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Items Rotate Each Day

Mon	Tue	Wed	Thu	Fri
Crispy Cauliflower Poke Bowl   £6.50	Crispy Cauliflower Poke Bowl   £6.50	Crispy Cauliflower Poke Bowl   £6.50	Crispy Cauliflower Poke Bowl   £6.50	Crispy Cauliflower Poke Bowl   £6.50
Hot Smoked Salmon Poke Bowl  £6.95	Hot Smoked Salmon Poke Bowl  £6.95	Hot Smoked Salmon Poke Bowl  £6.95	Hot Smoked Salmon Poke Bowl  £6.95	Hot Smoked Salmon Poke Bowl  £6.95
Soup of the Day served with Bread    <small>VEGAN ALTERNATIVE AVAILABLE</small> £4.25	Soup of the Day served with Bread    <small>VEGAN ALTERNATIVE AVAILABLE</small> £4.25	Soup of the Day served with Bread    <small>VEGAN ALTERNATIVE AVAILABLE</small> £4.25	Soup of the Day served with Bread    <small>VEGAN ALTERNATIVE AVAILABLE</small> £4.25	Soup of the Day served with Bread    <small>VEGAN ALTERNATIVE AVAILABLE</small> £4.25
Pomodoro Sauce, Spaghetti & Garlic Bread    £6.50	Jacket Potato with Baked Beans & Cheese   £5.50	Beef Chilli Con Carne served with Rice £7.75	Chimi Churri Chicken Burrito  £8.25	Katsu Chicken Burger  £6.95
Ragu Bolognese Spaghetti & Garlic Bread £7.95	Jacket Potato with Tuna Mayo & Cheese  £5.95	Smokey Bean Chilli served with Rice & Sour Cream   <small>VEGAN ALTERNATIVE AVAILABLE</small> £7.25	Texan Beef Burrito £8.25 Spiced Black Bean Burrito   <small>VEGAN ALTERNATIVE AVAILABLE</small> £7.50	Plant Burger, Feta Style Cheese & Pesto   £6.95

Cold Breakfast









Items Rotate Each Day

Mon	Tue	Wed	Thu	Fri
Blueberry & Coconut Overnight Oats   £2.95	Hazelnut Mocha Overnight Oats   £2.95	Nuts About Berries Overnight Oats   £2.95	Blueberry & Coconut Overnight Oats   £2.95	Choco Overnight Oats   £2.95
Whole Fruits   £0.80	Whole Fruits   £0.80	Whole Fruits   £0.80	Whole Fruits   £0.80	Whole Fruits   £0.80

Hot Breakfast


Available Monday to Friday

 OPTION AVAILABLE WITHOUT GLUTEN CONTAINING INGREDIENTS FOR CIABATTAS. PLEASE LET STAFF KNOW.

Bacon & Egg Ciabatta  £3.95	Bacon Ciabatta  £3.95
Egg Ciabatta    £2.95	Portabello & Spinach Ciabatta    £3.50

Sweet Treats

Available Monday to Friday

Jam Doughnut   £2.95	Dipped Ring Doughnut   £2.95
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Bakery

Available Monday to Friday

Cinnamon Danish  £2.95	Croissant  £2.95
Double Knot Doughnut  £2.95	Pan Au Chocolate £2.95

Salad

Available Monday to Friday

Caesar Salad  £5.25	Caesar Salad Topped with Halloumi  £6.25	Caesar Salad Topped with Grilled Chicken  £6.95
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Sandwiches

Available Monday to Friday

Chicken & Sun-blushed Tomato Focaccia  £4.25	Feta & Med Ved Topped Focaccia   £4.25	Marinated Pesto Mozzarella Ciabatta   £5.25
Pulled Ham & Wigmore Cheese Toastie £5.95	Tuna Melt Sourdough  £5.95	Pulled Brisket & Barkham Blue Ciabatta £6.95

You can use your Meal Plan for any item on this menu (excluding Sweet Treats) through your Meal Equivalencies.

SCAN TO VIEW ALL NUTRITION, ALLERGEN & DIETARY INFO



FOODMENUS.INFO

 VEGETARIAN  VEGAN  HALAL
 OPTION AVAILABLE WITHOUT GLUTEN CONTAINING INGREDIENTS