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## SPREADING GOOD FILLINGS SINCE 1984

UPDATED 16/05/2016

Sembers   Semb	GRANARY MULTI-CEREAL BAGEL		STACKED WRAPS (CONTINUED)	
Fama R. Cheeder Cheese with Butter		£3.15		£3.15
Ham & Cheddar Cheese with Butter	, ,		· · · · · · · · · · · · · · · · · · ·	
Bacon   Classic Chicken & Mayo Salad   22.95	Ham & Cheddar Cheese with Butter	£2.95		
Circlene Racon / Classic Chicken & Mayo Saled   5.36	Bacon & Brie			£3.05
Chicken Escalope, Chive Aloll & BiLeaf         £3.05         Tuna Italiann Peats aslaad         £3.05           MUTTCEREAL GRANARY BAGUETTE         12.95         Bog Chicken Salad Box         £4.15           Tuna Mayo & Cucumber         £2.95         San Sac Beef, Horseadish Mayo, Red Orlion & Rocket         £3.15           Tuna, Black Olives, Sileced Egg & Leaves         £3.05         Grilled Hollaum & Chricken         £2.00           Roast Seef, Horseadish Mayo, Red Orlion & Rocket         £3.15         Cromberry, Pine Nuts & Rocket (v)         £2.05           Goats Cheese, Full Chuttery, Chill Ill & Spinach (v)         £2.05         Some College (peats), Created Carrot & Spinach (v)         £2.05           OTHER BAGUETTES         Crombeer Fall Chill & Spinach (v)         £2.05           OTHER BAGUETTES         Crombeer Fall Spinach (v)         £2.05           OTHER BAGUETTES         Egg Mayo & Spinach - Heritage Stone-baked         £3.10           Horner Cooked Ham & Salad in a Rustic Baguette         £3.05         Fresh Pineappile Pots         £1.00           Horner Cooked Ham & Salad in a Rustic Baguette         £3.05         Fresh Pineappile Pots         £2.00           Horner Cooked Ham & Salad in a Rustic Baguette         £3.05         Shalow Ham East Baguette Bag (v)         £3.05           Fulled Poris, Rgs QS exc, Chilli Slaw & ByLeaf in a Clabatta Applace Cooked Applay, Tomato &	Chicken & Bacon / Classic Chicken & Mayo Salad	£2.95		
Classic Cheddar Cheese & Saled   2.75		£3.05		£3.65
MULTICRERAL GRANARY BAGUETTE		£2.75		
Tuna, Black Olives, Silced Egg & Leaves	MULTICEREAL GRANARY BAGUETTE			
Roast Beef, Horseradish Mayo, Red Onion & Rocket   53.10   52.50   5	Tuna Mayo & Cucumber	£2.95	5	£2.70
Prick Camberry, Pine Nuts & Rocket (v)   52.55	Tuna, Black Olives, Sliced Egg & Leaves	£3.05	Pasta Pesto with Chicken	£2.60
Goals Cheese, Fruit Chuthey, Chilli & Spinach (v)	Roast Beef, Horseradish Mayo, Red Onion & Rocket	£3.15	Protein Power Salad	£3.10
Mozzarella, Pesto, Tomato & Basil (v)   22.95	Brie, Cranberry, Pine Nuts & Rocket (v)	£3.05	Crumbled Falafel & Feta Meze Salad (v)	£3.65
Fish FRUIT & YOGHURT'S FROMED'S Spinach (y) CE2.95 FRESH FRUIT & YOGHURT'S Fresh Phole Pritt - Apples / Bananas Flo. 50 Fresh Phole Pritt - Apples / Bananas Flo. 50 Fresh Philappile Pots Fresh Philappile Philappile Fresh Philappile Pots Fresh Philappile Pots Fresh Philappile Pots Fresh Philappile Pots Fresh	Goats Cheese, Fruit Chutney, Chilli & Spinach (v)	£3.05	Greek Salad Couscous & Rocket (v)	£2.50
Fresh Whole Fruit - Apples / Bananas	Mozzarella, Pesto, Tomato & Basil (v)	£2.95	Egg & Spinach Protein Pot (v)	£1.10
Smoked Ham, Ego Mayo & Spinach - Hertage Stone-baked 42.5   Chrick-Choptede, Chilli Jam & Koriander(v) in a   4.5   Christopher Chippede, Chilli Jam & Koriander(v) in a   4.5   Christopher Chippede   4.5   Christopher	Houmus, Falafel, Grated Carrot & Spinach (v)	£2.95	FRESH FRUIT & YOGHURTS	
AC's Cheddar, Chipotic, Chilli Jam &Coriander(v) in a Heritage (Shaked Baguette Home Cooked Ham & Salad in a Rustic Baguette   23.35	OTHER BAGUETTES		Fresh Whole Fruit – Apples / Bananas	
Heritage S/baked Baguette Chore Grilled Chicken, Low Fat Mayo, Salad Wholemeal Bag ASSORTED BAPS Pulled Pork, BRO, Sec, Chilli Slaw & B/Leaf in a Clabatta Bap Cheddar, Fruit Chutney, Red Onion & Cos Lettruce in a Flaguette Bap (v) Churky Egg Mayo, Tomato & Rocket in a Flaguette Bap (v) TALLAN BAGUETTES Egg Mayo & Bacon / Chorizo & Cheddr / Salami & Smkd Ch. Chicken Mayo, Swtcorn & B Leaf / Chicken Pirir Corlander Chricken Mayo, Swtcorn & B Leaf / Chicken Pirir Corlander Chicken & Bacon Royale w. Cos Granary Bloomer Chicken & Bacon Royale w. Cos Granary Bloomer Chicken & Salad White Bloomer OTHER SPECIALITY BREADS Bacon, Lettruce, Tomato, Red Onion in a Clabatta Chicken, Corlander Mayo, Avocado & Baby Leaf in a Glabatta Parm Ham, Mozzarella & Tomato on Filonoin Roll Chicken Mayo, Stated Almonds&Rocket S/Dried Tom Glabatta Parm Ham, Mozzarella & Tomato on Filonoin Roll Tura, Pesto, Mayo, Sun Drd Tom, Prms & Rokt Olive Focc Roast Pork, Spicy Apple Chutney & Cos on Pett Pain Rustic Roasted Salmon, Tartare Sauce in a Sunflower Seed Torpedo Ham & Cheddar Petzet Twist FAB CRUSTY AND SOFT ROLLS Cheddar & Tomato (V) Tuna Mayo & Cucumber Large French Butter Croissant (No Filling) (V) Ham & Cheddar Petzet Twist FAB CRUSTY AND SOFT ROLLS Cheddar & Tomato (V) Tuna Mayo & Cucumber Cheddar & Tomato (V) Tuna Mayo & Cucumber Cheddar & Tomato (V) Tuna Mayo & Cucumber Cheddar & Salad win a Wholemeal Med Sandwich (V) FIRANTIC ROLLS Chicken & Salad on in Wholemeal Med Sandwich (V) FIRANTIC ROLLS Cheddar & Salad Wholemeal Med Sandwich (V) FIRANTIC ROLLS Cheddar & Salad Wholemeal Med Sandwich (V) FIRANTIC ROLLS Cheddar & Salad Wholemeal Med Sandwich (V) FIRANTIC ROLLS Checken Mayo, Succest Charles & Coson Pett Pain Rustic Chocken Mayo, Succest Charles & Coson Pett Pain Rustic Charles Repeated the Croissant Large French Butter C		£3.10	_	
