

# Breakfast

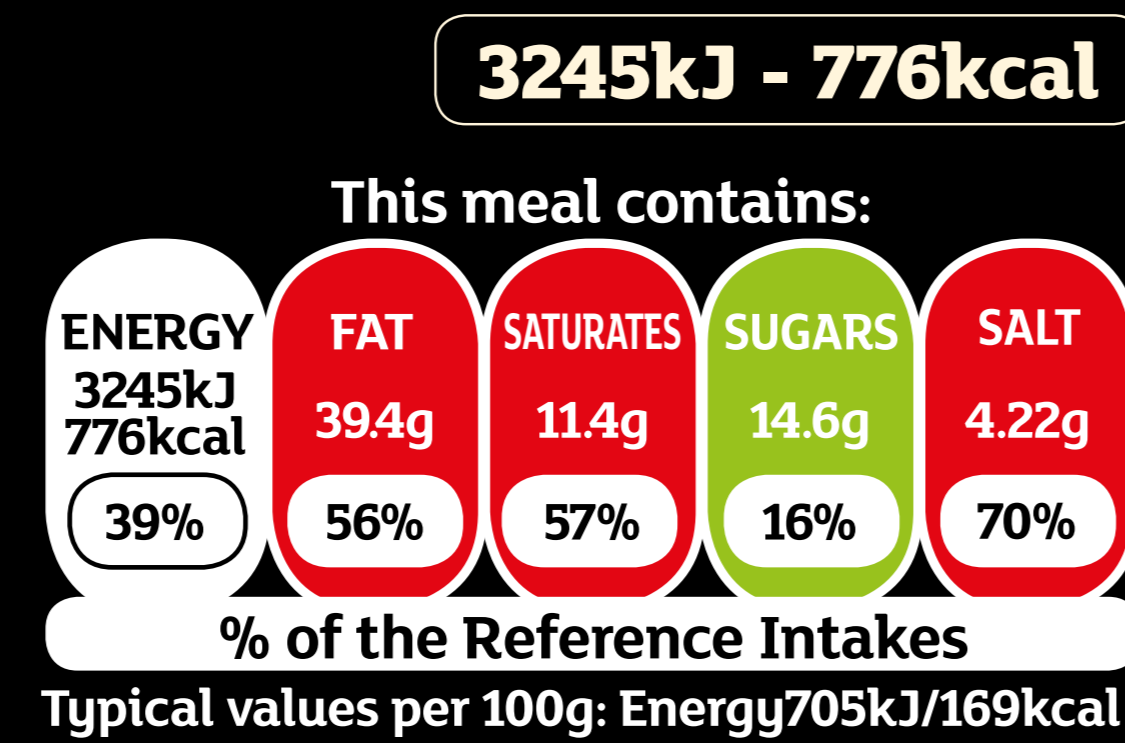
Served until 11.30am

For full nutritional information on any of the meals please ask a colleague.

## Big breakfast

Fried egg, 2 sausages, 2 rashers of bacon, hash brown, fresh tomato, baked beans and a slice of toast

Switch to scrambled egg for an extra 30p



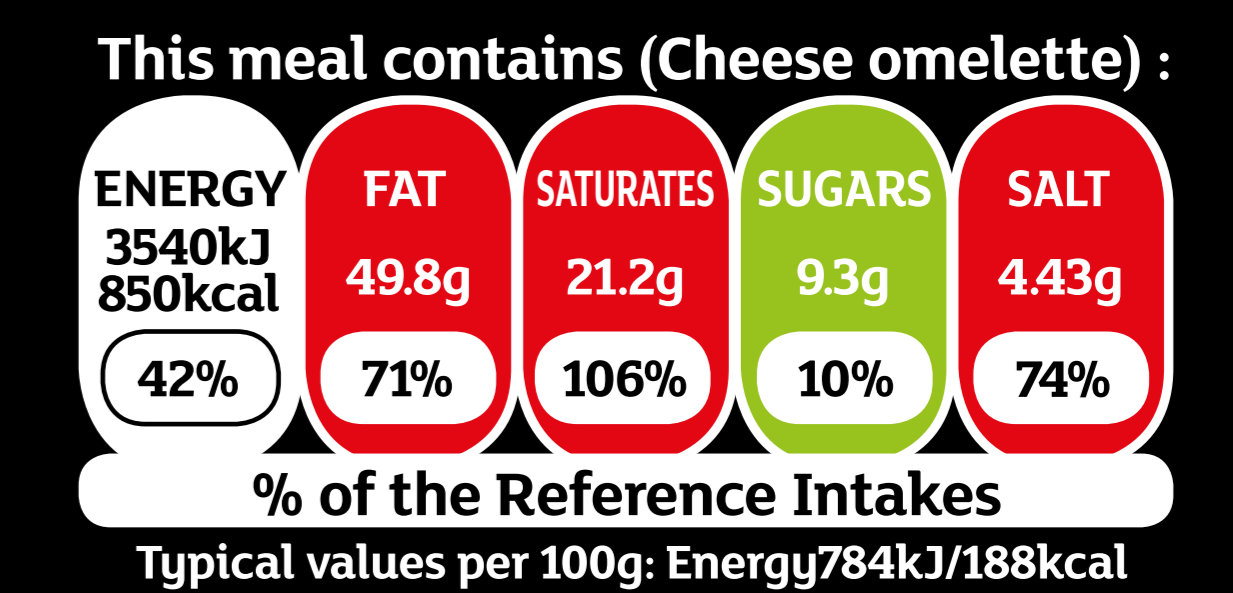
**£4.25**

## Omelette

With 2 hash browns and baked beans  
Choose any two fillings from cheese, ham or mushrooms

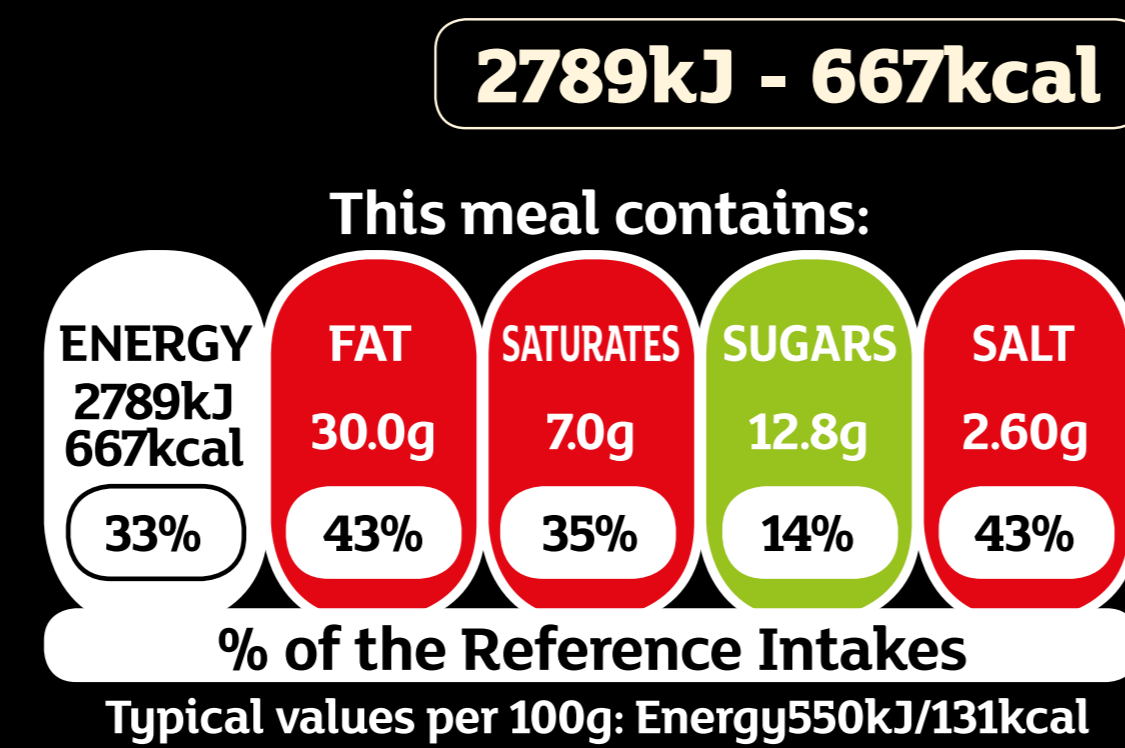
**2674kJ / 640kcal - 3540kJ / 850kcal**

**£3.85**



## Meatfree breakfast v

2 eggs, meatfree sausage, mushroom, hash brown, fresh tomato, baked beans and a slice of toast



