

STAY CALM AND CARRY ON

CHRISTMAS

IS COMING TO THE ROFFEN

The Roffen Newsletter - Nov/Dec 2017

**BECAUSE A
LOT'S GOING ON.**

We've got lots going on for you here at your club over the next two months so do take a look at what we offer you and your friends.....



GET FIT FOR CHRISTMAS! - Set yourself a goal and we can personalise a programme to help you achieve it. Guidance from our fitness instructors. **SPECIAL OFFERS FOR NOVEMBER & DECEMBER** Get your personal programme for £15 (normally £25). Contact Karen Petrie 07813-464617 **SILVER, SOCIAL & WEEKEND MEMBERS** - Come and join any evening classes and pay just £5. You know you want to feel better for the festive season!!!



NEW YEARS EVE PARTY! - SUNDAY 31 DECEMBER
By far the best NYE party in Medway - we have everything!
Complimentary drinks on arrival, free drinks voucher if you come in fancy dress, live soul band, disco all night, buffet dinner, cooked breakfast, cut price drinks by the bottle, free hats at midnight. £22 and £24.50 until 10 Nov, then they go up to £24.50 members and £28.50 non members.



CHRISTMAS COMEDY NIGHT - Come along and enjoy a real Comedy Club atmosphere. **WEDNESDAY 6 DECEMBER.** £5 members - £10 non members, and you even get a basket meal. **JARLETH REGAN** headlining (www.jigser.com), with **DARREN ALTMAN** (Britains Got Talent finalist), **NIGEL NG** and **KONSTANTIN KISIN**. With **M.C JON PEARSON**. This is a great night out for a Christmas Treat at a crazy price. Have a laugh this Christmas!



LUNCH WITH SANTA - Enjoy a Family Christmas Lunch on **SUNDAY 10 DECEMBER** at 12.30 with lunch served at 1.00 and the afternoon ends at 5.00. We provide the traditional three course lunch plus childrens meals. PLUS quizzes, games, Santa himself, family tables, lots going on. **TICKETS ADULTS £20, CHILDREN £15 (10 and under)**



BIG CHRISTMAS QUIZ - THURSDAY 30 NOVEMBER
Come along and enjoy a really BIG quiz night in The Roffen Suite with quiz-master Del in charge as ever. Prizes and Christmas nibbles. £3pp in teams of four. Get up a team or come along and join one on the night.

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 Server you would like this offer. Whole tables only. Wine

STARTERS

- SOUP OF THE DAY - Choice of Traditional Tomato Soup with Garlic & about our homemade soup of the day - 4.95
- DEEP FRIED CAMEMBERT - with frisse lettuce, cranberry & orange jam - 5.50
- PEAR & WALNUT SALAD - tossed with rocket & roquefort cheese - 5.50
- ARNOLD BENNET SMOKED HADDOCK OMELETTE - served with hollandaise sauce - 6.50
- SESAME BUTTERFLY TIGER PRAWNS - with pak choi, bean shoots, sweet chilli relish - 6.95
- DUCK & PORK PATE - with a toasted croute and roasted tomato country chutney - 5.95

MAINS

- ROAST TURKEY - chipolata & bacon, cranberry and orange stuffing, roast potatoes and vegetables - 10.50
- CONFIT DUCK LEG - with roasted root vegetables & apricot stuffing - 13.00
- PAN ROASTED COD LOIN - wrapped in smoked bacon & dill, served with bubble & squeak - 14.00
- PAN SEARED PORK MEDALLIONS - honey & ginger glazed parsnips, rosemary roasted potatoes - 14.00
- ROAST BREAST OF CHICKEN - in a pearl barley & leek broth with mini herb dumplings - 12.95
- ROASTED VEGETABLE STRUDEL (V) - with rich vegetarian gravy - 8.95
- 8oz SIRLOIN STEAK - hand cut chips, saute green beans & red onions - 15.95 (£2 surcharge on wine & dine)
- BEER BATTER HADDOCK & CHIPS - tartare sauce, pea & mint puree, hand cut chips. 12.50
- KENTISH KORKER SAUSAGES - with whole grain mustard mash & onion rings 8.95
- BLACKENED FILLET OF SALMON - crushed new potatoes & wilted spinach 10.00
- GOURMET CHARGRILLED BEEF BURGER - slow cooked pulled beef in a BBQ sauce & hand cut chips 10.50

