

# Tariff

## Breakfast

Bacon bap (2 bacon)	£2.50
Sausage bap (2 Sausage)	£2.30
Sausage	£0.85
Bacon rasher	£0.75
Quorn sausage	£0.85
Black pudding	£0.95
Baked beans	£0.65
Plum tomatoes	£0.60
Eggs	£0.65
Hash brown	£0.65
Thick toast	£0.40
Large bap	£0.80
Butter/ flora portion	£0.37

Jam, marmalade, marmite portion	£0.50
Porridge	£1.60

## Coffee & Teas

Latte	£2.30
Cappuccino	£2.30
Mocha	£2.70
Flat white	£2.55
Americano	£2.10
Espresso	£1.10
Hot chocolate	£2.30
Speciality tea	£2.00
Tea	£1.70

## Healthy bites

Fruit

£0.50

Fruit pot large

£1.50

Granola pot

£1.60

Crudites

£1.60

Overnight oats

£1.60

Dessert pots

£1.60

## Soup & Sandwiches

Soup 12oz

£1.60

Simple range sandwich

£1.80

Core range sandwich

£2.85

Premium wrap

£3.75

## Cakes & Pastries

Plain croissant

£1.25

Pain-au-chocolat

£1.55

Pain-au-raisin

£1.55

Millionaire shortbread

£1.60

Lemon drizzle

£2.00

Brownie

£1.25

Chocolate cookie

£1.25

Chocolate muffin

£1.90

Blueberry muffin

£1.90

## Hot Food

Main meal 1	£5.25
Main meal 2	£4.55
Main meal 3 (special)	£5.50
Hot snack	£2.00
Jacket potato	£1.85
Jacket potato filled	£2.75
Chips	£1.10

# Daily breakfast menu

<b>Full English Breakfast</b>	<p>Red Tractor British back bacon Pork sausages 8's Free range eggs – fried or poached</p> <p><b>Full English Friday only</b></p> <p>Baked beans, Hash browns, Mushrooms, Black pudding</p>
<b>Toast bar</b>	<p>Wholemeal sliced bread, White sliced bread &amp; Bagels Butter and flora portions Marmalade, Strawberry jam, Marmite, Crunchy peanut butter, Smooth peanut butter or Nutella</p>
<b>Porridge</b>	<p>With a choice of Maple Syrup, Honey, Demerara sugar, Toasted coconut, Sultana, Cinnamon, Pumpkin seeds, Sunflower seeds</p>

# WEEKLY MENU

## - MONDAY -

### Mexican Kitchen

Fiery chunky beef chili bowl or Tajin roasted veggie bowl (V), basmati rice, tortilla chips, jalapeños, sour cream & pico de galo salsa

## - TUESDAY -

### Artisan Sourdough Pizza

Chicken Caesar sourdough pizza Bianco or Mozzarella, tomato & basil sourdough pizza Rosso (V)

## - SOUP STATION -

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Sweet potato & coconut	Moroccan Harira	Thai parsnip	Oven roasted tomato	Minestrone

## WEDNESDAY -

### Best of British

Slow roasted Gloucestershire pork shoulder or mushroom & spinach pithivier (V) with all trimmings & traditional gravy

## THURSDAY -

### Indian Road Trip

Chicken rogan josh or roasted Aloo gobi & mutter (V), cumin scented rice, mint cucumber raita, mango chutney & poppadum tuile

## - FRIDAY -

### Feel Good Friday

Full English Breakfast served till 10.00am

Brixham Pollock & roasted root organic veggies en papillote or Smoked aubergine & roasted veggies en papillote (V)



# WEEKLY MENU

## - MONDAY -

### Mexican Kitchen

Barbecue pulled pork shoulder or Roasted sweet potato, pepper and feta burrito (V), green rice, wholly guacamole, chunky tomato salsa, jalapeños, chive sour cream

## - TUESDAY -

### Happy Bowl

Authentic Japanese miso chicken bowl or Mushroom Indonesian bowl topped with umami broth (V)

## - SOUP STATION -

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Roasted pepper	Leek & potato	Mushroom & thyme	Green pea	Curried vegetable

## WEDNESDAY -

### Lebanese Market

Harissa spiced beef Kofta or Chickpea pea & mint falafel (V), houmous, Tabbouleh & Pickled vegetables salad

## THURSDAY -

### Indian Road Trip

Butter chicken masala or Aubergine & potato curry (V), cumin scented rice, mint cucumber raita, mango chutney & poppadum

## - FRIDAY -

### Feel Good Friday

Full English Breakfast served till 10.00am

Battered Pollock or Tempura Banana blossom (V) chunky chips, mushy or garden pea, freshly made tartare sauce & lemon wedge