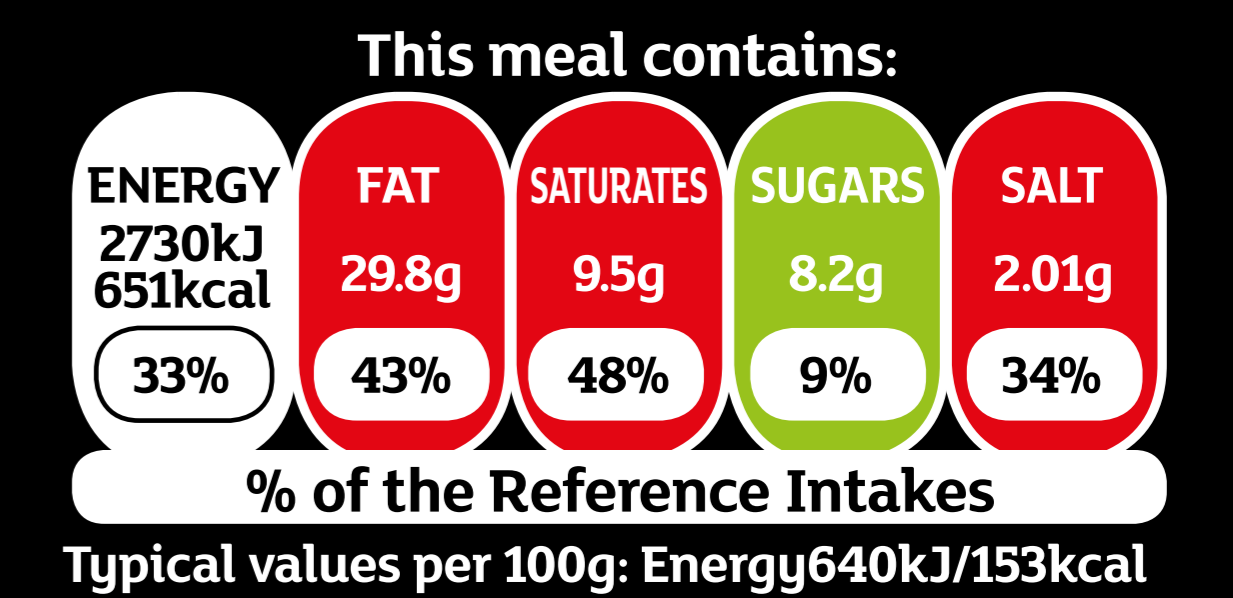
**£3.40**

## Scrambled eggs & bacon

With fresh tomato, mushroom and 2 slices of multiseed toast

**2730kJ - 651kcal**

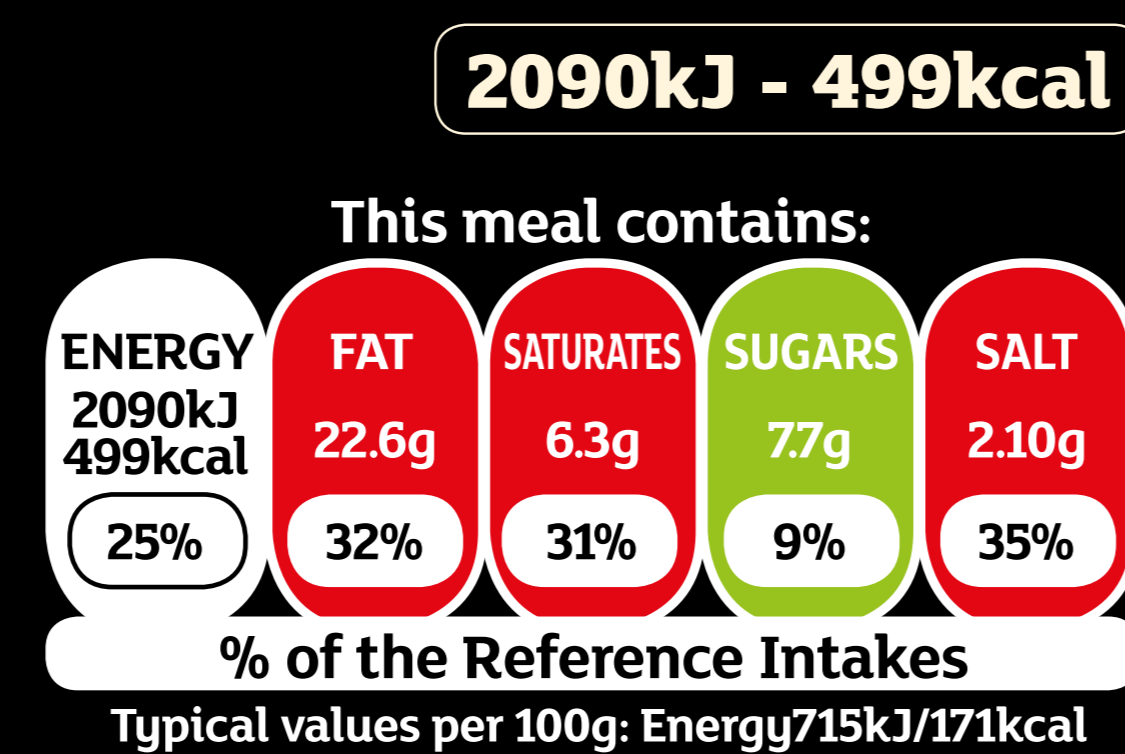
**£3.85**



## Junior breakfast

Suitable for children aged 5-10 years

Fried egg, sausage, hash brown, baked beans and a slice of toast



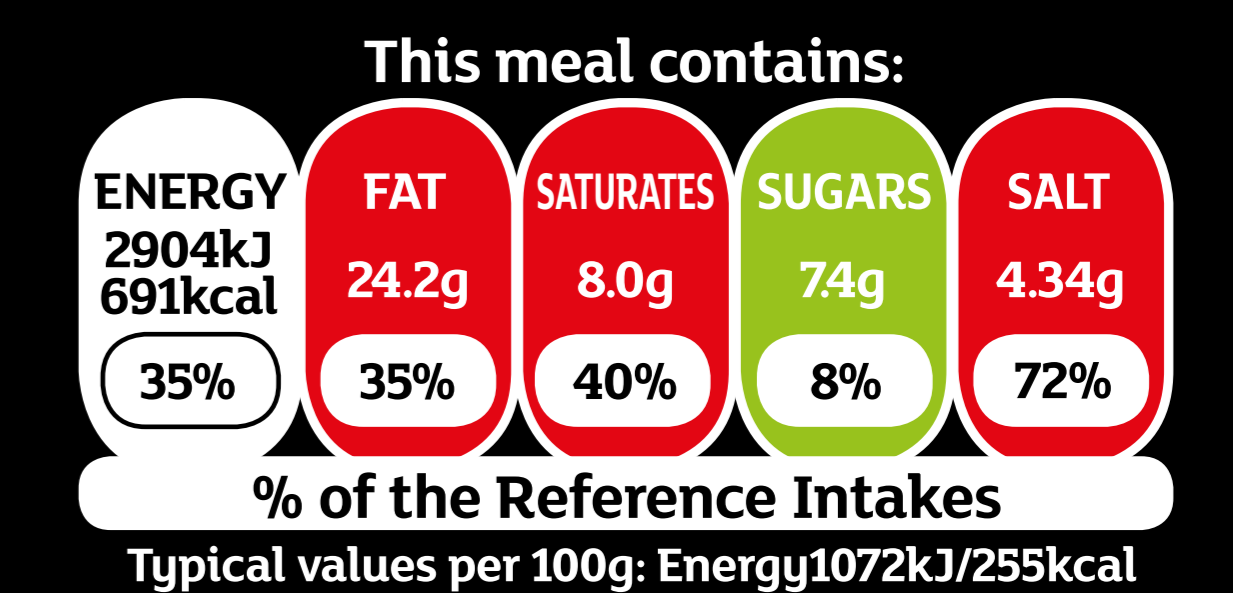
**£2.45**

## Big breakfast sandwich

2 sausages and 3 rashers of bacon served in chunky bloomer bread

**2904kJ - 691kcal**

**£3.00**



## Extras: per portion

Sausage, bacon, meatfree sausage, scrambled egg and black pudding

Mushroom, baked beans, fried egg, fresh tomato and hash brown

Slice of toast

Fried bread

**68kJ / 16kcal - 1014kJ / 244kcal**

**80p**

**70p**

**45p**

**45p**

## Breakfast buttie

Bacon

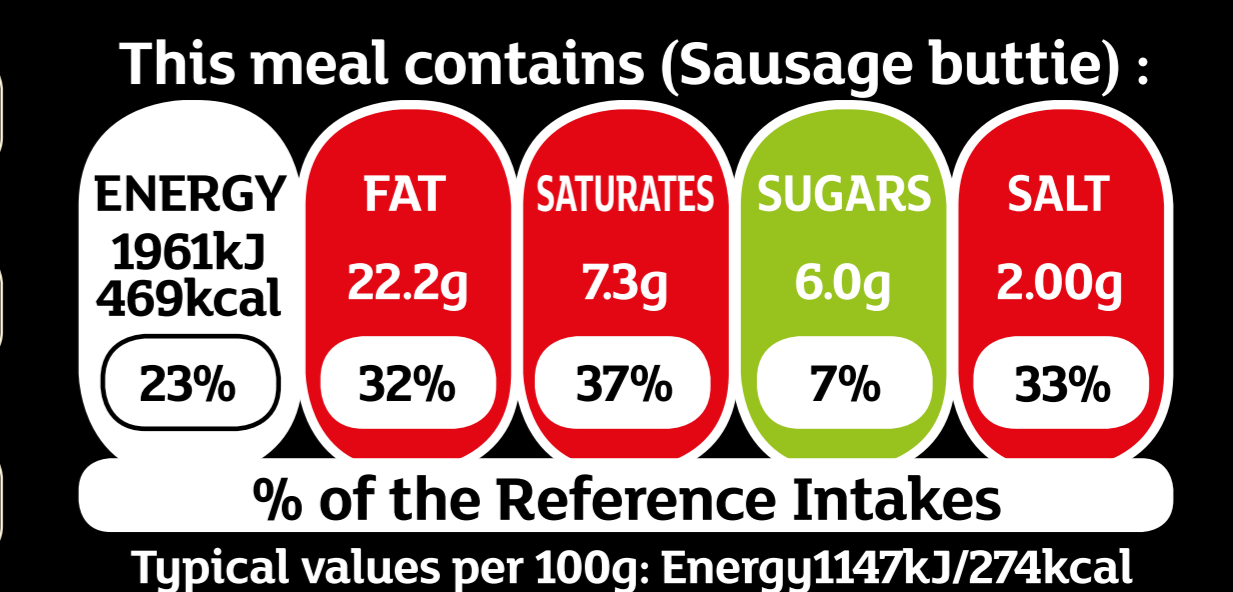
Sausages

Meatfree sausages v

**1378kJ - 327kcal**

**1961kJ - 469kcal**

**1516kJ - 361kcal**



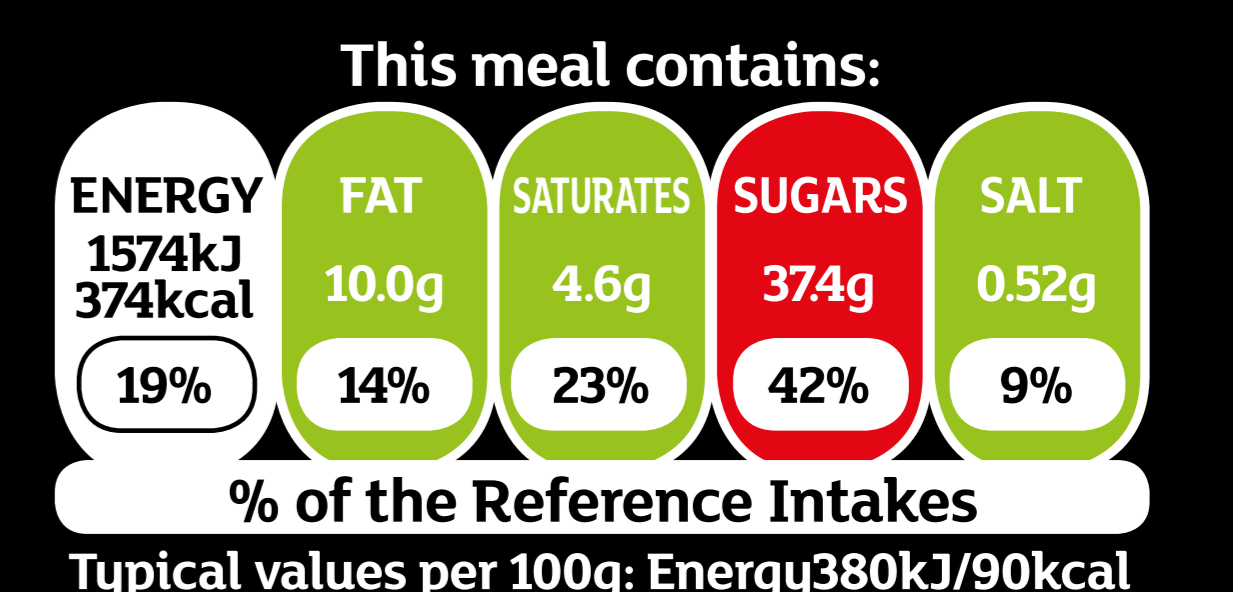
**£2.05**

## Porridge

Served with golden syrup

**1574kJ - 374kcal**

**£1.65**



### Allergy information:

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## Cereal & milk

**732kJ - 175kcal**

**£1.05**

# Main meals

From 11.30am

For full nutritional information on any of the meals please ask a colleague.

## Hand battered cod & chips

With peas or mushy peas

**4443kJ - 1063kcal** **£5.40**

This meal contains:

ENERGY	FAT	SATURATES	SUGARS	SALT
4443kJ 1063kcal	57.8g	8.4g	5.4g	1.18g
53%	83%	42%	6%	20%

% of the Reference Intakes  
Typical values per 100g: Energy779kJ/186kcal

## Yorkshire ham, egg & chips

**3164kJ - 755kcal** **£5.00**

This meal contains:

ENERGY	FAT	SATURATES	SUGARS	SALT
3164kJ 755kcal	37.4g	9.4g	1.2g	2.63g
38%	53%	47%	1%	44%

% of the Reference Intakes  
Typical values per 100g: Energy699kJ/167kcal

## Mega brunch option available

2 fried eggs, 2 sausages, 2 rashers of bacon, baked beans, fresh tomato, mushroom and chips

**3851kJ - 921kcal** **£5.00**

This meal contains:

ENERGY	FAT	SATURATES	SUGARS	SALT
3851kJ 921kcal	47.3g	13.4g	13.1g	4.14g
46%	68%	67%	15%	69%

% of the Reference Intakes  
Typical values per 100g: Energy613kJ/147kcal

## Cottage pie

With peas, carrots and gravy

**2069kJ - 493kcal** **£5.00**

This meal contains:

ENERGY	FAT	SATURATES	SUGARS	SALT
2069kJ 493kcal	18.1g	9.9g	10.6g	3.82g
25%	26%	50%	12%	64%

% of the Reference Intakes  
Typical values per 100g: Energy311kJ/74kcal

## Sausages & mash

With peas or carrots, and gravy

 option available