Home Cooked Ham & Salad in a Rustic Baguette   Can Sile	4C's Cheddar, Chipotle, Chilli Jam &Coriander(v) in a	£3.10	• • • • • • • • • • • • • • • • • • • •	£1.90
ASSORTED BAPS Pulled Pork, BBQ Sce, Chilli Slaw & B/Leaf in a Ciabatta Bap Cheddar, Fruit Chutney, Red Onion & Cos Lettruce in a Ciabatta Bap (v) Churky Egg Mayo, Tomato & Rocket in a Flaguette Bap (v) Churky Egg Mayo, Tomato & Rocket in a Flaguette Bap (v) TAILAIN BAGUETTES Egg Mayo & Bacon / Chorizo & Cheddr / Salami & Smkd Ch. Chicken Mayo & Bacon / Chorizo & Cheddr / Salami & Smkd Ch. Chicken Mayo, Switcom & B Leaf / Chicken Piri Piri Coriander Condition Chicken & Mixed Leaf (in a Seeded Roll) Chicken Mayo, Switcom & B Leaf / Chicken Piri Piri Coriander Chicken Mayo & Avocado DORNSTEP BLOOMERS Chicken & Bacon Royale w. Cos Granary Bloomer Chicken & Bacon Royale w. Cos Granary Bloomer Chicken & Salado White Bloomer Chicken & Salado White Bloomer Chicken & Salado White Bloomer Chicken Saladows & Salad White Bloomer Chicken Mayo, Avocado & Baby Leaf in a Ciabatta Chicken, Coriander Mayo, Avocado & Baby Leaf in	5 . 5			£2.10
ASSORTED BAPS Pulled Pork, BBQ Sce, Chilli Slaw & B/Leaf in a Ciabatta Bap Pulled Pork, BBQ Sce, Chilli Slaw & B/Leaf in a Ciabatta Bap Pulled Pork, BBQ Sce, Chilli Slaw & B/Leaf in a Ciabatta Bap Pulled Pork, BBQ Sce, Chilli Slaw & B/Leaf in a Ciabatta Bap Pulled Pork, BBQ Sce, Chilli Slaw & B/Leaf in a Ciabatta Bap Pulled Pork, BBQ Sce, Chilli Slaw & B/Leaf in a Ciabatta Bap Pulled Pork, BBQ Sce, Chilli Slaw & B/Leaf in a Ciabatta Bap Pulled Pork, BBQ Sce, Chilli Slaw & B/Leaf in a Ciabatta Bap Pulled Pork of Star Bacon / Chortzo & Cheddr / Salami & Smkd Ch. Pulled Pork of Star Bacon / Chortzo & Cheddr / Salami & Smkd Ch. Pulled Pork of Star Bacon / Chortzo & Cheddr / Salami & Smkd Ch. Pulled Pork of Star Bacon / Chortzo & Cheddr / Salami & Smkd Ch. Pulled Pork of Star Bacon (Police Name Star Bacon / Chicken Piri Piri Coriander Portice of Star Bacon (Police Name Star Bacon / Chicken Piri Piri Coriander Portice of Star Bacon (Police Name Star Bacon / Chicken Piri Piri Coriander Portice of Star Bacon (Police Name Star Bacon / Chicken Piri Piri Coriander Portice of Star Bacon (Police Name Star Bacon / Chicken Piri Piri Coriander Portice of Star Bacon (Police Name Star Bacon / Chicken Piri Piri Coriander Portice of Star Bacon (Police Name Star Bacon / Chicken Piri Piri Piri Coriander Portice of Star Bacon (Police Name Star Bacon / Chicken Piri Piri Piri Coriander Portice of Star Bacon (Police Name Star Bacon / Chicken Piri Piri Piri Coriander Portice of Star Bacon (Police Name Star Bacon / Chicken Piri Piri Piri Coriander Portice of Star Bacon (Police Name Star Bacon / Chicken Piri Piri Piri Coriander Portice of Star Bacon (Police Name Star Bacon / Chicken Piri Piri Piri Coriander Portice of Star Bacon (Police Name Star Bacon / Chicken Piri Piri Piri Coriander Portice of Police of Police Oke Cole Police Piri Piri Piri Piri Piri Piri Coriander Portice of Police of Police Piri Piri Piri Coriander Portice of Police Piri Piri Piri Piri Coriander Portice of Police Piri Piri Piri Piri Coriander Portice of Police Piri P	<u> </u>		HOMEMADE HOT MEALS	
Pulled Pork, BRQ Scc, Chilli Slaw & B/Leaf in a Clabatta Bap (2) E2.75 Flaguette Bap (v) E2.75 Flaguet		£2.95	Salmon with Watercress, Peas and Potatoes	
Cheddar, Fruit Chutney, Red Onion & Cos Lettuce in a Flaguette Bap (v) Chudry Egg Mayo, Tomato & Rocket in a Flaguette Bap (v) E2.65 Stuffed Peppers with Rice & Lamb 5.3.95 Roast Chicken with Potatoes & Vegetables 5.3.95 Penne Florentina, with Mozz, Tom & Spinach 6.3.95 Penne Florentina, with Mozz 7.95 Penne Florentina, w			Chicken Escalope with Potatoes	
Flaguette Bap (v)   E.3.65   Chunky Egg Mayo, Tomato & Rocket in a Flaguette Bap (v)   E.2.65   TALIAN BAGUETTES   Egg Mayo & Bacon / Chorizo & Cheddr / Salami & Smkd Ch.   E.2.95   Chicken Mayo, Swtcorn & B. Leaf / Chicken Piri Piri Coriander Cornation Chicken & Mixed Leaf (in a Seeded Roll)   E.2.95   Chicken Mayo & Avocado   E.3.05   Chicken Mayo & Avocado   E.3.05   Chicken & Bacon Royale w. Cos Granary Bloomer   E.3.05   Chicken & Bacon Royale w. Cos Granary Bloomer   E.3.05   Chicken & Bacon Royale w. Cos Granary Bloomer   E.3.05   Chicken & Bacon Royale w. Cos Granary Bloomer   E.3.05   Chicken & Bacon Royale w. Cos Granary Bloomer   E.3.05   Chicken & Bacon Royale w. Cos Granary Bloomer   E.3.05   Chicken & Bacon Royale w. Cos Granary Bloomer   E.3.05   Chicken & Bacon Royale w. Cos Granary Bloomer   E.3.05   Chicken & Bacon Royale w. Cos Granary Bloomer   E.3.05   Chicken Mayo, Bustard & Salad White Bloomer   E.3.05   Chicken Subject of the Chicken & Bacon Royale w. Cos Granary Bloomer   E.3.05   Chicken Subject of the Chicken & Bacon Royale w. Cos Granary Bloomer   E.3.05   Chicken Mayo, Avocado & Baby Leaf in a Clabatta (v)   Chicken Mayo, Avocado & Baby Leaf in a Clabatta (v)   Chicken Mayo, Tsted Almonds&Rocket S/Dried Tom Clabatta   E.3.05   Chicken Mayo, Tsted Almonds&Rocket S/Dried Tom Clabatta   Parma Ham, Mozzarella & Tomato on Filoncino Roll   E.2.65   E.3.05   Chicken Mayo, Sun Drd Tom, Prmsn & Rotkt Olive Focc   E.3.05   Cos Spicy Apple Chutney & Cos on Petit Pain Rustic   E.3.05   Cos Spicy Apple Chutney & Cos on Petit Pain Rustic   E.3.05   Cos Spicy Apple Chutney & Cos on Petit Pain Rustic   E.3.05   Cos Spicy Apple Chutney & Cos on Petit Pain Rustic   E.3.05   Cos Spicy Apple Chutney & Cos on Petit Pain Rustic   E.3.05   Cos Spicy Apple Chutney & Cos on Petit Pain Rustic   E.3.05   Cos Spicy Apple Chutney & Cos on Petit Pain Rustic   E.3.05   Cos Spicy Apple Chutney & Cos on Petit Pain Rustic   E.3.05   Cos Spicy Apple Chutney & Cos On Petit Pain Rustic   E.3.05   Cos Spicy Apple Chut			, , ,	