# Salad bar weekly menu

Sizes Small Large	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Dressed salads (3)</b>	Courgette Spaghetti Turmeric pickled Potato Roasted Butternut squash, chilli & sage	Kimchi Slaw Broccoli, sesame & white radish Classic Greek Traditional Tabbouleh	Roasted Autumn Roots Fattoush Fennel & Apple Slaw	Cauliflower, chickpea Beetroot & shallots Maple roasted Heritage carrots	
<b>Additions</b>	Extra virgin olive oil French dressing Caesar salad Ranch dressing	Extra virgin olive oil French dressing Caesar salad Ranch dressing	Extra virgin olive oil French dressing Caesar salad Ranch dressing	Extra virgin olive oil French dressing Caesar salad Ranch dressing	Extra virgin olive oil French dressing Caesar salad Ranch dressing
<b>Cold protein</b>	Feta and sun blushed tomato tart Piri Piri Chicken skewers Boiled eggs Grated cheese pot Tuna mayo pot	Cumberland stubbies Harissa spiced chicken skewer Pea & Wiltshire ham tart Boiled eggs Grated cheese pot Tuna mayo pot	Chicken satay Roasted vegetable tart Boiled eggs Grated cheese pot Tuna mayo pot	Smoked mackerel with horseradish EQ beef kofta Boiled eggs Grated cheese pot Tuna mayo pot	Rosemary lemon chicken skewer Boiled eggs Grated cheese pot Tuna mayo pot

# Fast track salad bar & deli counter

Coronation cauliflower, spinach ciabatta

Chickpea hummus, spinach & grated carrot ciabatta

Mozzarella, basil & tomato ciabatta

Salami Milano, mozzarella, sun dried tomato & green pesto

Smoked salmon, smashed avocado, sun dried tomato on rye bread

Pastrami, emmental, sauerkraut, spinach & dijon mustard on rye bread

Chicken katsu, kimchi, lime mayo in potato roll

Pea & mint falafel, harissa hummus & charred pepper in potato roll

New york style bagel, pastrami, emmental, dijon mustard & gherkin

Pulled ham hock, pea shoots & horseradish mayo bagel

# Fast track salad bar & deli counter

Salads, choose 5 main salads from the list & Include the following

Beetroot, mixed leaves, sweetcorn, cucumber strips or chunks, tomatoes with mint or chives and coleslaw

Fruity barley or Rice salad – broccoli, chickpeas, cucumber, rocket, mint, pomegranates

Beets salad - beetroot, roasted pickled red onion & orange, toasted nuts, balsamic reduction

Crunchy ribbon salad – butternut, mooli, carrots, cucumber, courgettes, fennel

Thai salad – noodles mangetout, cabbage, carrots, spring onion

Tabbouleh dressing veg oil, fish sauce, lime juice, chilli, garlic and ginger) blitz, mix with coriander add praline, cashews or peanuts

Crunchy Salad – carrot, butternut, celeriac, courgette, mooli & picked herbs (salad dressing)

Spiced roasted roots – carrots, fennel, butternut, red onions, courgette

Breakfast Salad - Leftover sausage & bacon (make it happen salad)

New Potato salad – pots, spring onions, chives, lemon zest, olive oil

Mozzarella – Mozzarella balls, tomato & olives dressed with pesto and Lemon Zest

Israeli couscous salad – couscous, crunchy salad strips, basil, fresh chilli, mixed herbs

Pasta salad – pasta, black olives, cucumber, tomatoes, basil, mint, lemon, seasoning

Detox salad – chickpeas, puy lentils, peppers, cucumber & picked herbs

Mixed bean salad – broad beans, peas, green beans, rocket & mint, lemon creme fraiche dressing

Pasta salad – Rich tomato basil sauce

Sauces, pickles & bits

Croutons , Gherkins, Pickles onions, Olives, Olive sticks



# Coffee Bar Weekly Menu

Week one	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Morning</b>	Vegan Croissant Pain au choc Danish selection Cinnamon swirl	Vegan Croissant Pain au choc Danish selection Cinnamon swirl	Vegan Croissant Pain au choc Danish selection Cinnamon swirl	Vegan Croissant Pain au choc Danish selection Cinnamon swirl	Vegan Croissant Pain au choc Danish selection Cinnamon swirl
	Vegan Granola bar Flapjack	Vegan Granola bar Flapjack	Vegan Granola bar Flapjack	Vegan Granola bar Flapjack	Vegan Granola bar Flapjack
<b>Mid-morning</b>	Chocolate brownie Selection of cookies Vegan cookie loaf Blueberry muffin	Chocolate brownie Selection of cookies Vegan cookie loaf Blueberry muffin	Chocolate brownie Selection of cookies Lemon shortbread Fruit of the forest muffin	Chocolate brownie Selection of cookies Lemon shortbread Blueberry muffin	Chocolate brownie Selection of cookies Lemon shortbread Chocolate chip muffin
<b>Lunch</b>	Moss cake Lemon Meringue doughnut	Victoria sponge	Carrot cake	Lemon drizzle cake	Chocolate fudge