**2997kJ - 719kcal** **£5.00**

This meal contains:

ENERGY	FAT	SATURATES	SUGARS	SALT
2997kJ 719kcal	36.5g	15.0g	11.4g	4.98g
36%	52%	75%	13%	83%

% of the Reference Intakes  
Typical values per 100g: Energy449kJ/108kcal

## BBQ pulled pork roll

With chips and coleslaw

**4047kJ - 963kcal** **£5.25**

This meal contains:

ENERGY	FAT	SATURATES	SUGARS	SALT
4047kJ 963kcal	35.8g	6.5g	19.0g	2.79g
48%	51%	33%	21%	47%

% of the Reference Intakes  
Typical values per 100g: Energy809kJ/193kcal

## Chicken tikka masala

With rice and naan bread

Add 2 bhajis for 70p

**678kJ - 162kcal**

This onion bhaji (x2) contains:

ENERGY	FAT	SATURATES	SUGARS	SALT
678kJ 162kcal	7.6g	0.6g	2.2g	0.85g
8%	11%	3%	2%	14%

% of the Reference Intakes  
Typical values per 100g: Energy1060kJ/253kcal

**3449kJ - 822kcal** **£5.25**

This (Chicken tikka masala) contains:

ENERGY	FAT	SATURATES	SUGARS	SALT
3449kJ 822kcal	25.5g	7.8g	21.3g	2.63g
41%	36%	39%	24%	44%

% of the Reference Intakes  
Typical values per 100g: Energy786kJ/187kcal

## Macaroni cheese

With garlic bread and side salad

**3258kJ - 777kcal** **£5.00**

This meal contains:

ENERGY	FAT	SATURATES	SUGARS	SALT
3258kJ 777kcal	35.4g	20.6g	8.2g	2.56g
39%	51%	103%	9%	43%

% of the Reference Intakes  
Typical values per 100g: Energy676kJ/161kcal

## Lasagne With garlic bread and side salad

## Butternut squash & spinach

**2371kJ - 566kcal**

This (Butternut squash lasagne) contains:

ENERGY	FAT	SATURATES	SUGARS	SALT
2371kJ 566kcal	24.2g	12.5g	16.4g	2.82g
28%	35%	62%	18%	47%

% of the Reference Intakes  
Typical values per 100g: Energy492kJ/118kcal

## Beef lasagne

**2915kJ - 698kcal**

This (Beef lasagne) contains:

ENERGY	FAT	SATURATES	SUGARS	SALT
2915kJ 698kcal	35.7g	17.5g	10.3g	2.13g
35%	51%	88%	11%	35%

% of the Reference Intakes  
Typical values per 100g: Energy661kJ/158kcal

## Pie selection With mashed potato, peas and gravy

## Chicken & ham pie

**3711kJ - 885kcal** **£5.00**

This meal contains:

ENERGY	FAT	SATURATES	SUGARS	SALT
3711kJ 885kcal	40.8g	23.7g	6.9g	3.72g
44%	58%	119%	8%	62%

% of the Reference Intakes  
Typical values per 100g: Energy555kJ/132kcal

## Steak & ale pie

**3431kJ - 819kcal** **£5.00**

This meal contains:

ENERGY	FAT	SATURATES	SUGARS	SALT
3431kJ 819kcal	34.6g	21.4g	9.6g	4.11g
41%	49%	107%	11%	68%

% of the Reference Intakes  
Typical values per 100g: Energy513kJ/123kcal

## Mushroom & spinach open top pie

**3090kJ - 739kcal** **£5.00**

This meal contains:

ENERGY	FAT	SATURATES	SUGARS	SALT
3090kJ 739kcal	35.3g	21.3g	5.6g	3.90g
37%	50%	106%	6%	65%

