



# Service Menu

At Better Health Bikes we love bicycle servicing because properly serviced bikes = happy cyclists.  
We have three types, find out which is best for you here.

## **Full Service** ..... **£150**

Simply the most finest, fullest service your bike has ever had and too many individual processes to list fully here.

Essentially a complete strip and re-build including all frame prep work. Your bike is lovingly dismantled into its constituent parts and every moving component is cleaned, serviced, reassembled, lubricated as required and fine-tuned. On completion your bike will work better than new. Includes paintwork finishing treatment.

**Book a Full Service if:** you're giving a new lease of life to an old bike/ you've left it too long between services and it needs rescuing/you just *really* love your bike.

## **Standard Service** ..... **from £65** (Single-Speed Service from £50)

Our most popular service! Keeps your bike running the happiest and lasting the longest when carried out regularly.

- Inspection of parts for wear and safe operation
- Brakes serviced and setup, including cleaning of braking surfaces
- Gears serviced and setup including drivetrain cleaning and lubrication, or chain, cassette and chainrings replaced
- Wheels trued in jig and/or spokes fitted
- External bearing checks and adjustment: hubs, headset, bottom bracket
- Fitting of any replacement parts
- All components, bolts, pedals and accessories checked for secure fastening and lubricated
- Tyres checked and inflated
- Frame wipe down

**\*Full Bearing Servicing Work (hubs, headset, bottom bracket)** additional cost, up to **£30**

**Book a Standard Service if:** it's been a while since your bike last had some attention/your bike gets a fair amount of use and you need it to be reliable/your bike has become noisy or is misbehaving

## **Basic Service** ..... **from £40**

If your bike needs just a little bit of love, is in a generally good state and doesn't need much by way of parts; our Basic Service is just the job.

- Inspection of parts for wear and safe operation
- Brakes adjusted and setup
- Gears adjusted and setup
- Wheels trued in frame (minor truing only)
- Headset checked and adjusted externally
- Fitting of minor replacement parts only i.e. brake pads or cables
- All component parts lubricated
- All components, bolts, pedals and accessories checked for secure fastening
- Tyres checked and inflated

**Book a Basic Service if:** your bike is pretty new or has had a Standard Service in the last 6 months/is generally well looked after and ridden less frequently/is about to go for an epic ride, race or riding holiday



# Repair Menu

This is a list of the costs of some commonly carried out jobs. If yours isn't listed here please just ask a mechanic.

Our qualified mechanics will happily check over your bike for any necessary work or to help identify a problem free of charge.

We will always quote a price for your approval prior to carrying out any repair.

Puncture repair (inc tube).....	<b>£12</b>
on wheel with hub gears/drum brake/chain guard from.....	<b>£15</b>
Brake Service.....	<b>£25</b>
Gear Service.....	<b>£25</b>
Bottom bracket service or replacement.....	<b>£30</b>
Headset service or replacement.....	<b>£30</b>
Wheel true / spoke and true.....	<b>£20</b>
Wheel hub service.....	<b>£25</b>
Wheel building.....	<b>£45</b>
Rear wheel swap.....	<b>£20</b>
Sturmey Archer hub full strip and rebuild.....	<b>£65</b>
Hydraulic brake bleed per brake.....	<b>£25</b>
Bar tape wrapping.....	<b>£20</b>
as part of a service.....	<b>£10</b>
Mudguard fitting.....	<b>£20</b>
Rack fitting.....	<b>£15</b>
Boxed bike build.....	<b>£40</b>
Crash assessment.....	<b>£40</b>
Bike chat and advice.....	<b>£free</b>