Chunky Egg Mayo, Tomato & Rocket in a Flaguette Bap (v)  ITALIAN BAGUETTES  Egg Mayo & Bacon / Chorizo & Cheddr / Salami & Smkd Ch. Chicken Mayo, Swtcorn & B Leaf / Chicken Piri Piri Coriander Coronation Chicken & Mixed Leaf (in a Seeded Roll) Chicken Mayo, Swtcorn & B Leaf / Chicken Piri Piri Coriander Coronation Chicken & Mixed Leaf (in a Seeded Roll) Chicken Mayo & Avocado  DOORSTEP BLOOMERS Chicken & Bacon Royale w. Cos Granary Bloomer Chicken Escalopes, Italian Colesiaw, Roast Tom, Mayo Ham, Egg, Mustard & Salad White Bloomer OTHER SPECIALITY BREADS Bacon, Lettuce, Tomato, Red Onion in a Clabatta Parma Ham, Mozzarella & Tomato on Filoncino Roll Fried Halloumi, Houmus & Rocket Square Clabatta (v) Chicken Mayo, Svtor, Syor Landon Royle Amma Ham, Mozzarella & Tomato on Filoncino Roll Tuna, Pesto, Mayo, Sun Drd Tom, Prmsn & Rokt Olive Focc Roast Pork, Spicy Apple Chuthrey & Cos on Petit Pain Rustic Roast Pork, Spicy Apple Chuthrey & Cos on Petit Pain Rustic Roast Pork, Spicy Apple Chuthrey & Cos on Petit Pain Rustic Roast Pork, Spicy Apple Chuthrey & Cos on Petit Pain Rustic Roast Pork, Spicy Apple Chuthrey & Cos on Petit Pain Rustic Roast Pork, Spicy Apple Chuthrey & Cos on Petit Pain Rustic Roast Pork, Spicy Apple Chuthrey & Cos on Petit Pain Rustic Roast Pork, Spicy Apple Chuthrey & Cos on Petit Pain Rustic Roast Pork, Spicy Apple Chuthrey & Cos on Petit Pain Rustic Roast Pork, Spicy Apple Chuthrey & Cos on Petit Pain Rustic Roast Pork, Spicy Apple Chuthrey & Cos on Petit Pain Rustic Roast Pork, Spicy Apple Chuthrey & Cos on Petit Pain Rustic Roast Pork, Spicy Apple Chuthrey & Cos on Petit Pain Rustic Roast Pork, Spicy Apple Chuthrey & Cos on Petit Pain Rustic Roast Pork, Spicy Apple Chuthrey & Cos on Petit Pain Rustic Roast Pork, Spicy Apple Chuthrey & Cos on Petit Pain Rustic Roast Pork, Spicy Apple Chuthrey & Cos on Petit Pain Rustic Roast Pork, Spicy Apple Chuthrey & Cos on Petit Pain Rustic Roast Pork, Spicy Apple Chuthrey & Cos on Petit Pain Rustic Roasted Salmon, Tartare Sauce in a Sunflower Seed Tor		£2.75		
Egg Mayo & Bacon / Chorizo & Cheddr / Salami & Smkd Ch. Chicken Mayo, Swtcorn & B Leaf / Chicken Piri Piri Coriander Coronation Chicken & Mixed Leaf (in a Seeded Roll) Chicken & Bacon Royale w. Cos Granary Bloomer Granary Bloome				
Egg Mayo & Bacon / Chorizo & Cheddr / Salami & Smkd Ch. Chicken Mayo, Swtrom & B Lear / Chicken Piri Piri Coriander Coronation Chicken & Mixed Leaf (in a Seeded Roll) Chicken Mayo & Avocado DORNSTEP BLOMERS Chicken & Bacon Royale w. Cos Granary Bloomer Chicken Escalopes, Italian Coleslaw, Roast Tom, Mayo Ham, Egg, Mustard & Salad White Bloomer Ghicken, Escalopes, Italian Coleslaw, Roast Tom, Mayo Ham, Egg, Mustard & Salad White Bloomer Ghicken, Escalopes, Italian Coleslaw, Roast Tom, Mayo Ham, Egg, Mustard & Salad White Bloomer Ghicken, Coriander Mayo, Avocado & Baby Leaf in a Clabatta Pan Fried Halloumi, houmus & Rocket Square Clabatta (v) Chicken, Grander Mayo, Avocado & Baby Leaf in a Clabatta Pan Fried Halloumi, houmus & Rocket Square Clabatta (v) Chicken Mayo, Step Alpmond&Rocket Sybried Tom Clabatta Parma Ham, Mozzarella & Tomato on Filoncino Roll Tuna, Pesto, Mayo, Sun Drd Tom, Prmsn & Rckt Olive Focc Roasted Salmon, Tartare Sauce in a Sunflower Seed Torpedo Ham & Emmental in a Large French Butter Croissant Large French Butter Croissant (No Filling) (v) Ham & Cheddar Ptztel Twist Chorizo & Snowled Cheese Prezel Twist Egg Mayo & Cress Cheddar & Branston Pickle (v) / Cheddar & Onion (v) Egg Mayo & Salor Juna, Pesto, Mayo, Sun Drd Tom, Proma & Mayo & Cucumber Ham & Cheddar P Ham & Tomato / Ham & Mustard Chicken, Yoghour & Tartare Sauce in a Deep Fill Thick Sandwich Chicken & Bacon Club in a Deep Fill Thick Sandwich Chicken & Bacon Club in a Deep Fill Thick Sandwich (v) Egg Mayo & Rest Chilli & Honey Lime Mayo Chicken, Spinach, Sweet Chilli & Honey Lime Mayo Chicken, Ngohard, Swiet Chilli & Honey Lime Mayo Chicken, Ngohard, Swiet Chilli & Honey Lime Mayo Cajun Chicken, Yoghurt & Mint Dressing & Coriander 5.2.35 Chicken & Bacon Club in a Deep Fill Thick Sandwich (v) Egg Mayo & Rest Chilli & Honey Lime Mayo Chicken, Spinach, Sweet Chilli & Honey Lime Mayo Chicken, Ngohard, Swiet Chilli & Honey Lime Mayo Chicken, Ngohard, Swiet Chilli & Honey Lime Mayo Chicken, Spinach, Sweet Chilli & Honey Lime Mayo Chicken, N		£2.65	<del>-</del>	