SIDE ORDERS - £3.00

Fresh Cooked Chunky Chips - Steamed Vegetables - Garden Salad - Saute Green Beans and Red onion, Buttered Kale - Wilted Spinach - Creamed Potato Mash

DESSERTS

- OLD SCHOOL PUDDING - Choice of Traditional Christmas Pudding with Brandy Cream OR please ask what delightful old fashioned pudding we have today 5.50
- MINCEMEAT STRUDEL - with vanilla custard - 5.95
- BRANDY SNAP MILLE FEUILLE - layers of brandy snap with lashings of orange & mandarin cream - 6.00
- STRAWBERRY CREME BRULE - with triple chocolate shortbread - 6.50
- CHOCOLATE FUDGE CAKE - with Christmas pudding ice cream - 5.50
- FRESH FRUIT SALAD - seasonal fruits & berries with fresh cream 4.95
- A SELECTION OF BRITISH ARTISAN CHEESES - grapes, roasted tomato chutney 6.95

NOV/DEC 2017

NEW MENU
Starts Monday
8th November
£25 offer continues!!
3 courses & wine
XMAS LUNCH

WINE & DINE

Lunch & Dinner in the Restaurant
with **UNLIMITED** wine
£25.00pp
OFFER VALID MON-SAT



On any day Monday - Saturday
enjoy up to three courses
from our main menu
for just £25!!!
and we treat you to
unlimited wine
in choice of house red, white or rose wine
with your meal.

OFFER TERMS
LUNCH AND DINNER MONDAY - SATURDAY
SERVED IN RESTAURANT AND BISTRO
TELL YOUR WAITRESS YOU WANT THE OFFER
YOUR WHOLE TABLE MUST TAKE THE OFFER

Coming Up
Next . . .

CHRISTMAS PARTY DATES

You are not too late to book your friends/staff/colleagues into the club for one of our several Christmas Parties or Dinners
With prices starting at £10 you really can't go wrong with Christmas at The Roffen

BUSINESS CLUB LUNCH

Wednesdays - £10

Friendly and informal.

Next Lunch Wednesday 20 December
Contact Ian on ian.martin@misonline.com

BOTTLENECK BLUES

The last Tuesday each month .
www.bottleneckblues.com.

28 NOV - RED BUTLER

Dynamic rock/blues band Red Butler is fast making a name for itself across Britain and Europe. Audiences instantly tap into the fire and passion generated by the young band from Sussex.

144 JAZZ CLUB

The first Wednesday each month.

www.144Club.co.uk.

"The Ronnie Scotts of Medway"

1 Nov - Jimmy Cannon

29 Nov - Artist TBN

17 Dec - Christmas Sunday Lunch Concert

Lunch with Santa
The Roffen Suite
Sunday 10th December - 12.30
Christmas lunch and great entertainment

Tickets
Kids £15
Adults £20 (children up to and including 10 years)

Three Course Lunch with a children's menu option
Quizzes, games, family tables - 12.30 for lunch at 1.00, ends 5.00
Tickets at the Bar



EVERY SINGLE DAY!!!!
5.30 -6.30 ALL DRINKS £2!!!!

(some reasonable exceptions of course)

The Big Quiz

BIG CHRISTMAS QUIZ

Thursday 30th November.

Come along and enjoy a really BIG quiz with prizes and Christmas nibbles £3pp



Wednesday 6th December

£5 members - £10 Guests
 includes basket meal - served at 7.30

JARLETH REGAN Headlining
 with NIGEL NG. KONSTANTIN KISIN.
 DARREN ALTMAN (Britains got talent finalist)
 and M.C JON PEARSON

Tickets at the Bar



SUNDAY 31st DECEMBER

THE ROFFEN CLUB

THE ROFFEN CLUB - ROFFEN SUITE - VENUE BAR

Complimentary Bubbly on arrival
 Free drinks voucher for everyone in Fancy dress

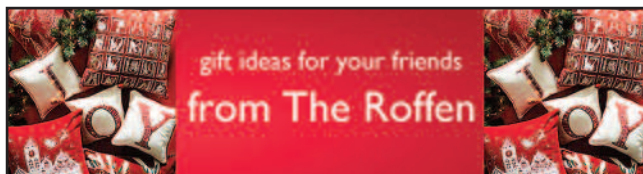
Disco playing in The Venue all night
 'Sold on Soul' playing live 9-12.30
 Free party hats & poppers at midnight

Running Buffet Dinner 8.30-10.30
 Cooked Breakfast 1.00-2.00
 Discounted Wine and Champers all night

DRESS - Fancy dress or smart and glamorous
 TICKETS - £24.50 members, £28.50 guests

Buy before 10 Nov - £22 and £24.50
 Get a group together to celebrate in style!!!

