



# Service Menu

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

## Basic Service. from £40

If your bike needs some love, is in a reasonable state and doesn't need lots of parts; our Basic Service is just the job.

- Inspection of parts for wear and safe operation
- Brakes serviced and setup, including cleaning of braking surfaces
- Gears adjusted
- Wheels trued in frame
- Fitting of minor replacement parts i.e. brake pads or cables
- Headset checked and adjusted
- All component parts lubricated
- All components, bolts, pedals and accessories checked for secure fastening
- Tyres checked and inflated
- *Does not include: servicing bearings: hubs, bottom bracket, headset*

**Book a Basic Service if:** your bike is relatively new/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

## Standard Service. from £65

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
- Gear service including drivetrain cleaning and lubrication, or
- Chain, cassette and chainrings replaced
- Wheels trued in jig and/or spokes fitted
- Bearings serviced or replaced where necessary
- Fitting of replacement parts
- Headset checked and adjusted
- All components, bolts, pedals and accessories checked for secure fastening and lubricated as required
- Tyres checked and inflated
- Frame wipe down

**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

## Full Service. £120

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 and fine-tuned. On completion your bike will work better than new. Includes brake pads, a full replacement cable set and paintwork 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

*No parts included unless specifically stated otherwise.*



# Repair Prices

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

Our qualified mechanics will happily check over your bike for any necessary work or to identify a problem for free. We will quote a price for your approval prior to carrying out any repair.

**Standard puncture repair** £12 incl. Tube

**Puncture repair on a rear wheel with hub gears / drum brake / chain guard** from £15 incl. Tube

**Brake service** £20

**Gear service** £20

**Bottom bracket service or replacement** £25

**Headset service or replacement** £25

**Hydraulic brake bleed per brake** £20

**Bar tape wrapping** £15

**Mudguard fitting** £15

**Rack fitting** £10

**Rear wheel swap** £15

**Wheel true / spoke and true** £15

**Wheel hub service** £15

**Wheel building** £45

**Sturmey Archer hub strip** £45

**Boxed bike build** £40

**Single speed service** £40

**Additional cleaning** £10