Crincken Mayo, Swtcorn & B Leaf / Chicken Piri Piri Coriander Coronation Chicken & Mixed Leaf (in a Seeded Roll) Chicken Mayo & Avocado Chicken & Bacon Royale w. Cos Granary Bloomer Chicken Mayo, Rustard & Salad White Bloomer  Strua, Pesto, Mayo, Sun Drd Tom, Prisns & Rckt Olive Focc Roast Pork, Spicy Apple Chutney & Cos on Petit Pain Rustic Roasted Salmon, Tartare Sauce in a Sunflower Seed Torpedo Ham & Cheddar Pretzel Twist Large French Butter Croissant (No Filling) (v) Ham & Cheddar Pretzel Twist Chorizo & Smoked Cheese Pretzel Twist Chorizo & Smoked Cheese Pretzel Twist FAB CRUSTY AND SOFT ROLLS Cheddar & Franston Pickle (v) / Cheddar & Onion (v) Ej. 45 Egg Mayo & Cress FRABITIONAL TRIANGLE SANDWICHES TRABITIONAL TRIANGLE SANDWICHES TRABITIONAL TRIANGLE SANDWICHES TRABITIONAL TRIANGLE SANDWICHES TRABITIONAL TRIANGLE SANDWICHES TRACKED WRAPS Chicken, Spinach, Sweet Chilli & Honey Lime Mayo Chicken, Spinach, Sweet Chilli & Honey Lime Mayo Chicken, Spinach, Sweet Chilli & Honey Lime Mayo Edgin Chicken, Spinach, Sweet Chilli & Honey Lime Mayo Edgin Chicken, Spinach, Spinach Seed Torpado Edgin Chicken, Spinach, S				
Chicken Mayo & Avocado  DOORSTEP BLOOMERS Chicken & Bacon Royale w. Cos Granary Bloomer Chicken & Bacon Royale w. Cos Granary Bloomer Fig. 1,00  Ham, Egg, Mustard & Salad White Bloomer Fig. 3,05 Chicken & Bacon Royale w. Cos Granary Bloomer Fig. 3,05 Ham, Egg, Mustard & Salad White Bloomer Fig. 3,05 Chicken Mayor Mayor & Salad White Bloomer Fig. 3,05 Fire Halloumi, Houmus & Rocket Square Clabatta (y) Chicken Mayor, Sted Almonds-&Rocket Square Clabatta (y) Fire Halloumi, Houmus & Rocket Square Clabatta (y) Fire Fire Halloumi, Houmus & Rocket Square Clabatta (y) Fire Fire Halloumi, Houmus & Rocket Square Clabatta (y) Fire Fire Halloumi, Houmus & Rocket Square Clabatta (y) Fire Fire Halloumi, Houmus & Rocket Square Clabatta (y) Fire Fire Halloumi, Houmus & Rocket Square Clabatta (y) Fire Fire Halloumi, Houmus & Rocket Square Clabatta (y) Fire Fire Halloumi, Houmus				
Chicken Mayo & Avocado  DOORSTEP BLOOMERS Chicken & Bacon Royale w. Cos Granary Bloomer Egg, Mustard & Salad White Bloomer Egg, Mustard & Salad In a Wholemal Med Sandwich Chicken Mayo Sweetcorn Crusty Egg Mayo & Cress Egg Mayo & Cress Egg Mayo & Cress Egg Mayo & Cress EnablitoNal TRIANGLE SANDWICHES Egg Mayo & Cress & Tartar Sauce/ Bacon/ Sausage Elas Salad In a Wholemeal Med Sandwich (v) Elas Chicken, Spinach, Sweet Chilli & Honey Lime Mayo Elas Salad In a Wholemeal Med Sandwich (v) Elas Chicken Mayo Sweet Chilli & Honey Lime Mayo Elas Chicken, Spinach, Sweet Chilli & Honey Lime Mayo Elas Chedar & Salad In a Wholemeal Med Sandwich Egg, Mustard Elas Salad In a Wholemeal Med Sandwich Egg, Mustard Elas Salad In a Wholemeal Med Sandwich Egg, Mustard Elas Salad In a Wholemeal Med Sandwich Egg, Mustard Elas Salad In a Wholemeal Med Sandwich Egg, Mustard Elas Salad In a Wholemeal Med Sa	• •			£1.75
Chicken & Bacon Royale w. Cos Granary Bloomer				
Chicken & Bacon Royale w. Cos Granary Bloomer Chicken Escalopes, Italian Coleslaw, Roast Tom, Mayo Lam, Egg, Mustard & Salad White Bloomer CTHER SPECIALITY BREADS Bacon, Lettuce, Tomato, Red Onion in a Ciabatta Chicken, Coriander Mayo, Avocado & Baby Leaf in a Ciabatta Pan Fried Halloumi, Houmus & Rocket Square Clabatta (v) Chicken Mayo, Tsted Almonds&Rocket S/Dried Tom Ciabatta Parma Ham, Mozzarella & Tomato on Filoncino Roll Tuna, Pesto, Mayo, Sun Drd Tom, Prmsn & Rckt Olive Focc Roast Pork, Spicy Apple Chutney & Cos on Petit Pain Rustic Roasted Salmon, Tartare Sauce in a Sunflower Seed Torpedo Large French Butter Croissant (No Filling) (v) Large French Butter Croissant (No Filling) (v) Large French Butter Croissant (No Filling) (v) Large Smoked Cheese Pretzel Twist Large Smoked Cheese Pretzel Twist Chorizo & Smoked Cheese Pretzel Twist Cheddar & Branston Pickle (v) / Cheddar & Onion (v) Large Roaston Large Roaston Club in a Deep Fill Thick Sandwich		£3.05		
Chicken Escalopes, Italian Coleslaw, Roast Tom, Mayo Ham, Egg, Mustard & Salad White Bloomer  OTHER SPECIALITY BREADS  Bacon, Lettuce, Tomato, Red Onion in a Ciabatta Chicken, Coriander Mayo, Avocado & Baby Leaf in a Giabatta Chicken, Coriander Mayo, Avocado & Baby Leaf in a Giabatta Chicken, Coriander Mayo, Avocado & Baby Leaf in a Giabatta Chicken, Coriander Mayo, Avocado & Baby Leaf in a Giabatta Chicken, Coriander Mayo, Avocado & Baby Leaf in a Giabatta Chicken, Coriander Mayo, Avocado & Baby Leaf in a Giabatta Chicken, Coriander Mayo, Avocado & Baby Leaf in a Giabatta Chicken, Coriander Mayo, Avocado & Baby Leaf in a Giabatta Chicken, Coriander Mayo, Avocado & Baby Leaf in a Giabatta Chicken, Coriander Mayo, Avocado & Baby Leaf in a Giabatta Chicken, Coriander Mayo, Avocado & Baby Leaf in a Giabatta Chicken, Coriander Mayo, Avocado & Baby Leaf in a Giabatta Chicken, Coriander Mayo, Avocado & Baby Leaf in a Giabatta Chicken, Coriander Mayo, Avocado & Baby Leaf in a Giabatta Chicken, Coriander Mayo, Avocado & Baby Leaf in a Giabatta Chicken, Coriander Mayo, Avocado & Baby Leaf in a Giabatta Chicken, Coriander Mayo, Avocado & Baby Leaf in a Giabatta Chicken, Capatrian, Mayo, Avocado & Baby Leaf in a Giabatta Chicken, Capatrian, Mayo, Avocado & Baby Leaf in a Giabatta Chicken, Capatrian, Mayo, Avocado & Baby Leaf in a Giabatta Chicken, Capatrian, Mayo, Avocado & Giabatta Chicken, Capatrian, Mayo, Capatrian, Ma		C2 0F		
