

Best of British

“

With my job I have to keep fit and having two young kids of my own I know how difficult it can be to find a good family restaurant where we can relax, enjoy our food and have a choice of healthy options. Our Menu has been created with this in mind, we have focused on fresh healthy food with lower fat, sugar and salt options wherever possible.

Jamie Carragher



- King Prawn Kebab** £7.50
Six king prawns marinated in garlic, chilli, coriander and olive oil with cherry tomatoes a side of chips and salad garnish.
- Tuna Steak** £7.50
6oz Tuna steak served with a side of chips and our own spicy salsa sauce and salad garnish.
- Homemade Scouse** £6.95
A recipe as old as the cobbled streets of Liverpool, thick and juicy chunks of meat, with a selection of stewed rootvegetables served with beetroot or pickled cabbage and bread.
- Giant Yorkshire Pudding** £7.50
Filled with slices of lean roast beef, roast potatoes, garden vegetables & lashings of gravy.
- Bangers & Mash** £6.50
A traditional treat, pork & pork sausages with homemade mashed potato smothered in onion gravy.
- Fish & Chips** £7.50
Freshly battered of the day served with homemade tartare sauce and minted mushy peas.
- Cottage Pie** £7.50
Freshly baked British favourite. Local mince beef topped with homemade mashed potato, root vegetables and a sprinkling of cheese.
- World Famous Chip Butty** £3.50
A cone of chips served with 2 slices of white or brown bread with your choice of red or brown sauce, a true winter warmer.



We are proud to be working in partnership with Liverpool City Council and the Liverpool Challenge Campaign to encourage healthier eating for all.



Proud winners of the Greater Merseyside food charter award for our healthy options menu.

Cafe Sports Express

Liverpool One, 6 Thomas Steers Way, Liverpool L1 8LW

For general enquiries, bookings and private functions please call **0151 706 7440** or email office@cafesportsexpress.com www.cafesportsengland.com

Desserts

Oh, go on be a devil

Chocolate Fudge Cake

Warm rich chocolate fudge cake with double chocolate ice cream, obviously for the chocoholics out there.

£4.75



Banana Split

A whole banana with strawberry and vanilla pod ice cream, topped with strawberry coulis and fresh whipped cream.

£4.95

Choice of Ice Creams

Choose from chocolate chip, vanilla pod or strawberry.

£3.75

Selection of Cakes or Pastries - *Treat yourself*

Please ask your server for todays choice.

£4.45



Smoothies

Great healthy drinks, 2 of your 5 a day

Strawberry Striker

Strawberries, pineapple, banana, orange juice and low fat yoghurt.

£3.25

True Blueberry

Blueberries, raspberries, banana, apple juice and low fat yoghurt.

£3.25

Royal Raspberry

Raspberries, mango, orange juice and low fat yoghurt.

£3.25

Jamaican 6

Mango, pineapple, banana, orange juice and low fat yoghurt.

£3.25

Sprint Finish

Pineapple, mango and orange juice.

£3.25

CAFE SPORTS
express

Menu



Where healthy eating is the name of the game

Menu

Breakfasts

Served until 12 noon daily

Super Muesli - Matchday Special

£3.50



“ This is the one that gives me that extra boost, so I can play at 110% for 90 minutes. I totally recommend this if you have a hard day ahead of you and need a slow release of energy. Try it with the toppings, banana is best! ”
Jamie Carragher

Packed with oats, barley, raisins, cinnamon, mixed nuts and pumpkin seeds.
Topped with a choice of milk, low fat yoghurt, bananas, strawberries or blueberries.

Fresh Fruit Salad

£3.50

A healthy bowl of seasonal fruits.

Baked Beans on Toast

£3.50

A true tasty classic.

Porridge - Training Day Special

£3.50



“ I've been eating porridge since I was a kid. Now I have it every day before training for that extra blast of energy. No more sugar though! Honey for the taste and fruit for goodness. ”
Jamie Carragher

Served with either honey or one of these delicious fruit purées: wild blueberry, wild blackberry, white peach, strawberry or raspberry.

Breakfast Sandwich

£4.50

Generous amounts of grilled, lean bacon with a poached egg on toast.

Full English Breakfast

£6.50

Done the healthy way with lean bacon, grilled sausages, poached or scrambled egg, beans with mushrooms and toast to top it off.

All breakfasts are served with a choice of tea or filter coffee.

Tapas and Starters

Really great for sharing

Bread and Olives

£2.95

Marinated olives with Italian bread.

Garlic Pizza Bread

£3.25

Crispy thin pizza bread with fresh garlic butter baked to order.

Topped Garlic Pizza Bread

£4.25

Crispy thin pizza bread with garlic butter topped with either mozzarella or fresh tomato.

Soup of the Day

£3.95



Fresh, velvety home made soups served with Italian ciabatta bread.

Tomato and Mozzarella Salad

£4.75



Slices of mozzarella and beef tomato with ripped basil drizzled with olive oil.

BBQ Ribs

£4.95

Tender, slow cooked pork ribs marinated in a sensational smoky BBQ sauce.

Spicy BBQ Chicken Wings

£4.75

Oven baked tender chicken wings Café Sports style with celery sticks and a mouthwatering blue cheese dressing.

Spicy Italian Meatballs

£4.95

Juicy beef, chilli and herb meatballs in a fresh garlic and tomato sauce.

