

MID-MORNING BREAK

HOT TO GO

Margherita Bagel Pizza ^v | Mariana Melt Pizza Baguette ^v
 | Cheese and Beans Toasties | Bacon Mac Cheese Pot | Ham
 & Cheese Pitta Pocket | Bacon Roll | Love Joes Wraps
 Garlic and Lemon Chicken Wings | BBQ Chicken Wings
 Spicy Piri Piri Chicken Wings
 Pancake ^v | Waffle ^v

FRUIT BASED

Pineapple Pot ^{ve} ^h
 Grape Pot ^{ve} ^h
 Granola Yoghurt and Berry Compote ^v ^h ^{gf}

SANDWICHES & BAGUETTES

Ham | Tuna Mayo | Cheese and Tomato ^v
 Toast with Spread ^v ^{gf} | Toasted Crumpet ^v

HEALTHY

Berry and Vanilla Oat Smoothie ^v ^h ^{gf}
 Cinnamon and Vanilla Oat Smoothie ^v ^h ^{gf}
 Pineapple and Spinach Smoothie ^v ^h ^{gf}

SALAD POTS

Indian Chickpea ^{ve} ^h | Pesto Pasta ^v ^h ^{gf}
 Tuna and Sweetcorn Pasta | Greek Salad ^v ^h

NEW

Chocolate Coconut Pretzel ^v

AVAILABLE DAILY

Bananas, Apples and Oranges ^{ve} ^h

CHOOSE FROM

White or Brown Bread ^{gf}

NEW

Chipotle Corn Pot ^v
 BBQ Corn Pot ^v

CRUDITES

Carrots and Houmous ^{ve} ^h
 Cucumber and Houmous ^{ve} ^h