Ham, Egg, Mustard & Salad White Bloomer  OTHER SPECIAITY BREADS  Bacon, Lettuce, Tomato, Red Onion in a Ciabatta Chicken, Coriander Mayo, Avocado & Baby Leaf in a Ciabatta Pan Fried Halloumi, Houmus & Rocket Square Ciabatta (v) Chicken Mayo, Tsted Almonds&Rocket Spried Tom Ciabatta Parm Ham, Mozzarella & Tomato on Filoncino Roll Ezara Ham, Mozzarella & Tomato on Filoncino Roll Ezara Brama Ham, Mozzarella & Tomato on Filoncino Roll Ezara Brama Ham, Mozzarella & Tomato on Filoncino Roll Ezara Brama Ham, Mozzarella & Tomato on Filoncino Roll Ezara Brama Ham, Mozzarella & Tomato on Filoncino Roll Ezara Brama Ham, Mozzarella & Tomato on Filoncino Roll Ezara Brama Ham, Mozzarella & Tomato on Filoncino Roll Ezara Brama Ham, Mozzarella & Tomato Petto Pain Rustic Roast Pork, Spicy Apple Chutney & Cos on Petit Pain Rustic Esas Branston Pickle (v) Fore Cos Sant Large French Butter Croissant Large French			• • • • • • • • • • • • • • • • • • • •	
Bacon, Lettuce, Tomato, Red Onion in a Ciabatta £3.05 Chicken, Coriander Mayo, Avocado & Baby Leaf in a Ciabatta £3.15 Pan Fried Halloumi, Houmus & Rocket Square Ciabatta (v) £3.00 Chicken Mayo, Tsted Almonds&Rocket S/Dried Tom Ciabatta £3.15 Parma Ham, Mozzarella & Tomato on Filoncino Roll £2.65 Tuna, Pesto, Mayo, Sun Drd Tom, Prmsn & Rckt Olive Focc Roast Pork, Spicy Apple Chutney & Cos on Petit Pain Rustic Roast Pork, Spicy Apple Chutney & Cos on Petit Pain Rustic Roasted Salmon, Tartare Sauce in a Sunflower Seed Torpedo Ham & Emmental in a Large French Butter Croissant £3.05 Large French Butter Croissant (No Filling) (v) £1.65 Large French Butter Croissant (No Filling) (v) £1.65 FAB CRUSTY AND SOFT ROLLS Cheddar & Tomato (v) / Tuna Mayo & Cucumber £1.50 Cheddar & Tomato (v) / Tuna Mayo & Cucumber £1.50 Chicken Mayo Sweetcorn Crusty £1.55 FIRADITIONAL TRIANGLE SANDWICHES TIRADITIONAL TRIANGLE SANDWICHES Chicken, Spinach, Sweet Chilli & Honey Lime Mayo £3.25 Chicken, Spinach, Sweet Chilli & Honey Lime Mayo £3.25 Chicken, Spinach, Sweet Chilli & Honey Lime Mayo £3.25 Chicken, Spinach, Sweet Chilli & Honey Lime Mayo £3.25 Clajun Chicken, Yoghurt & Mint Dressing & Coriander £3.25 Ched Range Round & Mint Dressing & Coriander £3.25 Chicken, Spinach, Sweet Chilli & Honey Lime Mayo £3.25 Chicken, Spinach, Sweet Chilli & Honey Lime Mayo £3.25 Chicken, Spinach, Sweet Chilli & Honey Lime Mayo £3.25 Chicken, Yoghurt & Mint Dressing & Coriander £3.25 Ched Range Round Range Read Flags and Luxury Muffins — Cherry, Blueberry or Chocolate & Cookies £1.40 Charles Rounds Rounds Rocket Sydrate Spinach, Sweet Chilli & Honey Lime Mayo £3.25 Cheddar & Tomato (v) / Tuna Mayo & Cucumber £1.50 Cheddar & Salad in a Wholemeal Med Sandwich (v) £1.95 Chicken, Spinach, Sweet Chilli & Honey Lime Mayo £3.25 Chicken, Spinach, Sweet Chilli & Honey Lime Mayo £3.25 Chicken, Spinach, Sweet Chilli & Honey Lime Mayo £3.25 Chicken, Spinach, Sweet Chilli & Honey Lime Mayo £3.25 Chicken, Spinach, Sweet Chilli & Honey Lime Mayo £3.25 Cheddar & Tomato				£2.00
Bacon, Lettuce, Tomato, Red Onion in a Ciabatta Chicken, Coriander Mayo, Avocado & Baby Leaf in a Ciabatta Pan Fried Halloumi, Houmus & Rocket Square Ciabatta (v) Chicken Mayo, Tsted Almonds&Rocket SyDried Tom Ciabatta Parma Ham, Mozzarella & Tomato on Filoncino Roll Parma Ham, Mozzarella & Tomato on Filoncino Roll Family Cake Slices & Cookies Family Cake Slices & Cookies Family Cake Slices		£3.05		C1 40
Chicken, Coriander Mayo, Avocado & Baby Leaf in a Ciabatta #3.15 Panstries #1.20 Pan Fried Halloumi, Houmus & Rocket Square Ciabatta (v) #5.300 Lizzies Flapjacks, Slices & Cookies #1.10 Chicken Mayo, Tsted Almonds&Rocket S/Dried Tom Ciabatta #5.310 Parma Ham, Mozzarella & Tomato on Filoncino Roll #5.65 Tuna, Pesto, Mayo, Sun Drd Tom, Prmsn & Rckt Olive Focc #5.305 Cook Poet toke, Coke Life, Ginger Beer, Fanta, Sprite, Rio #6.65 Roast Pork, Spicy Apple Chutney & Cos on Petit Pain Rustic #5.305 Coke Zero,Fanta Zero,Sprite Zero, Sparkling Water #6.0.65 Roast Salmon,Tartare Sauce in a Sunflower Seed Torpedo #5.305 Coke Zero,Fanta Zero,Sprite Zero, Sparkling Water #6.0.50 Ham & Emmental in a Large French Butter Croissant #5.305 Lucozade Original & Orange #1.10 Fab Cheddar Pretzel Twist #5.45 Red Bull, Red Bull Sugar Free #1.40 San Pellegrino 330ml Can #6.80 Panstural Juices #1.25 Pag Mayo & Cress #1.45 Cheddar & Tomato (v) / Tuna Mayo & Cucumber #1.50 Chicken Mayo Sweetcorn Crusty #1.50 Fish Fingers, Cheese & Tartar Sauce/ Bacon/ Sausage #1.55 Frad Trangle Bacon/ Sausage #1.55 Chicken & Bacon Club in a Deep Fill Thick Sandwich (v) #1.90 STACKED WRAPS Chicken, Spinach, Sweet Chilli & Honey Lime Mayo #1.20 Chicken, Spinach, Sweet Chilli & Honey Lime Mayo #1.20 Chicken, Spinach, Sweet Chilli & Honey Lime Mayo #1.20 Chicken, Yoghurt & Mint Dressing & Coriander #5.3.25 Fax Natarel Bars #1.20 / Snacking Essential Nuts £1.80 Fax Litzal Bars #1.10 Fax Natarel Bars #1.10 Fax N		C2 OE	• •	
Pan Fried Halloumi, Houmus & Rocket Square Ciabatta (v) Chicken Mayo, Tsted Almonds&Rocket SyDried Tom Ciabatta Family Cake Slices Family Cake Sli				
