

Sandwiches & Wraps

We have a selection of sandwiches and wraps available **from £1.80**

Salads

We have a selection of salads available **from £3.20**

Paninis

We have a selection of paninis available **from £2.65**

Toasties

We have a selection of toasties available **from £2.10**

Please see the chilled cabinet or ask at the counter.

Soup (ask at the counter for details) **£2.00**
Add a cob **60p** or toast **£1.10**

Hot Cobs

Sausage **£2.10**
Sausage, Bacon & Egg **£2.55**
Sausage & Egg **£2.35**
Sausage & Bacon **£2.35**
Bacon **£2.10**
Bacon & Egg **£2.35**
Burger **£2.10**

Add mushrooms to any of the above for **40p**

Sweet Treats

All Butter Flapjack **v** **£1.10**
Millionaire Shortbread **£1.10**
Lemon Drizzle **£1.10**
Indulgent Chocolate Cake **v** **£1.10**
Slice of Cake **£2.75**
Rocky Road **£1.45**
Chocolate Brownie **v** **£1.45**
Iced Bakewell **£1.45**

Sundries

Selection of Fruit **v** **60p each**

Jacket Potatoes **v gf** **£2.30**

Choose from the following toppings: **60p each**

- Tuna Mavo **v**
- Beans **v**
- Cheese **v**
- Coleslaw

Chips **v** **£1.80**

Toppings **60p** from all of the above

Chicken Nuggets (6) **£1.35**

Fish Fingers (2) **£1.20**

Toast (two slices buttered) **£1.10**

Toppings **60p**. Scrambled egg **90p**.

Crumpets (two crumpets buttered) **v** **£1.35**

Toasted Tea Cake **£1.35**

Mixed Fruit Salad **v vg gf** **£1.65**

Drinks

small medium

Bottled Water **£1.30**

Juice **70p**

Fruit Shoot **70p**

Slush **£1.10**

Espresso **£1.80**

Double Espresso **£2.20**

Espresso Macchiato **£1.80**

Americano **£1.25 £1.70**

Flat White **£1.45 £1.80**

Cappuccino **£1.60 £1.90**

Latte Macchiato **£1.55 £1.90**

Hot Chocolate **£1.55 £1.90**

Mocha **£1.55 £1.90**

Hot Milk **£1.30 £1.60**

Tea **£1.45**

Selection of Organic Teas **£1.80**

Pot of Tea **£2.90**

Add a flavoured syrup shot for **60p**

Add marshmallows and cream **60p**

Workout Your Smoothie

Smoothie **v** **£3.10**

Choose an ultra-refreshing smoothie from five fabulous flavours:

- Wildberry
- Strawberry
- Chocolate
- Orange
- Mocha

+ Smoothie Supplements 60p

Choose a shot of six super-charged supplements to help you hit peak performance: BCAA, Carbs, Oats, Protein, Beta Alanine, Creatine and L-Glutamine.