Caesar Salad

£4.50



Crisp cos lettuce dressed in a traditional Caesar dressing and topped with anchovies, croutons and parmesan shavings.

Sautéed King Prawns

£5.50

King prawns sautéed with cherry tomatoes, fresh garlic and chilli.

Greek Salad

£4.50



Traditional Greek salad with olives, cherry tomatoes, red onion and crumbled feta cheese.

Pizza

10" thin and crispy stone baked pizzas made from fresh dough

Margherita

Traditional Italian pizza with torn mozzarella and fresh basil.

£7.50



BBQ Chicken

Smoky BBQ based topped with chicken breast, red onion and mushrooms.

£7.95

Quattro Formaggi

Four cheese pizza topped with creamy gorgonzola, parmesan, mozzarella and goats cheese.

£7.50



Carnivora

Meaty pizza with salami, spicy pepperoni, cured ham and red onions.

£7.95

Fiorentina

Goats' cheese with spinach, mushrooms and parmesan baked with a free range egg in the middle.

£7.50



Rustica

Creamy goats cheese and parmesan with artichokes, mushrooms, peppers and broccoli. Get the full flavour experience.

£7.50



American Hot

Spicy pizza with a generous helping of pepperoni and chilli peppers.

£7.95

Polpetta Pizza

Homemade juicy beef, chilli and herb meatballs on our classic italian pizza base.

£7.95

Extra toppings

Chilli peppers, artichokes, mushrooms, salami, pepperoni, spinach, cured ham, red onion, free range egg, goats' cheese and flaked tuna.

(each) £0.75

Pasta

Delicious dishes cooked fresh to order

Spaghetti Pomodoro

Traditional Italian tomato sauce with fresh ripped basil.

£6.95



Penne Primavera

Fresh chicken breast with broccoli and peppers in a smooth tomato sauce topped with parmesan shavings.

£7.95

Homemade Lasagne

Layers of pasta cooked between a luxurious beef ragu and a creamy cheese sauce topped with flaked parmesan.

£7.95

Penne Carragher

A warm pasta salad with chicken breast, sun dried tomatoes, lean bacon strips, rocket leaves and Hellman's light mayonnaise. Created by Jamie himself!

£7.95



Spaghetti Carbonara

Lean bacon pieces sautéed in a creamy cheese sauce.

£7.95

Spinach and Ricotta Ravioli

Large hand made spinach ravioli deep filled with spinach leaves and ricotta cheese in a rich tomato sauce topped with parmesan flakes.

£7.95



Spaghetti Bolognese

Traditional Italian beef ragu of beef and tomato with red wine, garlic, basil and oregano.

£7.95

King Prawn Penne Pasta

Large king prawns cooked a rich tomato sauce with cherry tomatoes, ginger and garlic.

£8.50

Side orders

When you fancy a little bit extra

Chips

£2.25

Rocket and Parmesan salad

£2.25

Baked Potato

£2.25

Mixed Salad

£2.25

Chargrill

All our Beef is locally sourced Aberdeen Angus

Char grill - A simple healthy way to cook

10oz Gammon Steak

Cured gammon with poached egg and pineapple with a side order.

£12.95

8oz Ribeye Steak

Marinated ribeye steak with green beans, cherry tomatoes, rocket and roasted red onions.

£13.95

10oz Sirloin Steak

Prime strip loin, with chargrilled tomato and flat mushroom.

£14.95

8oz Fillet Steak

This is the tenderest and healthiest cut of all served with chargrilled tomato and flat mushroom.

£16.95

Mixed Steak & Chicken Kebab

Succulent pieces of steak & Chicken marinated in garlic, coriander, paprika and olive oil on a skewer with peppers, onion served with a side of chips and salad garnish.

£7.50

Piri Piri Chicken

Half a chicken served with Piri piri sauce and a salad garnish. If you would prefer a lemon sauce instead just ask your server.

£7.95

Steak Sauces

Peppercorn Sauce or Red Wine Sauce

£1.50

Burgers

The perfect comfort food

6oz Aberdeen Angus Beef Burger

Served in a ciabatta bun with fresh red onion relish, beef tomato, red onion rings and lettuce. Choose any side order and ask your server for a choice of sauces.

£7.50

Chicken Breast Sandwich

Juicy butterfly chicken breast fillet served in a ciabatta bun with Hellman's light mayonnaise topped with fresh red onion relish, beef tomato, red onion rings and lettuce. Choose any side order and ask your server for a choice of sauces.

£7.95

Wraps

Italian Piadina flat breads deliciously filled

Piadina Carragher

Folded and toasted flat bread filled with chicken breast, lean bacon, sun dried tomatoes and rocket leaves dressed in Hellman's light mayonnaise. Created by Jamie himself!

£6.50

Oriental Duck Piadina

Folded and toasted flat bread filled with shredded duck confit, bean sprouts and red onion all coated in hoisin sauce.

£6.95

Tri Colour Piadina

Colours of Italy! Beef tomato, mozzarella rocket leaves all dressed in fresh pesto and Hellman's light mayonnaise.

£5.95



Jamie Carraghers' choice



Naughty, but nice!



Suitable for vegetarians

Strict hygiene procedures are followed in our kitchen but due to the presence of nuts in some products there may be a possibility that nut traces could be found in any item.