

BREAKFAST MENU

served until 11.30am

FOOD

Toast	£1.50
Toasted Fruit Loaf	£1.50
Bacon Sandwich	£3.00
Sausage Sandwich	£3.20
Breakfast Burrito	£3.50
Yoghurt Bowl	£3.00
GREEK YOGHURT TOPPED WITH GRANOLA, FRESH FRUIT & HONEY	
Protein Pancakes	£3.50
WITH FRUIT	
Scrambled Eggs	£3.50
ON SOURDOUGH WITH BASIL, SPINACH & TOMATOES	
Poached Eggs	£3.00
ON SOURDOUGH - ADD AVACADO FOR £1	
Protein Porridge	£3.40
WITH FRUIT & HONEY	

DRINKS

Tea	£1.40
Americano	£1.40
Latte	£1.80
Cappuccino	£1.80
Flat White	£1.80
Mocha	£1.80
with cream	£2.30
Espresso	£1.20
Double Espresso	£1.40
Hot Chocolate	£2.40
with cream	£2.90
with cream & marshmallows	£3.20
Cans	from £1.10
Fruit Juice	£1.80
Smoothies	£3.00
Milkshakes	£3.00
strawberry, chocolate, oreo banana, vanilla	
Add protein to any milkshake for - £1	



Main Menu



Jacket Potatoes

served with a side salad & coleslaw

Cheese	£4.00
Cheese & Beans	£4.50
Tuna & Cheese	£4.75
Cottage Cheese	£4.00
Chilli Con Carne	£4.95

upgrade to a sweet potato jacket for £1

Toasties

served with a side salad & coleslaw

Cheese	£4.00
Cheese & Tomato	£4.50
Cheese & Onion	£4.50
Cheese & Ham	£4.75
Cheese & Pickle	£4.50
Tuna Melt	£4.75

also available as a cold sandwich

Sides

Chips	£2.00
Sweet Potato Fries	£2.50
Cheesy Chips	£3.00
Veggie Sticks	£1.50
Nachos	£3.00
Halloumi Fingers	£2.50
Side Salad	£2.50

Something Bigger

Chilli Con Carne	£6.00
served with rice & garlic bread	
Beef Burger	£5.50
served with chips & coleslaw	
Chicken Burger	£5.50
served with chips & coleslaw	
Corned Beef Hash	£5.00
served with mushy peas & beetroot/red cabbage	
Lasagne	£5.50
served with garlic bread & salad or add chips for £1	
Fish & Chips	£6.00
served with mushy peas	
Creamy Cajun Chicken	£5.50
Pasta	
Seeded Tuna Bagel Melt	£5.50
served with sweet potato fries	
Salmon Salad	£6.00
smoked salmon slices, with a jacket potato	
Chicken, Ham or Tuna Salad	£5.00
Box Builder	£6.50
Pick one from each row	
1- Jerk, BBQ or Piri Piri Chicken	
2- Asparagus, Green Beans or Rice	
3- Fries, Mash or Sweet Potato Fries	

KIDS MENU

FOOD

Tomato Pasta	£3.40
topped with cheese	
Jacket Potato	£3.50
cheese or beans	
cheese & beans	
tuna	
tuna & cheese	
Kids Box	£3.50
sandwich or wrap, crisps veg sticks, yoghurt & drink	
Set Meals	£4.75
served with chips or mash & beans or veggie sticks	
Chicken Nuggets	
Beef or Chicken Burger	
Fish Fingers	
Cheese & Tomato Pizza	

Sides & Snacks

Veggie Sticks	£1.00
Chips	£1.50
Sweet Potato Fries	£2.00
Cheesy Chips	£2.50
Crisps	80p
Toast	£1.50
Toasted Fruit Loaf	£1.50

DRINKS

Fruit Shoot	80p
Glass of Milk	50p
Cans	£1.10
Hot Chocolate	£2.40
with cream & marshmallows	
Milkshakes	£2.00
strawberry, vanilla, oreo chocolate, banana	

DESSERTS

Ice Cream	£1.50
Yoghurt	£1.00
Jelly Pouch	£1.00
Fresh Fruit Bowl	£1.00
Cupcake	£1.50



Drinks Menu

Tea	£1.40
Americano	£1.40
Latte	£1.80
Cappuccino	£1.80
Flat White	£1.80
Mocha	£1.80
with cream	£2.30
Espresso	£1.20
Double Espresso	£1.40
Hot Chocolate	£1.80
with cream	£2.90
with cream & marshmallows	£3.20

Cans

Coke, Coke Zero, Sprite, Vimto, Tango Apple

Monster Energy, Monster Ultra Fiesta, Monster Pipeline Punch	£1.50
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Bottles

Lucozade Sport Orange	£1.80
Still Water	£1.00
Sparkling Water	£1.00
Fruit Shoots	80p

Smoothies

Pash 'n' Shoot, Berry Go Round, Coco Loco, Blueberry Thrill, Big 5, Strawberry Split	£3.00
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Fruit Juice

Orange & Carrot, Summer Fruits

Milkshakes

strawberry, chocolate, oreo, banana, vanilla

add protein to any shake for £1

