## **SAMPLE MENU**



## **BREAKFAST BAKERY**

**PAIN AU CHOCOLATE** 330 kcals PAIN AU RAISIN 439 kcals VEGAN BREAKFAST COOKIE NEW 330 kcals

FROM £3.00

**CROISSANT** 330 kcals

**CINNAMON BUN** 390 kcals **VEGAN BANANA LOAF** 228 kcals

## **HOT BREAKFAST**

FROM £5.95

**TOASTED ENGLISH MUFFIN** 

228 kcals

SMOKEY STREAKY BACON & EGG MUFFIN 329 kcals

QUORN SAUSAGE & EGG MUFFIN 329 kcals

**HASH BROWN** 171 kcals LUNCH

FROM £14.95

**SWEET POTATO & KIDNEY BEAN QUESADILLA** 853 kcals SERVED WITH JALAPENO TOMATO SALSA & SOUR CREAM.

**CHICKEN QUESADILLA** 

SERVED WITH JALAPENO TOMATO SALSA & SOUR CREAM.

MALAYSIAN CHICKEN VEGETABLE CURRY 592 kcal

MALAYSIAN VEGETABLE & CHICKPEA CURRY 602 kcal

LOADED MAC & CHEESE

923 kcals

853 kcals

514 kcals

1002 kcals

**MUSHROOM & SPINACH MAC & CHEESE** 

**HOT DOG W CARAMELISED & CRISPY ONIONS** 

**SERVED WITH POTATO WEDGES** 

CUMBERLAND SAUSAGE & EGG MUFFIN 403 kcals VEGAN HOT DOG W CARAMELISED & CRISPY ONIONS **SERVED WITH POTATO WEDGES** 605 kcal

**SELECTION OF SANDWICHES & SALADS** 

**SUSHI** 

**GENERAL BAKERY** 

FROM £5.95

VEGAN BANANA LOAF (NEW)

228 kcals

**VEGAN FRUIT FLAPJACK** 

421 kcals

TRIPLE CHOCOLATE COOKIE

329 kcals

RASPBERRY MILLIONAIRE NEW

429 kcals

VICTORIA SPONGE

171 kcals

**BLUEBERRY CRUMBLE MUFFIN** 

HOT DRINKS

FROM £2.95

**FLAT WHITE** 

93 kcals

**LATTE 80Z/120Z** 

72/107 kcals

**CAPPUCCINO** 

73 kcals

**AMERICANO 80Z/120Z** 

3/6 kcals

**ESPRESSO SINGLE / DOUBLE** 429 kcals

**MACCHIATO** 

TRADITIONAL & FLAVOURED TEAS 2 kcals

HOT CHOCOLATE 80Z/120Z 177/235 kcals