

# It's a Wrap!

## BREAKFAST (served until 11.00am)

Sausage & Egg Wrap	£6.95
Vegan Sausage Muffin	£6.95
Ham & Cheese Croissant	£7.00
All Butter Croissant	£4.50
Almond Croissant	£4.50
Pain Au Chocolat	£4.50
Cinnamon Swirl	£4.50
Morning Loaf Slice	£4.50

## GRAB & GO

### Sandwiches

Chicken & Bacon Caesar	£6.45
British Ham, Egg & Spinach	£6.45
Tuna & Olive Tapenade	£5.95
Chicken Salad (GF)	£6.45

### Baguettes

Chicken Milanese	£6.95
Salami & Cheese	£6.95
Caprese	£6.45

### Salads

Chicken & Bacon Caesar	£6.95
Greek Style	£6.45
Mezze Style	£6.95

## SWEET TREATS

Triple Chocolate Brownie	£4.25
Salted Caramel Brownie	£4.25
Oat & Honey Flapjack	£4.25
Protein Flapjack	£4.25
Lemon Drizzle Loaf	£4.25
Carrot Cake	£4.70
Vegan Brownie	£4.25
Giant Cookie	£4.50

## LUNCH

<b>The Avocado Club</b>	£7.50
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Lemon-herb chicken, smashed avocado, and crisp lettuce in a spinach wrap

<b>The Caprese Press</b>	£7.25
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Mozzarella, pesto, and heirloom tomato with rocket in a sun-dried tomato wrap

<b>The Spicy Beef Burrito</b>	£7.95
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Slow-cooked beef, rice, beans, jalapeños and chipotle salsa

<b>The Marrakesh Wrap</b>	£7.25
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Harissa chickpeas, roasted vegetables and couscous in a wholewheat tortilla

<b>Parma Ham Focaccia</b>	£7.25
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<b>Ham &amp; Cheese Croissant</b>	£6.95
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<b>Smoked Salmon Bagel</b>	£7.95
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**ADD SNACK + DRINK  
TO MAIN DISH** £3.95

Please scan the QR code for allergen and calorie info.  
Adults need around 2000 Kcal a day.



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## SNACKS

Sunshine Fruit Salad Pot	£4.50
Yoghurt & Mixed Berry Pot	£4.50
Lightly Salted Crisps	£2.10
Balsamic Crisps	£2.10
Cheddar & Red Onion Crisps	£2.10
Sweet Chilli Crisps	£2.10
Classic Dry Roasted Peanuts	£2.25
Sweet Chilli Nuts And Seeds	£2.50
Yoghurt Coated Peanuts	£2.50
Roasted Salted Cashew Nuts	£3.00
Crunchy Peanut Butter Protein Bar	£3.00
Hazelnut Dark Choc Protein Bar	£3.00
White Chocolate	£2.50
Dark Chocolate	£2.50
Milk Chocolate	£2.50

## HOT DRINKS

Espresso Single	£3.10
Espresso Double	£3.95
Americano	£3.95
Latte	£4.40
Flat White	£4.50
Cappuccino	£4.40
Mocha	£4.50
Hot Chocolate	£4.40
English Breakfast Tea	£3.50
Speciality Tea	£3.60
Alternative Milks (Oat/Soya)	£0.30

## COLD DRINKS

Still Water	£2.70
Sparkling Water	£2.70
Iced Coffee - Original	£3.95
Iced Oat Coffee	£3.95
Coke	£3.50
Diet Coke	£3.50
Sprite	£3.50
Sprite Zero	£3.50
Sanpellegrino Orange	£3.50
Sanpellegrino Lemon	£3.50
Sanpellegrino Blood Orange	£3.50
Fruit Water - Apple	£3.50
Fruit Water - Mango/Orange	£3.50
Fruit Water - Blackcurrant	£3.50
Apple Juice	£3.95
Mango Juice	£3.95
Orange Juice	£3.95
Wild Berry Kombucha	£4.25

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