% of the Reference Intakes  
Typical values per 100g: Energy492kJ/118kcal

## Extras: per portion

Mashed potato, carrots, peas, mushy peas, baked beans, side salad, coleslaw, chips and garlic bread

**136kJ / 32kcal - 1675kJ / 399kcal** **70p - £1.35**



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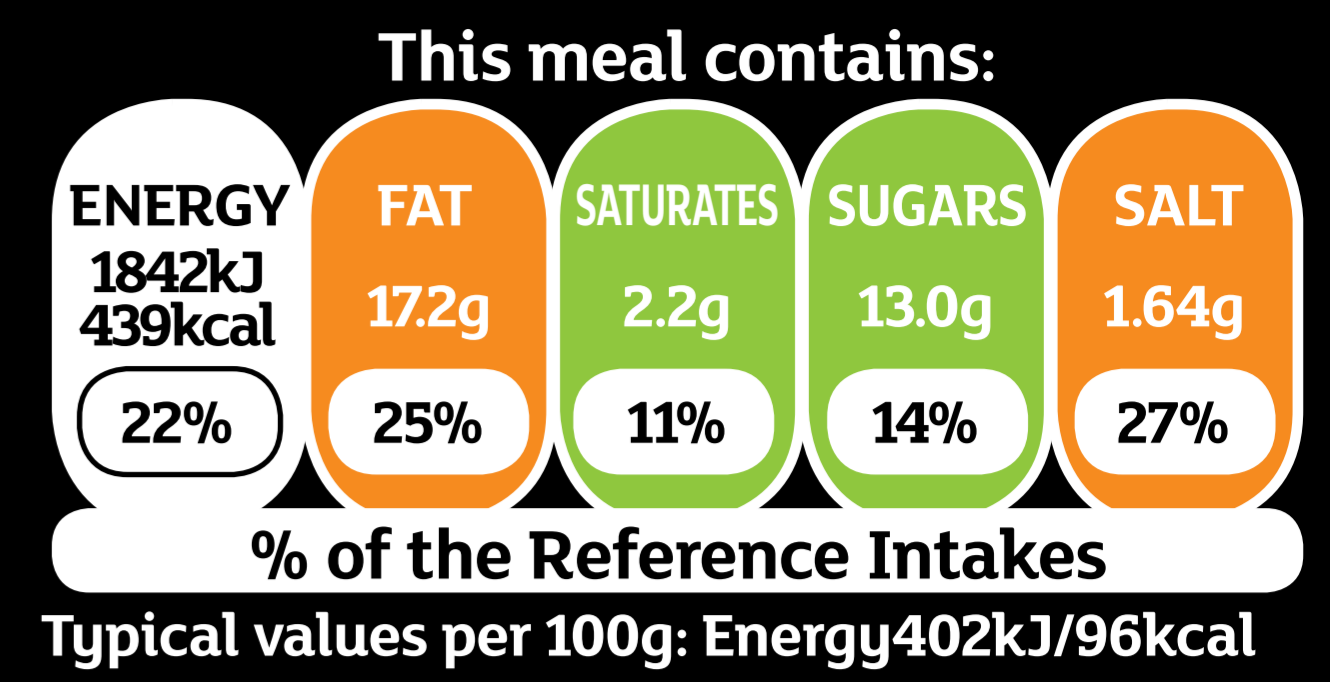


# Hot snacks From 11.30am

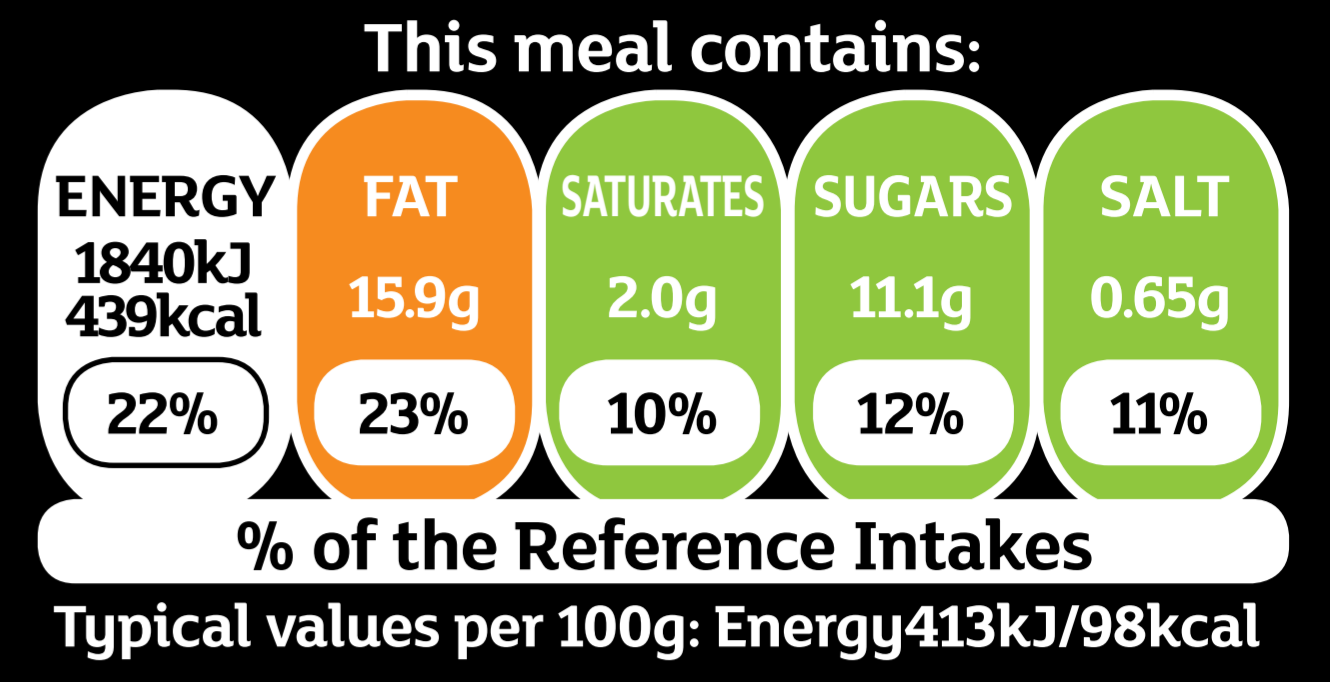
For full nutritional information on any of the meals please ask a colleague

## Jacket potatoes With side salad

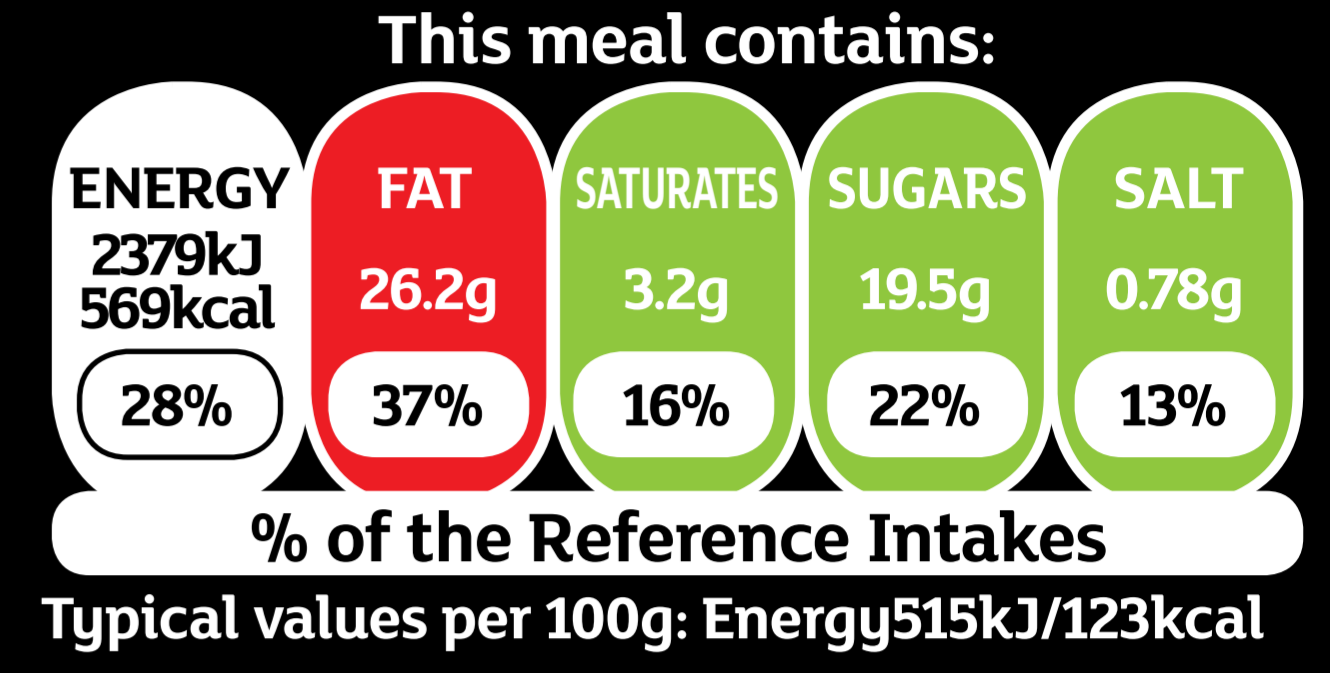
Prawn mayonnaise **£4.10** **1842kJ - 439kcal**



