

Speciality Dishes

Greek Salad with Feta Cheese, Olives, Houmous, Greek Yoghurt & Wholemeal Pitta Bread	4.50
Wholewheat Pasta Twirls mixed with Chicken, Bacon, Fresh Salad & Low Cal Mayo	4.50
Hot Chicken Tikka Brown Rice mixed with Peppers, Sweetcorn, Lemon Juice and Freshly Ground Pepper (salad £1.00 extra)	4.00
Wholewheat Pasta Twirls or Plain Pasta Quills mixed with Tuna Salad & Low, Cal Mayo	4.00
Low Fat Brown Rice with Chicken Breast Pieces and Fresh Salad	4.00
Hot Pasta Quills mixed with Chicken, Mushrooms, Spring Onions & Peppers, Topped with Cheddar Cheese, Lemon & Black Pepper	4.50
Maz's Mix: Freshly Mixed Salad, Brown Rice, Wholewheat Pasta, Chicken Sweetcorn Mayo, Tuna Crunch, Sliced Egg, Coleslaw & Pitta Bread	4.95
Chicken Tikka Wholewheat Pasta Salad with Yoghurt, Lemon & Mint	4.00
Maz's Meat Special: Roast Beef, Chicken, Turkey, Ham, Salad and a Sweet Chilli Sauce	4.95
Chicken Pasta Salad with Low Cal Mayo & Lemon Dressing	4.00
Low Fat Brown Rice with Tuna Salad	3.50

Ciabattas

Toasted Ciabatta with Chicken, Ham, Cheese and Salad Cream (salad 50p extra)	3.00
Toasted Ciabatta with Roast Beef, Salad and Cracked Black Pepper	3.50
Fresh Ciabatta with Tuna, Mixed Peppers, Spring Onion & Low Cal Mayo (salad 50p extra)	3.00
Toasted Ciabatta with Chicken, Bacon, Salad and Sweet Chilli Sauce	4.00
Ciabatta filled with Chicken Salad and a Yoghurt Lemon and Mint Dressing	3.50
Toasted Ciabatta filled with Grated Cheddar Cheese and Salad	3.00

Omelettes

Cheese	4.00
Cheese & Ham	4.50
Mushroom	4.00
Tuna & Cheese	4.50
Chicken	4.00
Chicken & Ham	4.50
Chicken, Ham & Cheese	5.00
Chicken, Mushroom & Cheese	5.00
Chicken, Bacon & Cheese	4.50
Chicken, Mixed Peppers, Fresh Tomatoes & Cheese	5.00
Chicken Tikka	4.50
Chicken, Ham, Cheese, Mushroom, Peppers & Sweetcorn	6.00
Vegetarian: Mixed Peppers, Red Onion, Mushrooms, Sweetcorn, Spring Onion & Cheese	5.00
Greek: Feta Cheese, Olives, Red Onions Spring Onions & Peppers	5.00
Meaty: Chicken, Ham, Turkey & Roast Beef	5.00

All Omelettes include Salad, Brown Rice or Beans

Toasties

Cheese	2.20
Cheese & Tomato	2.40
Cheese & Ham	2.70
Cheese & Onion	2.40
Cheese & Mushroom	2.80
Cheese & Bacon	3.00
Tuna & Cheese	3.00
Chicken	2.60
Chicken & Cheese	3.00
Chicken, Ham & Cheese	3.50
Chicken Tikka & Mixed Peppers	3.00
Maz's Special Toastie: Chicken, Ham, Cheese, Mushroom Peppers & Sweetcorn	3.80

Side Salad available for £1.00 extra

Maz's Food Bar

Fitness First Health Club
Moss Lane, Whitefield

Quality Food
to Eat in or
Take Away

Telephone Orders Welcome

 **079 7777 5927**

www.mazs.tel

SPECIALS AVAILABLE EVERY DAY

Food Bar open to members of the public
(via main entrance)