Chicken Mayo, Tsted Almonds&Rocket S/Dried Tom Ciabatta Parma Ham, Mozzarella & Tomato on Filoncino Roll £2.65  Tuna, Pesto, Mayo, Sun Drd Tom, Prmsn & Rckt Olive Focc Roast Pork, Spicy Apple Chutney & Cos on Petit Pain Rustic £3.05  Roast Pork, Spicy Apple Chutney & Cos on Petit Pain Rustic £3.05  Roasted Salmon, Tartare Sauce in a Sunflower Seed Torpedo Ham & Emmental in a Large French Butter Croissant £3.05  Ham & Emmental in a Large French Butter Croissant £3.05  Large French Butter Croissant (No Filling) (v) £1.65  Ham & Cheddar Pretzel Twist £2.45  Robert Chorizo & Smoked Cheese Pretzel Twist £2.45  Cheddar & Branston Pickle (v) / Cheddar & Onion (v) £1.45  Egg Mayo & Cress £1.45  Cheddar & Tomato (v) / Tuna Mayo & Cucumber £1.50  Ham & Cheddar / Ham & Tomato / Ham & Mustard £1.50  Chicken Mayo Sweetcorn Crusty £1.55  HEAT ME ROLLS  Tish Fingers, Cheese & Tartar Sauce/ Bacon/ Sausage £1.85  TRADITIONAL TRIANGLE SANDWICHES  Chicken & Bacon Club in a Deep Fill Thick Sandwich (v) £1.90  Chicken, Spinach, Sweet Chilli & Honey Lime Mayo £3.25  Chicken, Spinach, Sweet Chilli & Honey Lime Mayo £3.25  Cans - Coke, Diet Coke, Coke Life, Ginger Beer, Fanta, Sprite, Rio £0.65  Coke Zero,Fanta Zero,Sprite Zero, Sparkling Water £0.65  Coke Zero,Fanta Zero,Sprite Zero, Sparkling Water £0.65  Alibi Lemon & Lime, Pomegranate, Blueberry £1.40  Lucozade Original & Orange £1.10  Lucozade Original & Orange £1.10  Alibi Lemon & Lime, Pomegranate, Blueberry £1.40  Lucozade Original & Orange £1.10  Lucozade Original & Orange £1.10  Edu Bull, Red Bull Sugar Free £1.40  San Pellegrino 330ml Can £1.20  Sam & Jo's Fruit Drink Company £1.25  Sam & Jo's Fruit Drink Company £1.25  Salty Dogs, Pipers, M/Munch, Wotsits, S-a-Jacks, Doritos £0.80  Salty Dogs, Pipers, M/Munch, Wotsits, S-a-Jacks, Doritos £0.80  Salty Dogs, Pipers, M/Munch, Wotsits, S-a-Jacks, Doritos £0.70  Chocolate, Snacks & Biscuit Bars £0.70  Chocolate, Snacks & Biscuit Bars £1.20  Chicken, Spinach, Sweet Chilli & Honey Lime Mayo £1.20  Edu Capiun Chicken, Yoghurt & Mi				
Parma Ham, Mozzarella & Tomato on Filoncino Roll Tuna, Pesto, Mayo, Sun Drd Tom, Prmsn & Rckt Olive Focc Roast Pork, Spicy Apple Chutney & Cos on Petit Pain Rustic Roasted Salmon, Tartare Sauce in a Sunflower Seed Torpedo Ham & Emmental in a Large French Butter Croissant Large French Butter Croissant (No Filling) (v) E1.65 Lucozade Original & Orange Ham & Cheddar Pretzel Twist FAB CRUSTY AND SOFT ROLLS Cheddar & Branston Pickle (v) / Cheddar & Onion (v) E2.45 Cheddar & Tomato (v) / Tuna Mayo & Cucumber Ham & Cheddar / Ham & Tomato / Ham & Mustard Chicken Mayo Sweetcorn Crusty HEAT ME ROLLS FIsh Fingers, Cheese & Tartar Sauce/ Bacon/ Sausage TRADITIONAL TRIANGLE SANDWICHES Chicken & Bacon Club in a Deep Fill Thick Sandwich Cheddar & Salad in a Wholemeal Med Sandwich (v) STACKED WRAPS Chicken, Spinach, Sweet Chilli & Honey Lime Mayo Cajun Chicken, Yoghurt & Mint Dressing & Coriander  E2.65 Coke Zero,Fanta Zero, Spirte Zero, Sparkling Water £0.65 Still Water £0.65 Coke Zero,Fanta Zero, Spirte Zero, Sparkling Water £0.65 Still Water £0.65 E1.40 Ribi Lemon & Lime, Pomegranate, Blueberry £1.40 Ribi Lemon & Lime, Pomegranate,				
Tuna, Pesto, Mayo, Sun Drd Tom, Prmsn & Rckt Olive Focc Roast Pork, Spicy Apple Chutney & Cos on Petit Pain Rustic Roast Pork, Spicy Apple Chutney & Cos on Petit Pain Rustic Roasted Salmon, Tartare Sauce in a Sunflower Seed Torpedo Ham & Emmental in a Large French Butter Croissant Large French Butter Croissant (No Filling) (v) Ham & Cheddar Pretzel Twist Chorizo & Smoked Cheese Pretzel Twist FAB CRUSTY AND SOFT ROLLS Cheddar & Branston Pickle (v) / Cheddar & Onion (v) Egg Mayo & Cress Cheddar & Tomato (v) / Tuna Mayo & Cucumber Ham & Cheddar / Ham & Tomato / Ham & Mustard Chicken Mayo Sweetcorn Crusty HEAT ME ROLLS TRADITIONAL TRIANGLE SANDWICHES TRADITIONAL TRIANGLE SANDWICHES Chicken & Bacon Club in a Deep Fill Thick Sandwich Cheddar & Salad in a Wholemeal Med Sandwich (v) STACKED WRAPS Chicken, Spinach, Sweet Chilli & Honey Lime Mayo Cajun Chicken, Yoghurt & Mint Dressing & Coriander  E3.05 Coke Zero,Fanta Zero,Sprite Zero, Sparkling Water  £0.65 Coke Zero,Fanta Zero,Sprite Zero, Sparkling Water  £1.40 Lucozade Original & Orange  £1.40 Each Bull, Red Bull Sugar Free  £2.45 Red Bull, Red Bull Sugar Free  £2.45 Red Bull, Red Bull Sugar Free  £2.45 San Pellegrino 330ml Can  £2.45 San Pellegrino 340ml San Pellegrino 340ml San Pel			•	£1.30
Roast Pork, Spicy Apple Chutney & Cos on Petit Pain Rustic Roasted Salmon, Tartare Sauce in a Sunflower Seed Torpedo Ham & Emmental in a Large French Butter Croissant Large French Butter Croissant (No Filling) (v) Lucozade Original & Orange Linue Cando Original & Orange Lucozade Original & Orange Lucozade Original & Orange Lucozade Original & Orange Linue Cando Orange Lucozade Original &				tu 65
Roasted Salmon, Tartare Sauce in a Sunflower Seed Torpedo Ham & Emmental in a Large French Butter Croissant Large French Butter Croissant (No Filling) (V) £1.65 Lucozade Original & Orange £1.10 Ham & Cheddar Pretzel Twist £2.45 Chorizo & Smoked Cheese Pretzel Twist £2.45 Cheddar & Branston Pickle (V) / Cheddar & Onion (V) £1.45 Egg Mayo & Cress Cheddar & Tomato (V) / Tuna Mayo & Cucumber Ham & Cheddar / Ham & Tomato / Ham & Mustard Chicken Mayo Sweetcorn Crusty  ### ### ### ### ### ### ### ### ### #				
