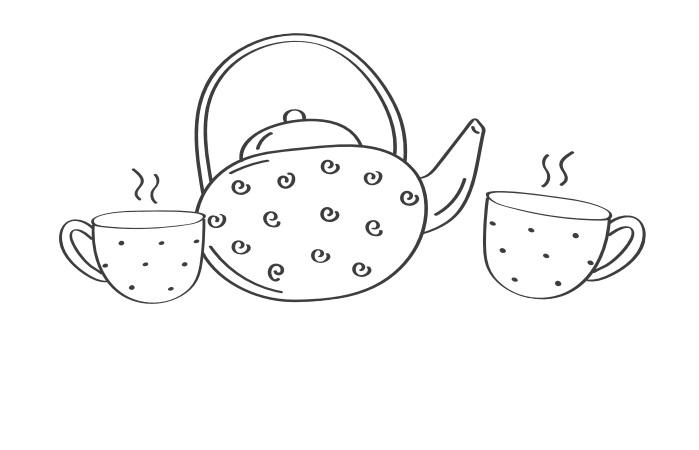




Food & drinks menu For daily deals please see specials board in the café

Breakfast	Sandwiches	(+20p for toasting)
Bacon bap 369kcal	Cheese White bread – 331kcal – Brown bread – 407kcal	£2.85
Sausage bap 599kcal	Ham White bread – 229kcal – Brown bread - 305kcal	£3.25
Egg bap 336kcal	Tuna mayo White bread – 409kcal – Brown bread – 485kcal	£2.75
Eggs on toast White bread – 318kcal Brown bread – 356kcal	Tuna and cheese White bread – 534kcal – Brown bread – 610kcal	£3.00
Beans on toast White bread – 354kcal Brown bread – 410kcal	Cheese and ham White bread - 354kcal – Brown bread – 430kcal	£3.00
Round About bap Egg, sausage and x2 bacon - 608.5kcal	Brie and bacon White bread – 371kcal – Brown bread – 477kcal	£4.20
Full English breakfast x1 egg, x2 bacon, x1 sausage, beans, grilled tomato and a choice of white - 864.5kcal or brown toast - 939.5kcal	Brie and cranberry White bread – 301kcal – Brown bread – 377kcal	£5.50
Vegetarian breakfast x1 egg, x1 veggie sausage, x2 hash browns, mushrooms, beans, grilled tomato and a choice of white - 809.5kcal or brown toast - 885.5kcal (vegan option available on request)	Add extras: onion - 39kcal, cucumber - 14kcal, tomato - 14kcal, sweetcorn - 14kcal	£5.50
Go large breakfast x2 egg, x2 bacon, x2 sausages, beans, grilled tomato, x2 hash brown, mushrooms and a choice of white - 1370kcal or brown toast - 1450kcal		£8.00
Add extra items to breakfast		60p

Even though brown bread has more calories this is due to the fact that its for nutritional value as it helps with your brain health and function plus makes your bones stronger this is only a few benefits to eat brown bread but there are more



Jacket potatoes	
Cheese Without salad - 394kcal	£4.00
Cheese and bacon Without salad 499kcal	£5.00
Cheese and onion Without salad 472kcal	£4.20
Beans Without salad 437kcal	£4.00
Cheese and beans Without salad 562kcal	£4.50
Tuna mayo Without salad 472kcal	£4.90
Tuna and sweetcorn Without salad 534kcal	£5.20
Served with salad	

Food & drinks menu

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Cakes and pastries

Our cakes are freshly prepared on site, please ask staff for today's choices

Slice of cake	£2.00
Assorted Danish	£1.25
Sausage roll	£1.25
Bacon, cheese & tomato turnover	£2.00

Drinks

Alternative milk available

Medium Large

Espresso 6kcal		£1.50
Black coffee Med - 11kcal, Large - 18kcal	£1.95	£2.40
White coffee milk - 25kcal – oat – 39kcal milk - 30kcal – oat – 55kcal	£2.10	£2.50
Cappuccino milk - 153kcal – oat – 166kcal milk - 169kcal – oat – 181kcal	£2.30	£2.60
Latte milk - 151kcal – oat – 164kcal milk - 209kcal – oat – 226kcal	£2.30	£2.60
Mochaccino milk - 222kcal – oat – 231kcal milk - 267kcal – oat – 292kcal	£2.45	£2.70
Add syrup (See counter)		30p
Hot chocolate milk - 310kcal – oat – 324kcal milk - 421kcal – oat – 439kcal	£2.20	£2.60
Tea 1kcal		£1.80
Specialty tea 1kcal		£1.90
Assorted cans (330ml)		£1.20
Orange / apple juice (Carton)		80p