OPENING HOURS

Mon - Fri 8.00am - 2.30pm

COLD BUFFETS & BUSINESS MEETINGS CATERED FOR
Delivery Service Available on orders before 11.00am
(Minimum order £10)

Breakfast (on Bread, Barm or Toast)

Bacon	2.00
Bacon & Egg	2.50
Bacon & Sausage	2.70
Bacon, Egg & Sausage	3.00
Sausage	2.00
Sausage & Egg	2.50
Scrambled Egg	2.00
Scrambled Egg & Bacon	3.00
Scrambled Egg & Mushroom	3.00
Toast (per round)	35
Toasted Teacake	60
Toasted Pitta Bread	60
Porridge (per bowl)	1.50
Porridge with Sliced Banana, Raisins & Honey	2.40

Paninis

Chicken, Bacon, Lettuce & Tomato	2.95
Chicken, Ham, Mozzarella & Black Pepper	2.95
Mozzarella, Mixed Herbs, Tomato, Olives & Red Onions	2.95
Chicken Tikka & Mozzarella	2.95
Mozzarella & Pepperoni	2.80
Sweet Chilli Chicken	2.80
Roast Beef & Red Onion	2.80
Tuna, Mixed Peppers & Mozzarella	2.80
Mozzarella & Ham	2.80

Beverages

Tea	90
Coffee	1.00
Hot Chocolate	1.20
Soup	1.40
Cans & Bottled Drinks	from 70

Sandwiches

	White/Brown Bread or Barm	White/Brown Vienna
Ham	1.70	2.00
Turkey	1.70	2.00
Beef	1.70	2.00
Cheese	1.60	1.90
Chicken	1.70	2.00
Chicken Tikka	1.80	2.10
Chicken Sweetcorn Mayo	1.80	2.10
Tuna	1.60	1.90
Tuna Sweetcorn Mayo	1.70	2.00
Egg Mayonnaise	1.60	1.90
Prawn	2.00	2.30
Salad	1.50	1.80

Salad for Sandwiches an extra 30p

Pitta Breads

	White or Wholemeal with a variety of Fillings and Fresh Salad
Chicken	3.00
Chicken Tikka	3.20
Chicken & Sweetcorn Mayo	3.20
Ham	3.00
Cheese	3.00
Chicken, Cheese & Ham	4.00
Cheese & Ham	3.50
Prawn	3.50
Tuna	3.00
Tuna & Sweetcorn Mayo	3.20
Tuna Special (Peppers, Spring Onion & Low Cal Mayo)	3.50
Cottage Cheese	3.00
BLT	3.00
Chicken BLT	3.50
Turkey	3.00
Greek (Feta Cheese & Olives)	4.00

Jacket Potatoes

Butter	2.30
Beans	3.00
Cheese	3.00
Cheese & Beans	3.50
Cheese & Bacon	3.70
Cheese, Beans & Bacon	4.00
Cottage Cheese	3.00
Tuna	3.00
Tuna Sweetcorn Mayo	3.30
Chicken	3.30
Chicken Tikka	3.50
Chicken Sweetcorn Mayo	3.50
Chicken & Beans	3.70
Chicken, Beans & Cheese	4.00

All available with a Side Salad for an extra £1.00

Bagels

Scrambled Egg	2.20
Scrambled Egg & Bacon	3.00
Scrambled Egg & Mushroom	2.80
Tuna Crunch, Tomato & Cucumber	2.80
Chicken, Sweetcorn Mayo Salad	2.80
Chicken, Bacon, Lettuce, Tomato & Mayo	3.00
Cottage Cheese Salad	2.80

Salads

Mixed	2.50	Cheese & Ham	3.70
Tuna	3.50	Cottage Cheese	3.50
Chicken	3.50	Greek Salad (with Feta Cheese & Olives)	4.00
Ham	3.50	Chicken Tikka	3.70
Cheese	3.50	Chicken, Ham & Cheese	4.20
Beef	3.50		
Turkey	3.50		
Prawn	4.00		

All Salads have a Vinaigrette Dressing