Ham & Emmental in a Large French Butter Croissant (No Filling) (v) £1.65 Lucozade Original & Orange £1.10 Ham & Cheddar Pretzel Twist £2.45 Ribena £0.70 Chorizo & Smoked Cheese Pretzel Twist £2.45 Red Bull, Red Bull Sugar Free £1.40 San Pellegrino 330ml Can £0.80 Pellegrino 330ml Can £0.80 Pellegrino 330ml Can £1.25 Paymer Bay Iced Green Tea £1.25 Daymer Bay Iced Green Tea £1.25 Paymer Bay Iced Green Tea £1.25				
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Ham & Cheddar Pretzel Twist £2.45 Ribena £0.70 Chorizo & Smoked Cheese Pretzel Twist £2.45 Red Bull, Red Bull Sugar Free £1.40 FAB CRUSTY AND SOFT ROLLS Cheddar & Branston Pickle (v) / Cheddar & Onion (v) £1.45 Bene Natural Juices Egg Mayo & Cress £1.45 Sam Pellegrino 330ml Can £1.25 Egg Mayo & Cress £1.45 Sam & Jo's Fruit Drink Company £1.25 Cheddar & Tomato (v) / Tuna Mayo & Cucumber £1.50 Ham & Cheddar / Ham & Tomato / Ham & Mustard £1.50 Salty Dogs, Pipers, M/Munch, Wotsits, S-a-Jacks, Doritos £0.80 Chicken Mayo Sweetcorn Crusty £1.55 Walkers Crisps, Quavers £0.65 HEAT ME ROLLS Fish Fingers, Cheese & Tartar Sauce/ Bacon/ Sausage £1.85 Pop-Chips Tyrells Popcorn £0.75 Chicken & Bacon Club in a Deep Fill Thick Sandwich £2.90 Chocolate, Snacks & Biscuit Bars £0.75 Cheddar & Salad in a Wholemeal Med Sandwich (v) £1.90 Nakd Bars N'eat & Healthy Bars Snacking Essential Nuts £1.80 Cajun Chicken, Yoghurt & Mint Dressing & Coriander £3.25 Eat Natural Bars £1.10				
Chorizo & Smoked Cheese Pretzel Twist £2.45  FAB CRUSTY AND SOFT ROLLS  Cheddar & Branston Pickle (v) / Cheddar & Onion (v) £1.45 Egg Mayo & Cress £1.45 Cheddar & Tomato (v) / Tuna Mayo & Cucumber £1.50 Ham & Cheddar / Ham & Tomato / Ham & Mustard £1.50 Chicken Mayo Sweetcorn Crusty £1.55 HEAT ME ROLLS Fish Fingers, Cheese & Tartar Sauce/ Bacon/ Sausage £1.85 TRADITIONAL TRIANGLE SANDWICHES Chicken & Bacon Club in a Deep Fill Thick Sandwich (v) £1.90 Cheddar & Salad in a Wholemeal Med Sandwich (v) £1.90 Chicken, Spinach, Sweet Chilli & Honey Lime Mayo £3.25 Chicken, Spinach, Sweet Chilli & Honey Lime Mayo £3.25 Cajun Chicken, Yoghurt & Mint Dressing & Coriander  Eq. 45 San Pellegrino 330ml Can San Rutural Juices Daymer Bay Leed Green Tea San & Jo's Fruit Drink Company £1.25 Sam & Jo's Fruit Drink Company £1.25 Sam & Jo's Fruit Drink Company £1.25 Salty Dogs, Pipers, M/Munch, Wotsits, S-a-Jacks, Doritos Walkers Crisps, Quavers Salty Dog Cheddary Biscuits Full THE GAP LETS HAVE A SNACK! Salty Dog Cheddary Biscuits Full THE GAP LETS HAVE A SNACK! Salty Dog Cheddary Biscuits Full THE GAP LETS HAVE A SNACK! Salty Dog Cheddary Biscuits Full THE GAP LETS HAVE A SNACK! Salty Dog Cheddary Biscuits Full THE GAP LETS HAVE A SNACK! Salty Dog Cheddary Biscuits Full THE GAP LETS HAVE A SNACK! Salty Dog Cheddary Biscuits Full THE GAP LETS HAVE A SNACK! Salty Dog Cheddary Biscuits Full THE GAP LETS HAVE A SNACK! Salty Dog Cheddary Biscuits Full THE GAP LETS HAVE A SNACK! Salty Dog Cheddary Biscuits Full THE GAP LETS HAVE A SNACK! Salty Dog Cheddary Biscuits Full THE GAP LETS HAVE A SNACK! Salty Dog Cheddary Biscuits Full THE GAP LETS HAVE A SNACK! Salty Dog Cheddary Biscuits Full THE GAP LETS HAVE A SNACK! Salty Dog Cheddary Biscuits Full THE GAP LETS HAVE A SNACK! Salty Dog Cheddary Biscuits Full THE GAP LETS HAVE A SNACK! Salty Dog Cheddary Biscuits Full THE GAP LETS HAVE A SNACK! Salty Dog Cheddary Biscuits Full THE GAP LETS HAVE A SNACK! Salty Dog Cheddary Biscuits Full THE GAP LETS HAVE A SNACK! Salty Dog Cheddary Biscuit	• • • • • • • • • • • • • • • • • • • •		Ribena	£0.70
San Pellegrino 330ml Can  \$\frac{\text{Eog Mayo & Cress}}{\text{Cheddar & Onion (v)}} \frac{\text{E1.45}}{\text{E1.45}} \frac{\text{Bene Natural Juices}}{\text{Sam & Jo's Fruit Drink Company}} \frac{\text{E1.25}}{\text{Sam & Jo's Pruit Drink Company}} \frac{\text{E1.25}}{\tex			Red Bull, Red Bull Sugar Free	£1.40
Cheddar & Branston Pickle (v) / Cheddar & Onion (v) £1.45 Egg Mayo & Cress £1.45 Cheddar & Tomato (v) / Tuna Mayo & Cucumber £1.50 Ham & Cheddar / Ham & Tomato / Ham & Mustard £1.50 Chicken Mayo Sweetcorn Crusty £1.55 HEAT ME ROLLS Fish Fingers, Cheese & Tartar Sauce/ Bacon/ Sausage £1.85 TRADITIONAL TRIANGLE SANDWICHES Chicken & Bacon Club in a Deep Fill Thick Sandwich £2.90 Cheddar & Salad in a Wholemeal Med Sandwich (v) £1.90 STACKED WRAPS Chicken, Spinach, Sweet Chilli & Honey Lime Mayo £3.25 Cajun Chicken, Yoghurt & Mint Dressing & Coriander  Egene Natural Juices Daymer Bay Iced Green Tea £1.25 Sam & Jo's Fruit Drink Company £1.20 Chocken A Bars £1.20 Chocken & Bacon Club in a Deep Fill Thick Sandwich (v) £1.20 Salty Dogs, Pipers, M/Munch, Wotsits, S-a-Jacks, Doritos £1.20 Chocken & Bacon Club in a Deep Fill Thick Sandwich £1.20 Chocken & Bacon Club in a Deep Fill Thick Sandwich £1			San Pellegrino 330ml Can	£0.80
