

MID-MORNING BREAK

<h2>HOT TO GO</h2>	<p>Spinach and Egg Muffin Sausage and Cheese Muffin Margherita Bagel Pizza Cheese Panini Bacon Roll Bacon Sandwich Garlic and Lemon Chicken Wings BBQ Chicken Wings Spicy Piri Piri Chicken Wings Pancake Waffle </p>
<h2>FRUIT BASED</h2>	<p>Pineapple Pot Grape Pot Granola Yoghurt and Berry Compote </p>
<h2>SANDWICHES & BAGUETTES</h2>	<p>Ham Tuna Mayo Cheese and Tomato Toast with Spread Toasted Crumpet </p>
<h2>HEALTHY</h2>	<p>Berry and Vanilla Oat Smoothie Cinnamon and Vanilla Oat Smoothie Pineapple and Spinach Smoothie </p>
<h2>SALAD POTS</h2>	<p>Indian Chickpea Pesto Pasta Tuna and Sweetcorn Pasta Greek Salad </p>

PRETZELS

Chocolate Coconut Pretzel
 Cinnamon Pretzel
 Cheesy BBQ Pretzel

AVAILABLE DAILY

Bananas, Apples and Oranges

CHOOSE FROM

White or Brown Bread

CORN POTS

Chipotle Corn Pot
 BBQ Corn Pot

CRUDITES

Carrots and Houmous
 Cucumber and Houmous

Nutritionist's Choice Vegetarian Vegan Oily Fish Wholegrain Halal

Our menu may be subject to change