELIGHT \$8.80+

Fresh Mango, Strawberry, Blueberry, Honey and Ice

BLUEBERRY BURST \$8.80+

Fresh Apple Juice, Blueberry, Banana, Yoghurt and Ice

FRUIT OF THE ANGELS \$8.80+

Fresh Papaya with Milk

Boosts the immune system and contains vitamin A

WEIGHT LOSS LASSI

BANANA LASSI \$8+

Banana, Fresh Yoghurt, Honey and Crushed Ice

PECAN LASSI \$8.50+

Banana, Fresh Yoghurt, Honey, Pecan Nuts and Crushed Ice

TRIPLE BERRY LASSI \$9+

Strawberry, Blueberry, Blackberry, Summer Berries, Fresh Yoghurt, Honey and Crushed Ice

MILKSHAKE

ENERGIZER \$8+

Banana, Vanilla Ice-cream and Milk

MIGHTY GREEN \$9+

Avocado, Vanilla Ice-cream and Milk

ENERGY & PROTEIN DRINKS

LIME GATORADE (500ml) \$3.60+

FRUIT PUNCH GATORADE (500ml) \$3.60+

100 PLUS (330ml) \$2.70+

100 PLUS EDGE (500ml) \$3+

RED BULL ENERGY DRINK \$3.80+

CYTOSPORT WHEY PROTEIN (500ml) \$9+

Vanilla Bean and Cocoa Bean

Quality and best tasting whey protein naturally rich in glutamine and branched-chain amino acids (bcaais) with only trace amounts of lactose & fat. For improving and accelerating recovery from intense training and workouts.