Egg Mayo & Cress £1.45 Cheddar & Tomato (v) / Tuna Mayo & Cucumber £1.50 Ham & Cheddar / Ham & Tomato / Ham & Mustard £1.50 Chicken Mayo Sweetcorn Crusty £1.55 HEAT ME ROLLS Fish Fingers, Cheese & Tartar Sauce/ Bacon/ Sausage £1.85 TRADITIONAL TRIANGLE SANDWICHES Chicken & Bacon Club in a Deep Fill Thick Sandwich £2.90 Cheddar & Salad in a Wholemeal Med Sandwich (v) £1.90 STACKED WRAPS Chicken, Spinach, Sweet Chilli & Honey Lime Mayo £3.25 Cajun Chicken, Yoghurt & Mint Dressing & Coriander  £1.45 Sam & Jo's Fruit Drink Company £1.25 Salty Dogs, Pipers, M/Munch, Wotsits, S-a-Jacks, Doritos £0.80 Walkers Crisps, Quavers Salty Dog Cheddary Biscuits F0.70 Pop-Chips Tyrells Popcorn £0.75 Chocolate, Snacks & Biscuit Bars £1.20 Snacking Essential St1.20 / Snacking Essential Nuts £1.80 Trek Protein & Energy Bars £1.20 £1.20 Cajun Chicken, Yoghurt & Mint Dressing & Coriander		£1.45		
Cheddar & Tomato (v) / Tuna Mayo & Cucumber  Ham & Cheddar / Ham & Tomato / Ham & Mustard  Chicken Mayo Sweetcorn Crusty  ### FILL THE GAP LETS HAVE A SNACK!  Salty Dogs, Pipers, M/Munch, Wotsits, S-a-Jacks, Doritos  Walkers Crisps, Quavers  Salty Dog Cheddary Biscuits  Fish Fingers, Cheese & Tartar Sauce/ Bacon/ Sausage  #### FRADITIONAL TRIANGLE SANDWICHES  Chicken & Bacon Club in a Deep Fill Thick Sandwich  Cheddar & Salad in a Wholemeal Med Sandwich (v)  #### STACKED WRAPS  Chicken, Spinach, Sweet Chilli & Honey Lime Mayo  Cajun Chicken, Yoghurt & Mint Dressing & Coriander  ##### Sam & Jos Fruit Drink Company  ###################################				
Ham & Cheddar / Ham & Tomato / Ham & Mustard £1.50 Chicken Mayo Sweetcorn Crusty £1.55 HEAT ME ROLLS Fish Fingers, Cheese & Tartar Sauce/ Bacon/ Sausage £1.85 TRADITIONAL TRIANGLE SANDWICHES Chicken & Bacon Club in a Deep Fill Thick Sandwich £2.90 Cheddar & Salad in a Wholemeal Med Sandwich (v) £1.90 STACKED WRAPS Chicken, Spinach, Sweet Chilli & Honey Lime Mayo Cajun Chicken, Yoghurt & Mint Dressing & Coriander  £1.50 Salty Dog, Pipers, M/Munch, Wotsits, S-a-Jacks, Doritos £0.80 Walkers Crisps, Quavers Salty Dog Cheddary Biscuits F0.70 Salty Dog Cheddary Biscuits F0.70 Cheddary Biscuits F0.70 Chocolate, Snacks & Biscuit Bars F1.10 N'eat & Healthy Bars Snacking Essentials £1.20 / Snacking Essential Nuts £1.80 Trek Protein & Energy Bars F1.20 Cajun Chicken, Yoghurt & Mint Dressing & Coriander				£1.25
Chicken Mayo Sweetcorn Crusty  ### Fight Fingers, Cheese & Tartar Sauce/ Bacon/ Sausage  ### Fingers, MyMunch, Wotsits, 5-3-Jacks, Doritos  ### Walkers Crisps, Quavers  ### Salty Dog Cheddary Biscuits  ### Pop-Chips				50.00
HEAT ME ROLLS  Fish Fingers, Cheese & Tartar Sauce/ Bacon/ Sausage £1.85  TRADITIONAL TRIANGLE SANDWICHES  Chicken & Bacon Club in a Deep Fill Thick Sandwich £2.90  Cheddar & Salad in a Wholemeal Med Sandwich (v) £1.90  STACKED WRAPS  Chicken, Spinach, Sweet Chilli & Honey Lime Mayo  Cajun Chicken, Yoghurt & Mint Dressing & Coriander  E1.85  Salty Dog Cheddary Biscuits  £0.70  Pop-Chips  Tyrells Popcorn  £0.75  Chocolate, Snacks & Biscuit Bars  £0.70  Chocolate, Snacks & Biscuit Bars  £1.10  Nakd Bars  N'eat & Healthy Bars  Snacking Essentials £1.20 / Snacking Essential Nuts £1.80  Trek Protein & Energy Bars  £1.20  £1.20  Eat Natural Bars	·			
Fish Fingers, Cheese & Tartar Sauce/ Bacon/ Sausage  TRADITIONAL TRIANGLE SANDWICHES  Chicken & Bacon Club in a Deep Fill Thick Sandwich Cheddar & Salad in a Wholemeal Med Sandwich (v)  STACKED WRAPS  Chicken, Spinach, Sweet Chilli & Honey Lime Mayo Cajun Chicken, Yoghurt & Mint Dressing & Coriander  Fig. 8  Fop-Chips Tyrells Popcorn  Chocolate, Snacks & Biscuit Bars  Fig. 9  Neat & Healthy Bars Snacking Essentials £1.20 / Snacking Essential Nuts £1.80 Trek Protein & Energy Bars  £1.20  Eat Natural Bars  £1.20	·			
TRADITIONAL TRIANGLE SANDWICHES  Chicken & Bacon Club in a Deep Fill Thick Sandwich Cheddar & Salad in a Wholemeal Med Sandwich (v)  STACKED WRAPS  Chicken, Spinach, Sweet Chilli & Honey Lime Mayo Cajun Chicken, Yoghurt & Mint Dressing & Coriander  FOP-Chips Tyrells Popcorn Choccolate, Snacks & Biscuit Bars  FOR Choccolate, Snacks & Biscuit Bars FOR Choccolate, Snacks & B		£1.85		
Chicken & Bacon Club in a Deep Fill Thick Sandwich Cheddar & Salad in a Wholemeal Med Sandwich (v)  STACKED WRAPS Chicken, Spinach, Sweet Chilli & Honey Lime Mayo Cajun Chicken, Yoghurt & Mint Dressing & Coriander  E2.90 Chocolate, Snacks & Biscuit Bars £1.00 Nakd Bars N'eat & Healthy Bars Snacking Essentials £1.20 / Snacking Essential Nuts £1.80 Trek Protein & Energy Bars £1.20 Eat Natural Bars £1.10			·	
Cheddar & Salad in a Wholemeal Med Sandwich (v) £1.90  STACKED WRAPS  Chicken, Spinach, Sweet Chilli & Honey Lime Mayo  Cajun Chicken, Yoghurt & Mint Dressing & Coriander  £3.25  Nakd Bars  K1.10  N'eat & Healthy Bars  Snacking Essentials £1.20 / Snacking Essential Nuts £1.80  Trek Protein & Energy Bars  £1.20  Eat Natural Bars  £1.10	Chicken & Bacon Club in a Deep Fill Thick Sandwich	£2.90		
STACKED WRAPS Chicken, Spinach, Sweet Chilli & Honey Lime Mayo Cajun Chicken, Yoghurt & Mint Dressing & Coriander  N'eat & Healthy Bars Snacking Essentials £1.20 / Snacking Essential Nuts £1.80 Trek Protein & Energy Bars £1.20 Eat Natural Bars £1.20	•		Nakd Bars	£1.10
Cajun Chicken, Yoghurt & Mint Dressing & Coriander £3.25 Trek Protein & Energy Bars £1.20 Eat Natural Bars £1.10				£1.00
Cajun Chicken, Yoghurt & Mint Dressing & Coriander £3.25 Eat Natural Bars £1.10	Chicken, Spinach, Sweet Chilli & Honey Lime Mayo	£3.25		£1 20
Jimmy's Satay Chicken £3.25				
	Jimmy's Satay Chicken	£3.25		

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