



# DRINKS MENU

## HOT DRINKS

<b>Double Espresso</b> 24kcal	<b>£2.25</b>
<b>Americano</b> 12kcal	<b>£2.85</b>
<b>Cappuccino</b> 182kcal	<b>£3.10</b>
<b>Latte</b> 216kcal	<b>£3.10</b>
<b>Iced Latte</b> 216kcal	<b>£3.10</b>
<b>Flat White</b> 127kcal	<b>£3.10</b>
<b>Hot Chocolate</b> 267kcal	<b>£3.10</b>
<b>Mocha</b> 222kcal	<b>£3.20</b>
<b>Tea</b>	<b>£2.30</b>
<b>Speciality Tea</b>	<b>£2.40</b>

## COLD DRINKS

<b>Flavoured Milk</b> 200ml	<b>£1.05</b>
<b>Bottled Water</b> 500ml	<b>£1.30</b>
<b>Flavoured Water</b> 500ml	<b>£1.50</b>
<b>Fruit Shoot</b> 275ml	<b>£1.75</b>
<b>Fairtrade Juice Apple/ Orange</b> 500ml	<b>£2.30</b>
<b>Coke</b> 500ml	<b>£2.40</b>
<b>Coke Zero / Diet Coke</b> 500ml	<b>£2.20</b>
<b>Fanta / Sprite</b> 500ml	<b>£2.20</b>
<b>Lucozade</b> 500ml	<b>£2.20</b>
<b>Slush</b> 27kcal	<b>£2.20</b>

## MILKSHAKES

**£4.25**

**Strawberry** 288kcal  
**Banana** 205kcal  
**Chocolate** 362kcal

## SMOOTHIES & JUICES

**£4.25**

**Classic Banana, strawberries & oat milk** 210kcal  
**Tropical Mango, banana & orange juice** 279kcal  
**Kale Kick Kale, spinach, mango & apple juice** 150kcal  
**Workout Junkie Strawberries, banana, oat milk & whey protein** 279kcal **£4.65**  
**Kids Smoothie** **£3.05**



# BREAKFAST MENU

Breakfast served until 11:30am

## HOT BAGUETTE OR BLOOMER

£5.20

kcal based on baguette

Served with a hash brown & a salad garnish

**Bacon** 668kcal

**Sausage** 662kcal

**Veggie Sausage VG** 628kcal

**Full English Sausage & Bacon** 984kcal

£7.30

Served with scrambled egg & a hash brown

**AVOCADO & SCRAMBLED EGG ON TOAST V** 420kcal £4.55

Served on brown toast

**BEANS ON TOAST V** 525cal

£3.50

Served on brown toast & topped with cheese

## SIDES

£2.05

**Teacake** 296kcal

**Toast & Jam** 236kcal

**Pain au Chocolat** 288kcal

**Butter Croissant** 288kcal



# LUNCH MENU

Please see the board for today's specials

## TOASTIES / PANINIS

£5.40

kcal based on panini

Toasties served on white or brown bloomer,  
paninis +20p. Both served with a salad garnish

**Cheese & Tomato V** 719kcal

**Ham & Cheese** 588kcal

**Tuna Mayo & Cheese** 654kcal

**BBQ Chicken & Cheese** 688kcal

**Avocado & Vegan Cheese VG** 588kcal

## FLATBREADS

£5.40

Served with a salad garnish

**Chicken & Mango Chutney** 436kcal

**Beetroot Falafel & Mango Chutney VG** 422kcal

## HOT BAGUETTES

£7.10

Served with potato wedges & a salad garnish

**Jerk Crispy Chicken** 766kcal

**Pulled Pork** 720kcal

## SANDWICHES

£5.60

Served on white or brown bloomer  
with a salad garnish

**Jumbo Fish Finger** with tartar sauce 464kcal

**Chicken, Bacon, Lettuce & Tomato Club** 505kcal

## JACKET POTATOES

Served with a salad garnish

**Cheese & Beans V** 608kcal **£5.60**

**Coleslaw V** 485kcal **£5.60**

**Tuna Mayo** 475kcal **£6.30**

**Pulled Pork** 471kcal **£6.30**

## SALADS

£6.30

**Crispy Chicken** 311kcal

Mixed leaf, cucumber, pepper, red  
onion & cherry tomatoes in a lemon  
vinaigrette dressing

**Beetroot & Falafel Tabbouleh V** 315kcal

Bulgur wheat, courgette, pepper,  
cucumber & chickpeas in a lemon  
vinaigrette dressing

## SOUP OF THE DAY

£4.50

Served with a roll

**Chips** 495kcal **£2.50**

**Sweet Potato Fries** 445kcal **£2.90**

**Cheesy Chips** 695kcal **£3.35**



# CHILDREN'S MENU

## MAIN MEALS

£5.00

Served with a choice of mash or chips & peas or beans

**Chicken Dippers** 545kcal

**Sausages** 663kcal

**Fish Goujons** 304kcal

**Veggie Nuggets** 388kcal

**Tomato & Mascarpone Pasta V** 347kcal

Served with a slice of garlic bread

## PUZZLE BAG

£5.40

Served with crisps, biscuit, apple & carton drink

**Ham** 491kcal

**Cheese V** 491kcal