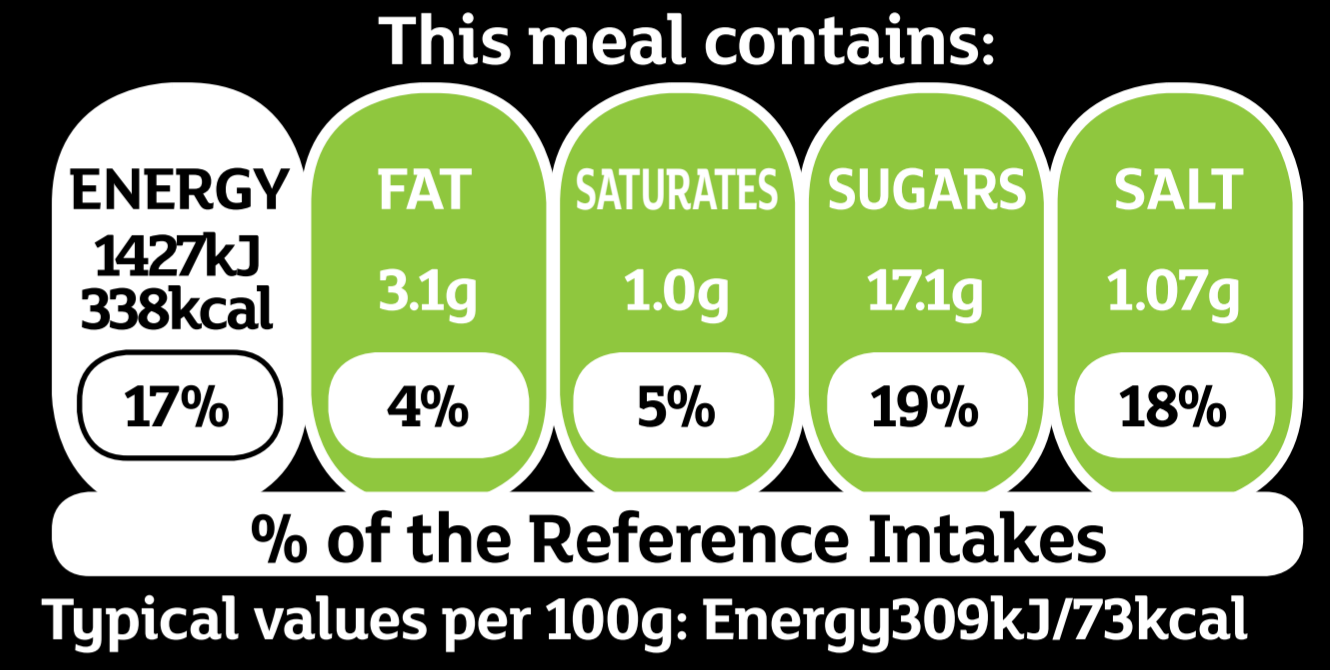
Tuna & sweetcorn **£3.65** **1842kJ - 439kcal**



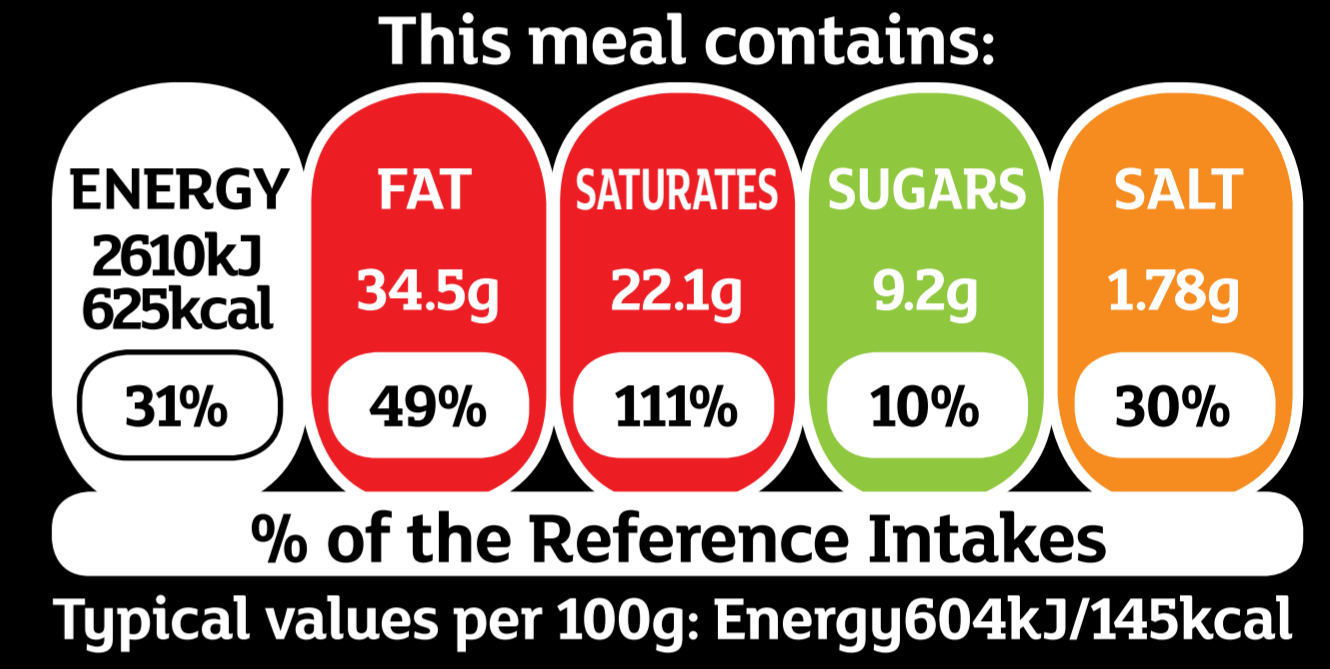
Coronation chicken **£3.65** **2379kJ - 569kcal**



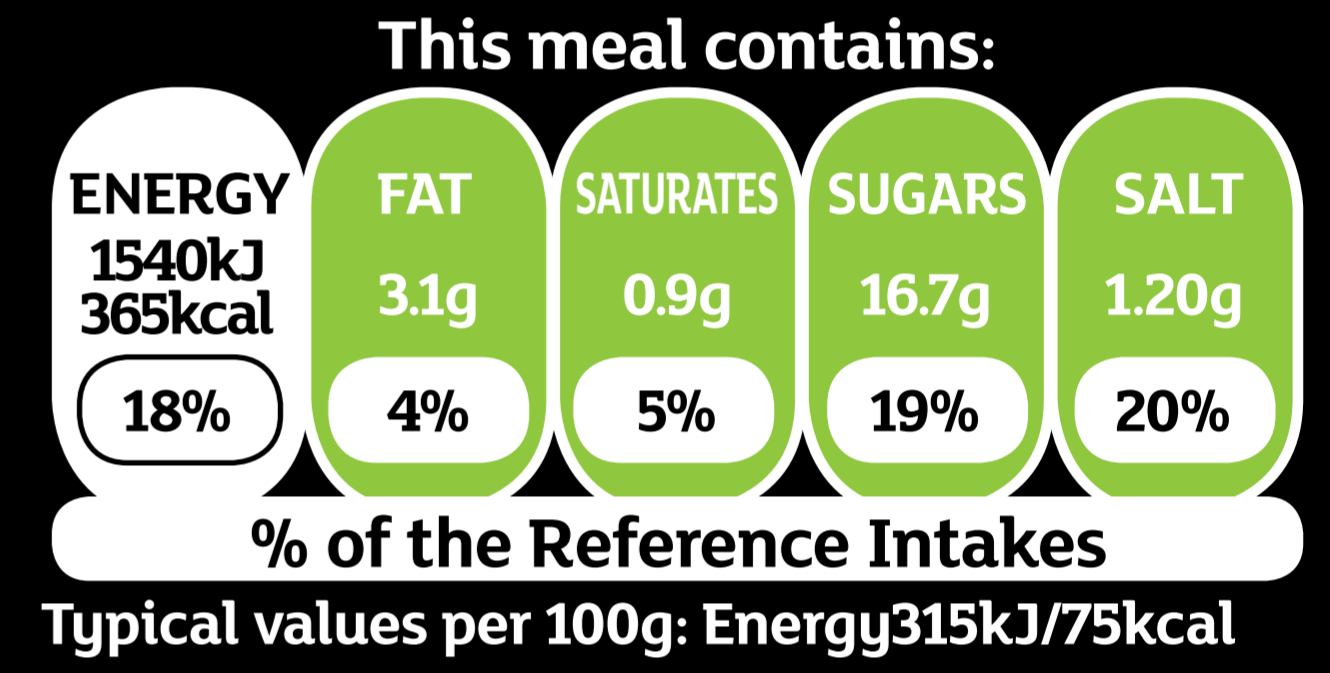
Vegetable chilli **£3.65** **1427kJ - 338kcal**



