



**SOCIAL &
BUSINESS
HIRE**

HIRING FACILITIES

AT IMPULSE LEISURE LANCING MANOR



impulseleisure.co.uk

Charity number: Adur Community Leisure 1112020



WELCOME TO IMPULSE LEISURE LANCING MANOR

OUR FACILITIES INCLUDE...

Fully equipped TechnoGym
Fitness Suite

Group Exercise Studio

Six Badminton Court
Main Hall

Floodlit 3G Football Pitches

Crèche

Health Suite including
Sauna & Steam

Changing Facilities

Health and Beauty

Bar and Cafeteria including
free WiFi facility

Conference/Function Room

PLUS MUCH MORE!




DID YOU KNOW THAT WE ARE A REGISTERED CHARITY?

Adur Community Leisure (Trading as Impulse Leisure) is based in West Sussex and provides leisure and recreational facilities to the local community, Its clubs comprise of Lancing Manor, Southwick, Wadurs (Shoreham) and Chanctonbury (Storrington) and all have one goal in mind...

‘creating active and healthy communities’

Any surplus generated is reinvested into developing our facilities and serves for you to enjoy.

To find out more please visit impulseleisure.co.uk/about



RACE NIGHTS
QUIZ NIGHTS
BARN DANCES
SUPER EVENTS
MIGHTY MITES PARTIES
BBQ NIGHTS
OPEN DAYS
PLUS MORE!

SOCIAL EVENTS

SOCIAL EVENTS TAKE PLACE THROUGHOUT THE YEAR

For further information please contact Lancing Manor on
(01903) 524624 or email **marketing@impulseleisure.co.uk**

MANOR VIEW

AT IMPULSE LEISURE



The Manor View at Lancing Manor is a purpose-built ground floor function room overlooking the Manor Grounds. Its recently refurbished centre offers ample free parking with easy access from the A27, fully stocked licensed bar and various function packages.

Functions within the Manor View can cater up to 100 people and can be hired during weekdays and weekends.

CELEBRATIONS

Anniversaries, birthdays, engagements - in fact, any excuse to party, we can provide the ideal venue.

WEDDING RECEPTIONS

The Manor View can provide a magical and affordable way to celebrate your special day.

CHRISTENINGS

Whether you're a proud mum or dad or a doting godparent, the Manor View brings a cheerful atmosphere to get the family together and celebrate.

WAKES

The Manor View offers a relaxing atmosphere for families and friends during difficult times.



CATERING OPTIONS



OPTION 1

£7.50 per head

Minimum of 40 people

MIXED LUXURY SANDWICHES

Honey Roast Ham & Homemade Coleslaw

French Brie, Grape & Rocket

Scottish Smoked Salmon, Cream Cheese,
Rocket & Lemon

Roast Chicken & Mixed Salad

Egg Mayonnaise, Watercress & Black Pepper

Chicken Tikka, Mixed Peppers, Lettuce &
Mango Chutney

(All sandwich fillings are homemade)

MIXED LUXURY VOL-AU-VENT

Smoked Salmon, Cream Cheese & a Wedge
of Lemon

Prawn in Marie Rose Sauce & Cucumber

Egg Mayonnaise with Chives

Chicken Tikka & Fresh Peppers

Tuna Mayonnaise & Sweetcorn

LOADED POTATO SKINS

Cream Cheese, Spinach & Red Onion

Smokey Bacon & Cheddar Cheese

24 HOUR MARINATED STICKY BBQ CHICKEN BREAST SKEWERS

HOMEMADE SAUSAGE ROLLS WITH WHOLEGRAIN MUSTARD

MATURE CHEDDAR & MUSTARD TWISTS

MARMITE & CHEDDAR TWISTS

MINI BACON & CHEESE TURNOVERS

MIXED HAND COOKED CRISPS

OPTION 2

£10.00 per head

Minimum of 40 people

Our cold buffet includes local sourced
meats, cheeses and artisan breads.

A MIX OF LOCALLY SOURCED CHEESES

HOMEMADE QUICHES

Smoked bacon & mature cheddar

A SELECTION OF COLD SLICED MEATS

MINI INDIVIDUAL SAUSAGE ROLLS WITH FRESH PORK & SAGE STUFFING

A SELECTION OF ARTISAN BREADS & BUTTER

MINI SAVOURY GOAT'S CHEESE CAKE TOPPED WITH RED ONION MARMALADE AND FRESH CRESS

SWEET WHISKEY GLAZED CHICKEN WINGS

MANGO AND FETA SALAD WITH CHILLI & LIME DRESSING

MIXED BABY LEAF SALAD WITH HONEY & MUSTARD SALAD

CREAMY POTATO SALAD WITH SPRING ONION & CHIVES

OPTION 3

£8.00 per head

Minimum of 40 people

MIXED LUXURY CRUSTLESS FINGER SANDWICHES

Honey Roast Ham & Wholegrain Mustard
French Brie & Grape

Scottish Smoked Salmon, Cream Cheese,
Rocket & Lemon

Roast Chicken & Mixed Salad

Egg Mayonnaise, Watercress & Black Pepper

Chicken Tikka, Mixed Peppers, Lettuce &
Mango Chutney

(All sandwich fillings are homemade)

