

A photograph of The Roffen building, a large, multi-story brick structure with a prominent ivy-covered section and a flag flying from a pole on the roof. The building is set against a bright, slightly hazy sky.

# The Roffen

## HEALTH CLUB & MEMBERS CLUB



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# HEALTH CLUB

## Swimming pool

A beautiful indoor heated swimming pool, 15 metres long with no deep end, no shallow end and easy access steps, perfect for adults who swim for exercise & leisure.

## Three gymnasiums

In three separate rooms, not the usual massive hall, so nobody feels intimidated. A C.V gym for cardio-vascular workouts (bikes, steppers, joggers, rowers), a Resistance gym (to improve your all-round muscle tone) and a separate Weights gym. No queues for machines and a wide range of top quality, simple to use equipment.

## Sauna, steam, jacuzzi, solariums

A Swedish sauna, a modern Infra-Red sauna (much cooler, nicer for ladies), a large steam room, a privately bookable jacuzzi, two massage chairs and a high speed solarium.

## Beauty & health clinic

Our own private beauty clinic offering a complete range of beauty treatments & massage (for ladies & gentlemen). We also have private practitioners who offer services such as sports injury treatment, reflexology and aromatherapy.

## Free classes & instruction

Classes are **FREE** at The Roffen. The program is extensive and there are classes every day. We have a team of friendly instructors who give **FREE** gym instruction to new members. We also offer fitness assessments, personal fitness programmes and one-to-one training.

## Squash & tennis

One Squash Court or play on one of the four outdoor hard tennis courts across the road.

## Nice people - no crowds

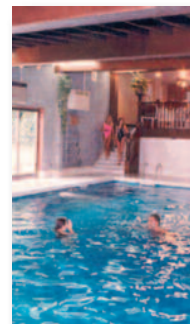
**The club is strictly adults only, no children and no teens.** This means you can exercise and socialise in peace and quiet among like minded people. This is great if you are not a regular gym user as nobody feels out of place, no matter what their age, size or shape.

## Guests welcome

Guests are very welcome at The Roffen. There is a Guest Fee of £7 to use the HEALTH CLUB which covers unlimited use of all our facilities. There is no charge when your guests visit the MEMBERS CLUB and your friends are always welcome to join you for a drink or a meal.

## Long opening hours

The Health Club opens 7am-10pm on weekdays and 8am-10pm weekends (9pm Sunday). The Private Members Club opens at 8am every morning, all seven days, and closes late.



**Memberships - No Contracts - Flexible Terms - No Sales Team  
Reductions for Joint Members and Groups  
Just make an appointment to come in and look round**

# MEMBERS CLUB

## Relaxing surroundings

Your own private club with luxurious surroundings, nice people, good food, drinks at pub prices, and social events every month. Sit and watch television, read the daily papers & magazines, order a snack, have a drink. This is what being a member of a club is all about.

Lots of space for you to enjoy. The club is more than just a pub or restaurant. Here you can relax and enjoy yourself, alone or with your old friends, or attend some of our great parties and make some new friends. Ideal for ladies on their own, totally safe & friendly.

## Social events

Every month we have parties and events ranging from jazz suppers to our theme nights, murder mystery to a blues club, comedy nights right up to live bands and disco party nights for hundreds of members. You are welcome to bring your friends along as guests.

## Party rooms

Hold your own private parties in our two party rooms. You can use either our private nightclub, The Venue (capacity 70 guests) or the beamed hall of The Roffen Suite (capacity 200 guests). Room Hire is FREE to members, all you pay for is food and drinks. Air conditioned and fitted with disco lights and dance floor, it's all yours.

### RESTAURANT & BISTRO

LUNCH 12 - 2.30 DINNER 6 - 9.30

#### WINE & DINE - £25

Enjoy up to three courses - with unlimited house wine

Please tell your Waitress you would like this offer. Whole tables only. Wine served until dessert served

#### STARTERS

- Jerusalem Artichoke soup - with a pear compote 5.50
- Seared King Scallops - roast butternut squash puree, apple & bacon crisp 9.50 (£2 surcharge on W&D offer)
- Wild Mushrooms on Toast - with a hazelnut pesto & pickled quail eggs 6.95
- Thai Spiced Fishcakes - with spring onions, ginger & a chilli jam 6.50
- Pork & Bacon Terrine - with pickled vegetables & sourdough toast 5.50
- Pan Fried Pheasant Breast - with a tomato consomme 6.50
- Confit Bacon Fritters - with a watercress and a maple glaze 5.50

#### MAINS

- Pan fried Chicken Breast - with wild garlic and a pearl barley broth £13.50
- Szechuan Pepper Marinated Duck Breast - butternut squash & spinach dauphinoise potatoes 15.95
- Calves Liver - caramelised onions, creamed turnips, crisp shallots & port wine jus 11.95
- Game Stew - with bacon, mushroom, onion, roast celeriac & horseradish dumplings 12.50
- 10 oz Ribeye Steak - thyme roasted potatoes, mushroom & whiskey sauce 16.95 (£2 surcharge on W&D offer)
- Cod Loin wrapped with Parma Ham - baby leeks, roasted vine tomatoes, saffron potatoes 13.95
- Beer Batter Haddock & Chips - mint tartare sauce, pea & mint puree, hand cut chips. 12.50
- Kentish Korker Sausages - with whole grain mustard mash & onion rings 8.50
- Gourmet Char Grilled Beef Burger - slow cooked pulled beef in a BBQ sauce & hand cut chips 10.50
- Stuffed Portobello Mushroom (V) - balsamic red onion, courgettes, blue cheese on wilted spinach 11.95
- Herb Crusted Medley of Roasted Vegetables (V) - a mixture of seasonal vegetables 9.95
- Roast Fillet of Salmon - served with new potatoes & creamed leeks 10.00

#### SIDE ORDERS - £2.50

- Onion Rings - Hand Cut Chips - Buttered Kale - Thyme Roasted New Potatoes - Buttered Vegetables

#### DESSERTS

- Chocolate Souffle - with a berry compot 6.50
- Prune & Armagnac Creme Brulee - with an almond biscuit 5.50
- Victoria Plum Crumble Tart - with crushed oats and clotted cream 5.50
- Flourless Apple and Almond Cake - with fresh berries and creme fraiche 5.50
- Old School Pudding - please ask what delightful old fashioned pudding we have today 5.50
- Fresh Fruit Salad - seasonal fruits & berries with fresh cream 4.00
- A Selection of Three British Artisan Cheeses - grapes, roasted tomato chutney 6.95

## Restaurant

We offer one of the best restaurants in the Medway towns where you can enjoy our modern British, European & Asian cuisine. We change the restaurant menu regularly so we always offer something new for you to enjoy. We also have a relaxed Bistro and a Bar Snack menu plus Daily Specials. All our menus are on our website and the menu shown here is an example of what you can enjoy at Restaurant 41 in the club.



# FUNCTIONS

## Weddings, dinners, events

We also provide a first class service to members and non-members who can use The Roffen Suite or The Venue for their events. We offer Wedding Packages from £10 and Dinner Dances for £25. We also cater for 18/21 Birthdays, School Proms, Wakes, Children's parties, in fact events of all types.

## Business meetings

Another service to members and non-members is the ability to hold meetings and conferences at The Roffen. With room rates from £45 and Business Food Packages from £10 in our excellent city centre location.

**TO LOOK ROUND THE ROFFEN - CALL 01634-404770**

Enjoy a tour of the club and see for yourself what we can offer you.