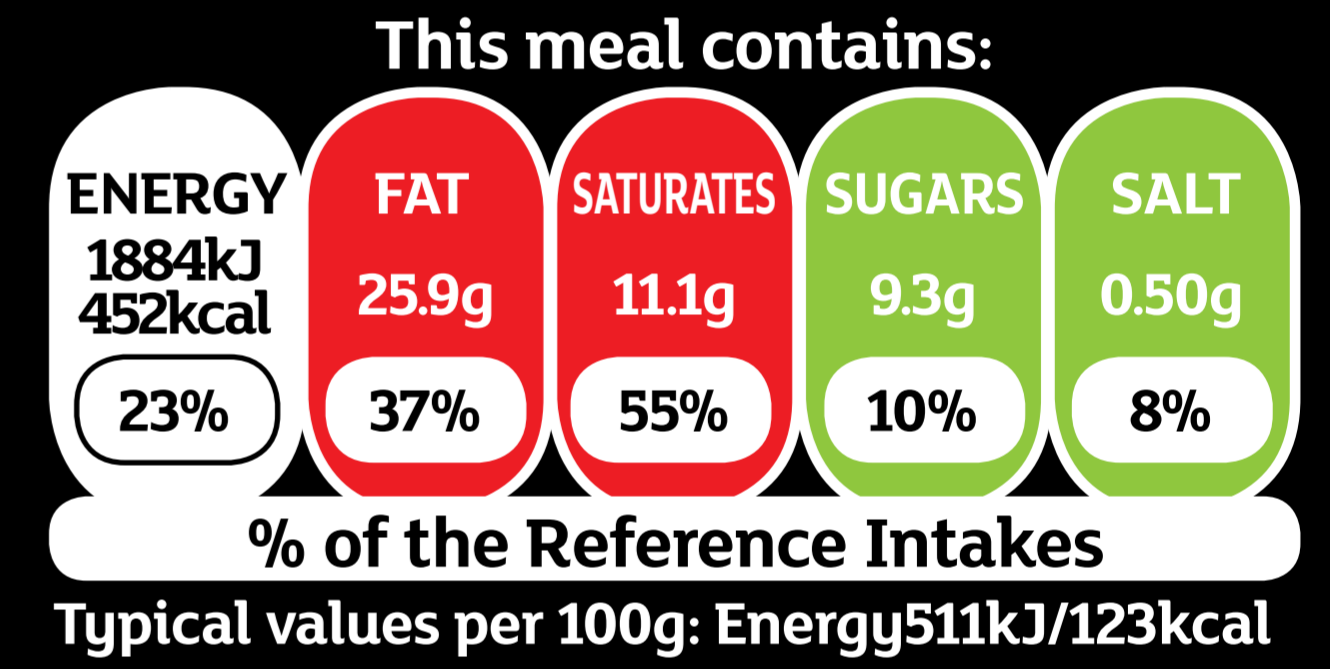
Grated Cheddar cheese **£3.25** **2610kJ - 625kcal**



