

Lighter Bites

Omelettes – £6.00

Plain omelette made with 3 free range eggs.
Served with side salad garnish.

Add ham – £1
Add cheese – £1
Add peppers – £1
Add red onion – £1
Add mushrooms – £1
Add chips – £2

Jacket potatoes

All jacket potatoes served with salad garnish
and coleslaw.

Plain jacket potato – £6
Jacket potato with a choice of 1 filling – £7
Choose from: cheese, beans, tuna, mayo, coleslaw
Add an extra topping – £1

Falafel Bites (V) £7

Severed with side salad and homemade
garlic dipping sauce

Add chips – £2

Children's Menu

Served from 5.30pm

£6 each

Scampi, chips and peas (5 pieces)
Chicken goujons, chips and beans (3 pieces)
Calamari, chips and peas (5 pieces)
Quorn vegan nuggets, peas and chips (5 pieces)
Penne Pasta Bolognese

Breakfast Menu

Served Saturday and Sundays – 9am and 11.30am

Bacon bap – £3.50
Sausage bap – £3.50
Bacon and sausage bap – £4.50
Add an egg – £1

Warning: Not all ingredients are listed. Please advise when ordering if you have any food allergies. Consuming raw or uncooked food, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness, especially if you have a certain medical condition.



The Sports Bar

ipswichsportsclub.co.uk

Bar Menu

Where sporting
stories are made



The Sports Bar

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The Sports Bar

Kitchen opening hours: Tues – Fri 12-2pm and 5.30-9pm
See our Specials Board for weekly specials

Mains

Chicken Katsu Curry – £11

Panko breaded chicken breast, served with steamed basmati rice and Katsu curry sauce

Ham, egg and chips – £10

Thick cut local ham served with 2 eggs and chips

Pasta Bolognese – £10

Homemade beef ragu sauce, served with penne pasta and grated cheese

Quorn Bolognese (V) – £10

Minced Quorn in tomato and herb sauce, served with penne pasta and grated cheese

Breaded Scampi – £11

Scampi coated in breadcrumbs, served with chips, peas and Tartare sauce

Calamari £11

Crispy calamari, served with chips, peas and Tartare sauce

ISC Signature Wraps & Paninis

£7.50 each

All served with side salad and homemade coleslaw

Chicken Shawarma

Sliced Chicken Breast, marinated in ISC spice blend, served with tomato, gherkin, caramelised onion and homemade garlic sauce

Beef Shawarma

Sliced Beef, marinated in ISC spice blend, served with tomato, gherkin, caramelised onion and homemade garlic sauce

Falafel

Spinach and chickpea falafel, with pickled gherkins and tahini sauce

Burgers

6oz Homestyle Beef burger – £11

100% Beef burger mixed with herbs and spices, served in a brioche bun with lettuce, tomato, and gherkin, finished with homemade burger sauce

Homestyle Southern Fried Chicken fillet – £11

Chicken fillet in an authentic southern fried coating, served in a brioche bun with lettuce, tomato, and gherkin, finished with homemade burger sauce

Veggie Burger – £11

Garden Gourmet plant-based burger, served in a brioche bun with lettuce, tomato, and gherkin, finished with homemade burger sauce

Extra Toppings

Cheese – £1
Fried Egg – £1
Caramelised Onion – £1

All burgers served with chips and homemade coleslaw

Pizza

Margherita – £9

10" pizza topped with cheese and tomato

Meat feast – £11

10" pizza topped with pepperoni, ham and chicken

Pepperoni – £11

10" pizza topped with pepperoni

Vegetarian – £11

10" pizza topped with mushrooms, mixed peppers, red onion and sweetcorn

Enjoy!

Salads

ISC House Salad – £5.00

Mixed salad leaves, tomato, cucumber, radish, red onion and peppers, drizzled with salad dressing

Moroccan Spiced Warm Couscous Salad – £6.00

Couscous infused with Moroccan spices, mixed with apricots, sultanas and onion, served with low fat yogurt topped with toasted cashew nuts

Fatoush (Lebanese Salad) – £6

Mixed salad leaves, tomato, cucumber, radishes, olives topped with Lebanese fried bread and a drizzle of salad dressing

ISC Rice Bowl – £5.00

Turmeric rice, mixed leaves, chickpeas, sweetcorn, beetroot, carrot, black olives

Extra Toppings

Add shawarma chicken – £3
Add shawarma beef – £3
Add grilled chicken – £3
Add smoked tofu – £2

Sandwiches

£6 each

All sandwiches served with salad garnish, coleslaw and crisps. Choice of white or wholemeal bread.

Tuna mayonnaise and cucumber
Coronation chicken
Cheese and red onion
Ham and mustard
B.L.T (bacon, lettuce and tomato)

Sides

Chips – £3
Sweet potato fries – £3
Cheesy chips – £4
Calamari – £4
Onion rings – £3
Coleslaw – £1.50

Cheese Platter

For 2 – £15*

Selection of 3 cheeses with sliced prosciutto, fig jam, baby pickles and a selection of crackers

***to be ordered in advance**