



SAMPLE MENU

GENERAL BAKERY

FROM £5.95

- VEGAN BANANA LOAF  228 kcals
- VEGAN FRUIT FLAPJACK  421 kcals
- TRIPLE CHOCOLATE COOKIE 329 kcals
- RASPBERRY MILLIONAIRE  429 kcals
- VICTORIA SPONGE  171 kcals
- BLUEBERRY CRUMBLE MUFFIN 372 kcals
- VEGAN RED VELVET CAKE 413 kcals

HOT DRINKS

FROM £2.95

- FLAT WHITE 93 kcals
- LATTE 8OZ/12OZ 72/107 kcals
- CAPPUCCINO
- AMERICANO 8OZ/12OZ 3/6 kcals
- ESPRESSO SINGLE / DOUBLE 6/12 kcals
- MACCHIATO 8OZ/12OZ 8/11 kcals
- TRADITIONAL & FLAVOURED TEAS 2 kcals
- HOT CHOCOLATE 8OZ/12OZ 177/235 kcals

FUTURE 50 SALAD

FROM £14.95

- JEWELLED GIANT COUSCOUS* 376 kcals
MEDITERRANEAN VEGETABLES, LEMON & PARSLEY DRESSING
- TABBOULEH SALAD 380 kcals
BULGAR WHEAT, HERITAGE TOMATOES, CUCUMBER, PARSLEY & MINT
- BUTTERNUT SQUASH & RICOTTA SALAD* 456 kcals
POMEGRANATE & SESAME SEED DRESSING
- ZA'ATAR SWEET POTATO SALAD* 401 kcals
KALE, LEMON, CRISPY SHALLOTS, & TAHINI
- LEBANESE POTATO SALAD 156 kcals
NEW POTATO, LEMON, SPRING ONION & PARSLEY.


SELECTION OF SANDWICHES & SALADS SUSHI

FIND OUT
MORE ABOUT
FUTURE 50



BREAKFAST BAKERY

FROM £3.00

- PAIN AU CHOCOLATE 330 kcals
- PAIN AU RAISIN 439 kcals
- VEGAN BREAKFAST COOKIE  286 kcals
- CROISSANT 330 kcals
- CINNAMON BUN 390 kcals
- VEGAN BANANA LOAF 228 kcals

Please speak to a member of our team regarding allergens and dietary requirements