Baked beans **£3.25** **1540kJ - 365kcal**



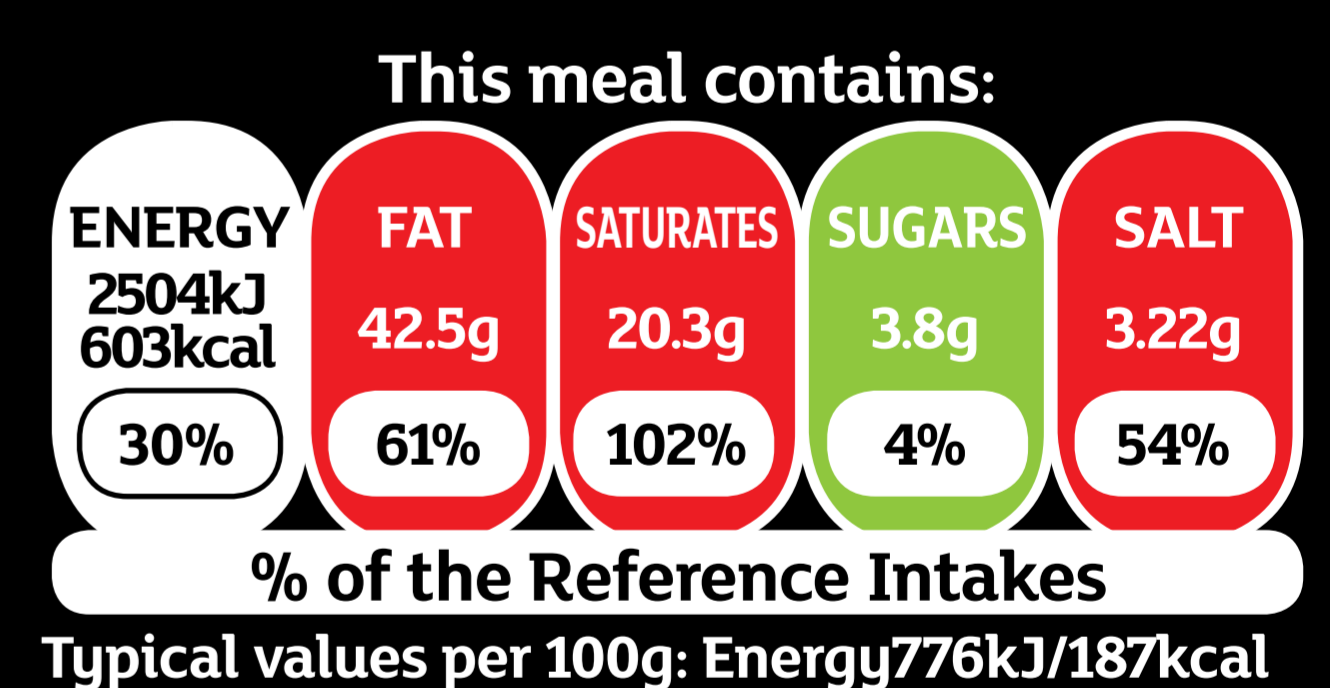
Butter **£2.55** **1884kJ - 452kcal**



## Omelette **£3.75**

With side salad  
Choose any two fillings from cheese, ham or mushrooms

**1645kJ / 393kcal - 2524kJ / 603kcal**

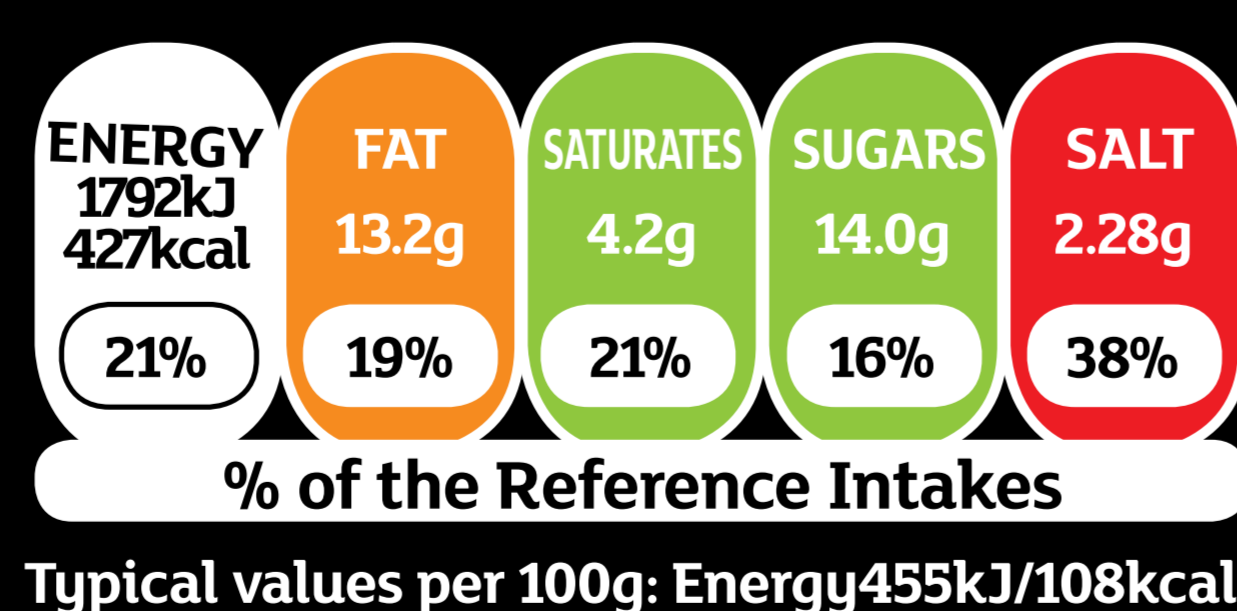


Chips **£1.35** **1673kJ - 399kcal**

## Soup of the day

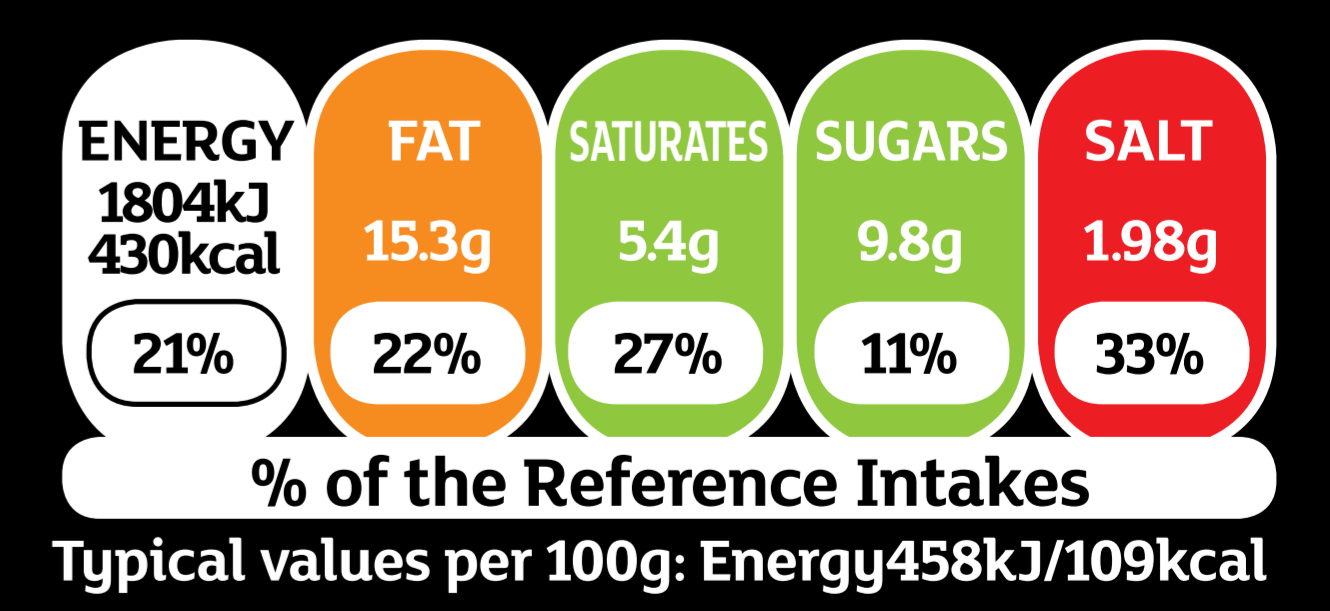
Tomato & basil **£2.50**

**1792kJ - 427kcal**



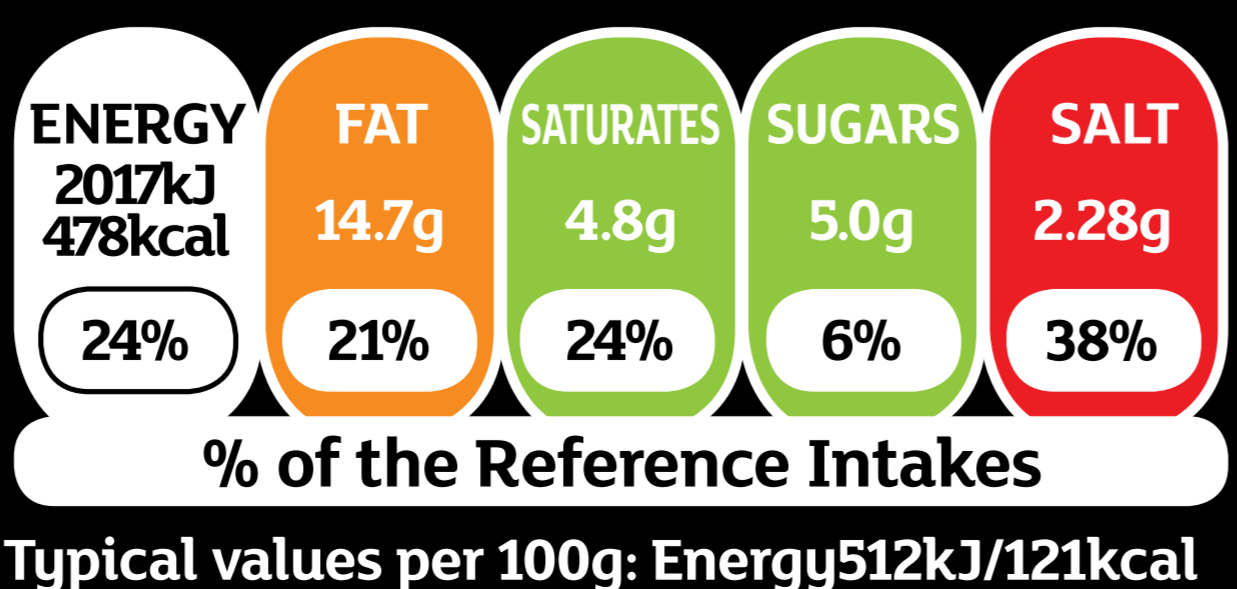
Carrot & coriander **£2.50**

**1804kJ - 430kcal**



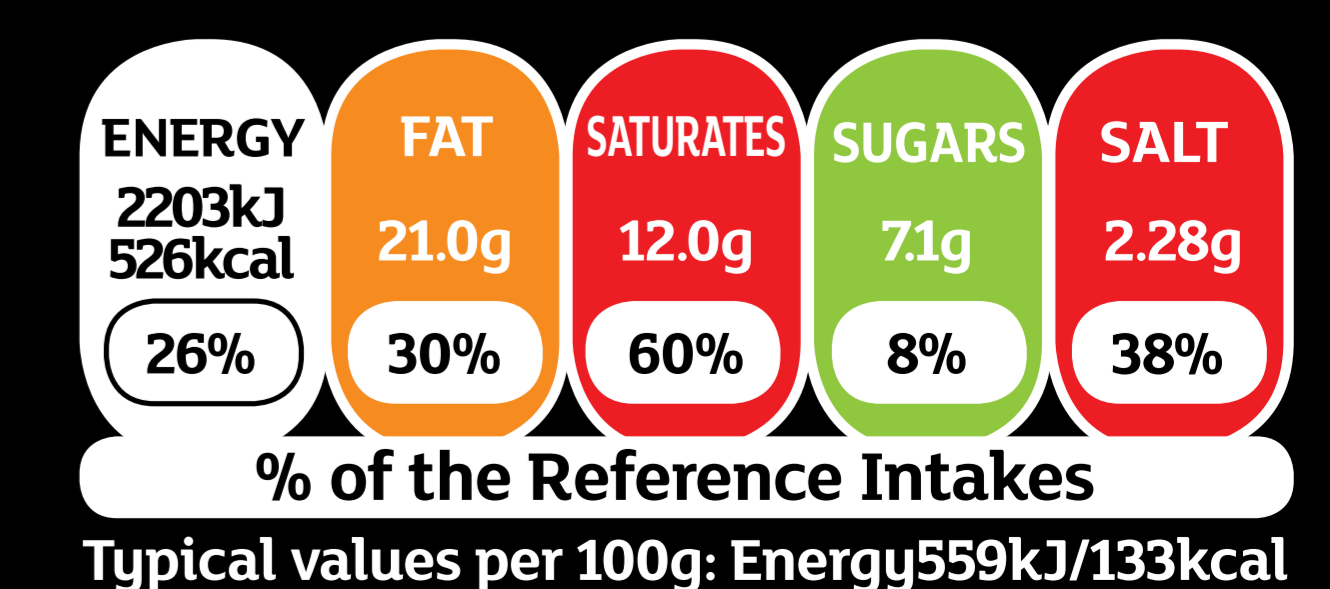
Chicken & vegetable **£2.75**

**2017kJ - 478kcal**



Thai green chicken **£2.75**

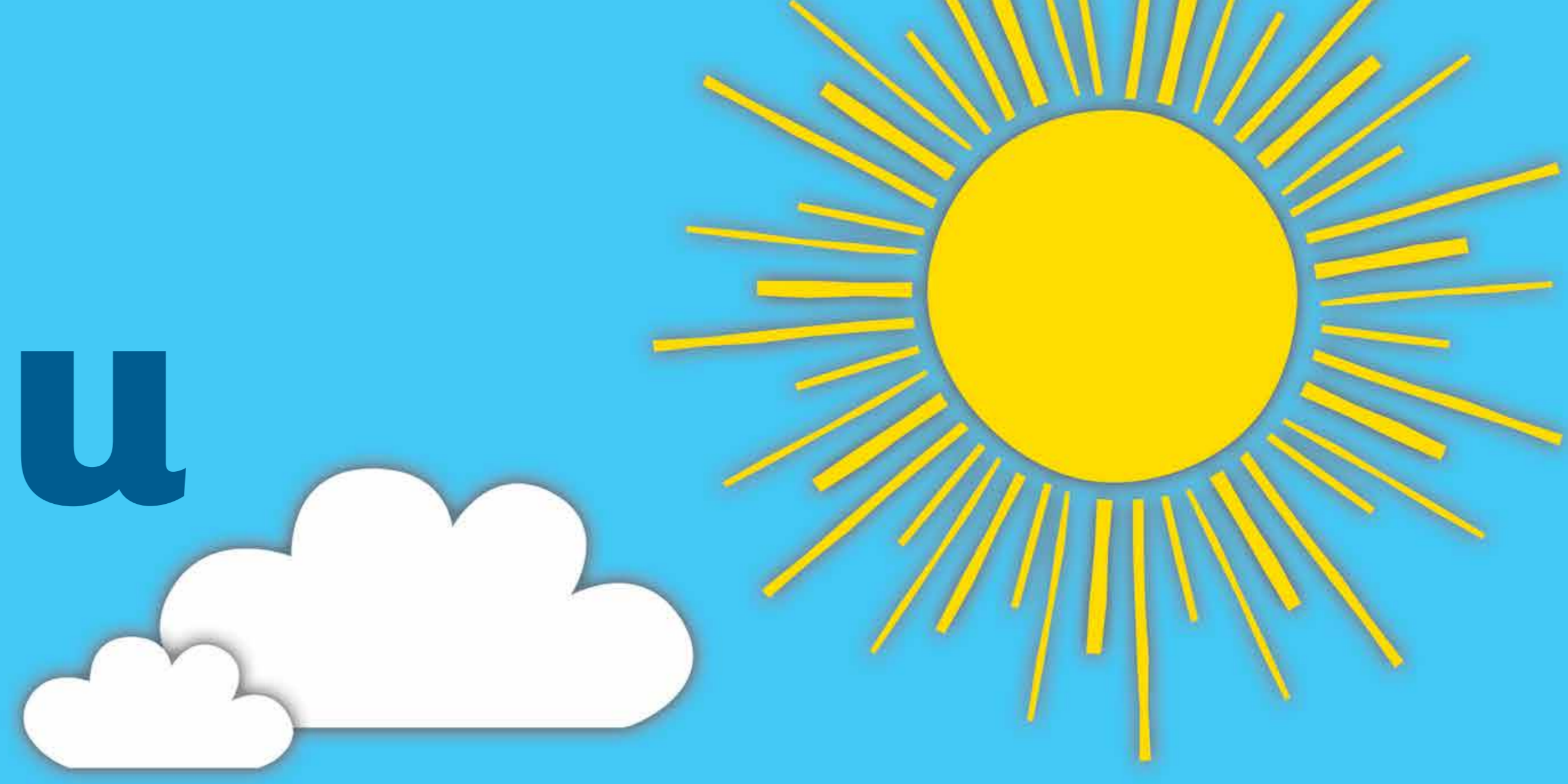
**2203kJ - 526kcal**



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# Children's menu

Suitable for children aged 5-10 years.



## Chicken nuggets

With mashed potato or half jacket potato and peas or baked beans

1402kJ - 334kcal

£3.00

## Omega-3 fish fingers\*

2 fish fingers with mashed potato or half jacket potato and peas or baked beans

1195kJ - 285kcal

£3.00

## Vegetable pasta bake **V**

Pasta shells with tomatoes, carrots, sweetcorn and broccoli in a cheesy sauce

1233kJ - 294kcal

£3.00

## Pasta bolognese

Pasta twists in a minced beef and tomato sauce (without cheese)

1253kJ - 298kcal

£3.00

## Sausages & mash

With peas or carrots and gravy

990kJ - 238kcal

£3.00

All the above hot meals are served with a drink (juice drink, water or milk) and a piece of fruit  
Calorie values are for main meals only

## 1/2 jacket potato **V**

Choose one from the following:

Baked beans

797kJ - 189kcal

£1.70

Grated Cheddar cheese

1270kJ - 305kcal

£1.70

Butter

907kJ - 218kcal

£1.30

## Baby food

£1.30

## Children's lunch bag

Contains a drink (juice drink, water or milk), yogurt, piece of fruit, children's crisps and a choice of:

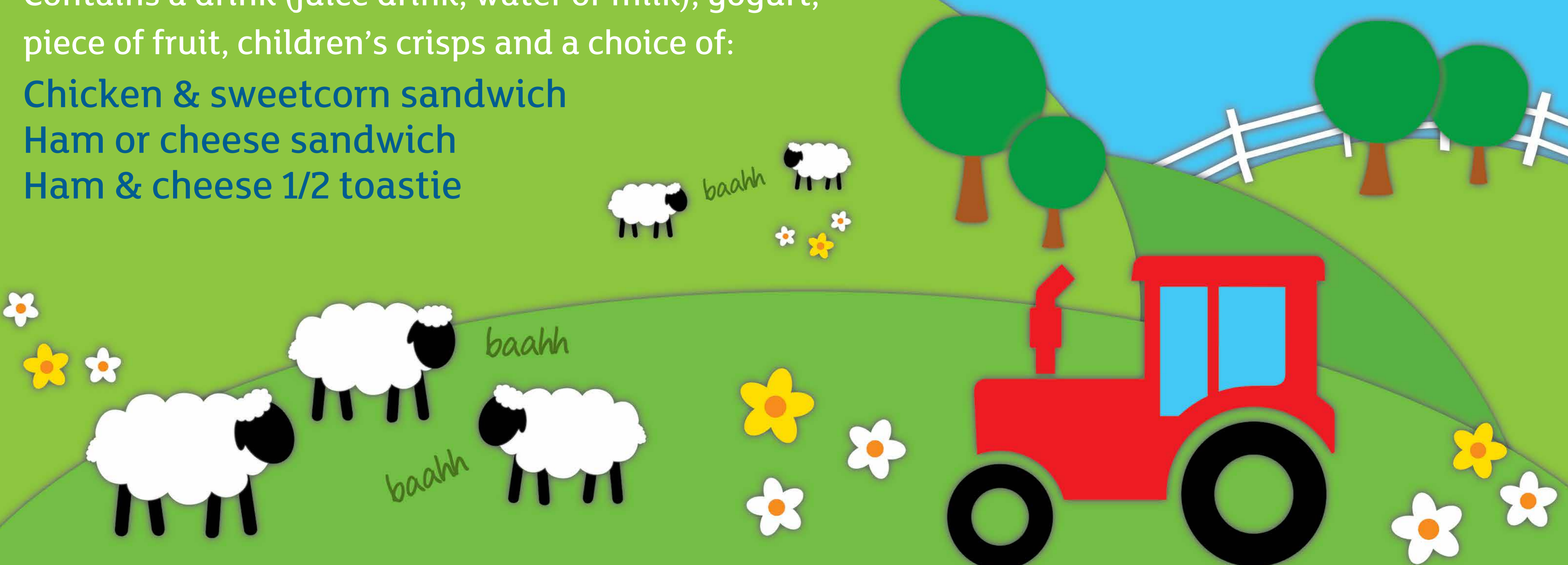
Chicken & sweetcorn sandwich