**THIS IS WITHOUT DOUBT
 THE BEST NYE PARTY IN TOWN**



for £25

A THREE COURSE MEAL

Lunch or Dinner with Wine & Coffee
 Select from our whole menu.

for £50

SIX WEEKS MEMBERSHIP

Full Gold Membership for 6 weeks
 Come along, have an tour and induction.
 Get fit the Spring - over 25's only

Presented as a gift card

GUESS OUR TEDDY'S NAME - £3

Guess the name of our giant Teddy
 £3 a ticket - All proceeds to:
 Oliver Fisher Special Baby Care Trust Medway



A FEW CLOSE DOWN DATES FOR YOUR DIARY

The club closes every year for just three days. CHRISTMAS DAY, BOXING DAY and NEW YEARS DAY. We close early at 6.00 on Christmas Eve and ON New Years Eve food service stops at 6. We offer a restricted Restaurant Menu between Wednesday 27th Dec and Wed 3rd Jan. The class programme for the festive season is overleaf. Have a great festive season everyone!!!

Christmas Classes

Mon 18th Dec 9.30 - 10.15 Pump 10.15 - 11.00 Zumba 11.15 - 12.00 Aqua 7pm - 8pm Yoga	Tue 19th Dec 9.30 - 10.45 Yoga 11.00 - 11.45 TAT 6pm - 6.30pm Spin 6.30pm - 7.15pm Circuits 8pm - 8.45pm Stretch n Tone	Wed 20th Dec 9.30 - 10.15 Aqua 7pm - 7.45pm Zumba
Thu 21st Dec 11.00 - 12.00 Body Cond 6pm - 6.30pm HIIT	Fri 22nd Dec 9.30 - 10.15 TAT	Sat 23rd Dec NO CLASSES
Sun 24th Dec NO CLASSES 11.30 - 1.30 Children's Swim	Mon 25th Dec CHRISTMAS DAY CLUB CLOSED	Tue 26th Dec BOXING DAY CLUB CLOSED
Wed 27th Dec NO CLASSES	Thu 28th Dec 11.00 - 12.00 Body Cond	Fri 29th Dec 9.30 - 10.15 TAT 10.15 - 11.00 Pilates 11.00 - 11.45 Aqua
Sat 30th Dec NO CLASSES	Sun 31st Dec NO CLASSES 11.30 - 1.30 Children's Swim	Mon 1st Jan Happy New Year! CLUB CLOSED

All classes back to normal
from Tuesday 2nd January

BRING A FRIEND FOR FREE

EVERY FRIDAY

IN NOVEMBER & DECEMBER

Bring a friend as a Guest to use the Health Club and join the Classes.

Show off your club

Let them have a free trial with you.
If they join you get a three course meal in the restaurant for two people
(not ot be used with any other offers0

NEW CLASSES!

NEW ZUMBA

With new instructor Louise Charwood
7PM WEDNESDAYS

NEW HIIT CLASS

HIGH INTENSITY INTERVAL TRAINING
6PM THURSDAYS

With Matt Simmonds (of Sunday Aerobic Boxing)

KAREN PETRIE

Our new Health Club Manager welcomes all comments either through a chat in the club or by email on kdpetrie71@gmail.com

Your personal trainers

Having a personal Trainer is THE best way to train. Even if you only have one session a week having a Trainer watch over and encourage you keeps you on track, corrects your errors, gives you new ideas and keeps you focused. Training properly is different from just doing an hour in the Gym - Do it properly for full value.

MICHAEL MICHAEL

Micaeal specialises in Fat Loss and post injury recovery.
CALL MICHAEL DIRECT TO MAKE AN APPOINTMENT ON 07479-651915



Call Prim & Proper Beauty
07825157654

For Eyelashes That Flutter
Full Set Only £50 This November

www.facebook.com/pennyprimandproper
www.primandproperbeauty.org.uk



TUESDAYS at 7.00
The Venue Bar
Come along and join.
8.00-8.45
Stretch & Tone class
with Ron in the Suite
 Weight Watchers £3 -
 Roffen members FREE