MATURE CHEDDAR CHEESE SCONES TOPPED WITH A CHEESE AND CHIVE TOPPING

PLAIN SCONES WITH FRESH CREAM AND SUSSEX STRAWBERRY JAM

DOUBLE CHOCOLATE CAKE WITH A FUDGE FILLING AND WHITE CHOCOLATE TOPPING

(all cakes & scones are baked in house fresh on the day)

OPTION 4

£7.50 per head

Minimum of 40 people

HOMEMADE CHILLI CON CARNE

HOMEMADE 5 BEAN CHILLI

Accompanied by Rice, fresh Green Chills, Sour
Cream, grated Mature Cheddar Cheese, Corn
Chips & a selection of Artisan Breads



MANOR VIEW PRICE LIST

FULL DAY (up to 10 hours) **£300**

HALF DAY (up to 5 hours) **£100**

FREE ROOM HIRE WHEN BOOKING ONE OF OUR CATERING OPTIONS.

To find out more please contact Reception on **(01903) 524624** or email **marketing@impulseleisure.co.uk**

Celebrate the FESTIVE SEASON WITH US!

Come and celebrate the festive season with Impulse Leisure Lancing Manor.

We offer a traditional service to suite your party requirements at an affordable price with free venue hire & private bar.

FULL BAR SERVICE AVAILABLE UNTIL 11PM

To find out more please contact Lancing Manor Reception on **(01903) 524624** or email **marketing@impulseleisure.co.uk**





creating
active &
healthy
communities



WELLBEING SUITE

AT IMPULSE LEISURE

AUDIENCE STYLE

Maximum of 35 people

Includes Private Room Hire, Projector Screen, Flipchart, Audio Sound System & Free Wifi.



CONFERENCE STYLE

Maximum of 24 people

Includes Private Room Hire, Projector Screen, Flipchart, Free Wifi & Audio Sound System.



CANVAS STYLE

Tailor the room to your own set up

Includes Private Room Hire & Audio Sound System.



THEATRE STYLE

Maximum of 60 people

Includes Private Room Hire, Projector Screen, Flipchart, Free Wifi & Audio Sound System.



CLASSROOM STYLE

Maximum of 20 people

Includes Private Room Hire, Projector Screen, Flipchart, Free Wifi & Audio Sound System.



CATERING OPTIONS

SELECTION 1

TEA & COFFEE
SELECTION OF BISCUITS

SELECTION 3

TEA & COFFEE
SELECTION OF PASTRIES
FRESH FRUIT BASKET

SELECTION 2

TEA & COFFEE
SELECTION OF CAKE

SELECTION 4

TEA & COFFEE
A VARIETY OF SANDWICHES ON
WHITE AND WHOLEMEAL BREAD
FRESH FRUIT BASKET

Breakfast and buffet options are available on request.

To discuss particular dietary requirements please contact

Reception on **(01903) 524624** or email **marketing@impulseleisure.co.uk**

WELLBEING SUITE PRICE LIST

PER HOUR	£25
HALF DAY (UP TO 5 HOURS)	£85
FULL DAY (UP TO 10 HOURS)	£135

CATERING OPTIONS

SELECTION 1	£1.50 PER HEAD
SELECTION 2	£2.00 PER HEAD
SELECTION 3	£3.50 PER HEAD
SELECTION 4	£4.50 PER HEAD



BESPOKE

BOOKINGS

LARGE CONFERENCES

FAIRS

EXHIBITIONS

AWARD NIGHTS

SPORTING EVENTS

CHARITY FUNDRAISERS

CONVENTIONS

SEMINARS

PLUS MUCH MORE....



To find out more or to receive a quote please email marketing@impulseleisure.co.uk

REFUEL AND RELAX

COFFEE REPUBLIC
NOW AVAILABLE
AT LANCING MANOR



Find us on        FOURSQUARE

Impulse Leisure - Lancing Manor

Manor Road, Lancing, West Sussex BN15 0PH

T (01903) 524624 Reception

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T (01903) 524635 Membership

W www.impulseleisure.co.uk



This leaflet is effective from 1st April 2016