Ham or cheese sandwich

Ham & cheese 1/2 toastie

2511kJ - 600kcal

£3.00



## Drinks

	Standard	Large
<b>Flat white</b> Double espresso topped with steamed milk	228kJ - 54kcal <b>£2.15</b>	
<b>Cappuccino</b>	272kJ - 65kcal <b>£1.95</b>	338kJ - 81kcal <b>£2.25</b>
<b>Latte</b>	342kJ - 81kcal <b>£1.95</b>	429kJ - 102kcal <b>£2.25</b>
<b>Americano</b>	<b>£1.75</b>	<b>£2.05</b>
<b>Espresso</b>	<b>£1.50</b>	<b>£1.80</b>
<b>Macchiato</b>	19kJ - 4kcal <b>£1.75</b>	31kJ - 7kcal <b>£2.05</b>
<b>Mocha</b>	731kJ - 174kcal <b>£2.05</b>	934kJ - 222kcal <b>£2.35</b>
<b>Filter coffee</b>	71kJ - 17kcal <b>£1.45</b>	126kJ - 30kcal <b>£1.75</b>
<b>Extra shot espresso</b>		<b>30p</b>
<b>Flavoured syrup</b> Vanilla, caramel, hazelnut or orange	168kJ - 40kcal	<b>45p</b>
<b>Children's hot drinks</b>		
Babycino	251kJ - 60kcal	<b>55p</b>
Hot chocolate	669kJ - 159kcal	<b>£1.30</b>

	Standard	Large
<b>Red Label tea</b>		<b>£1.00</b>
<b>Speciality tea</b> Earl Grey, green, camomile, peppermint or fruit		<b>£1.10</b>
<b>Chai latte</b>	590kJ - 140kcal <b>£2.05</b>	810kJ - 192kcal <b>£2.35</b>
<b>Hot chocolate</b>	798kJ - 189kcal <b>£1.85</b>	1057kJ - 251kcal <b>£2.15</b>
<b>Luxury hot chocolate</b> Topped with whipped cream and marshmallow	797kJ - 191kcal <b>£2.05</b>	1074kJ - 258kcal <b>£2.35</b>
<b>Milkshakes</b>		<b>£2.60</b>
Vanilla	1015kJ - 239kcal	
Strawberry	1060kJ - 250kcal	
Chocolate	1005kJ - 238kcal	
Banana	1520kJ - 359kcal	
<b>Frappes</b> Topped with whipped cream for free		<b>£2.75</b>
Caramel latte	1153kJ - 276kcal	
Chocolate orange	1302kJ - 311kcal	
<b>Glass of milk</b>	808kJ - 192kcal	<b>65p</b>

Decaffeinated, skimmed, soya and whole milk options available, just ask.

Our calorie content for drinks has been calculated using semi-skimmed milk.

Our unique espresso blend is freshly ground in every store from premium beans roasted in the UK.

Our coffee is Fairtrade certified, organic and Rainforest Alliance approved.

