

DRINKS

HOT DRINKS



		SMALL		MEDIUM		LARGE
Cappuccino	123 Kcal	3.60	154 Kcal	3.80	169 Kcal	4.10
Latte	111 Kcal	3.60	151 Kcal	3.80	209 Kcal	4.10
Flat white	189 Kcal	3.75	-	-	-	-
Americano	12 Kcal	2.90	18 Kcal	3.20	23 Kcal	3.50
Espresso	6 Kcal	2.25	12 Kcal	2.60	-	-
Mocha	182 Kcal	3.85	231 Kcal	4.05	291 Kcal	4.35
Hot chocolate	231 Kcal	3.70	324 Kcal	3.90	437 Kcal	4.25
Tea	1 Kcal	1.95	-	-	-	-
Speciality tea	6 Kcal	2.20	-	-	-	-
Babycino	41 Kcal	1.20	-	-	-	-

ICED DRINKS

		SMALL		MEDIUM
ICED COFFEE				
Iced Americano	12 Kcal	2.90	18 Kcal	3.20
Iced Latte	90 Kcal	3.60	113 Kcal	3.80
FRAPPES				
Chocolate Fudge Brownie Frappe	273 Kcal	4.30	383 Kcal	4.60
Strawberries Drizzle Frappe	276 Kcal	4.30	337 Kcal	4.60
Salted Caramel Frappe	257 Kcal	4.30	311 Kcal	4.60
FRUIT COOLERS				
Mango and Passionfruit Cooler	125 Kcal	4.00	165 Kcal	4.30
Red Summer Berries Cooler	167 Kcal	4.00	220 Kcal	4.30



FRESH FOOD MENU

Our food is fresh and healthy using only the finest local ingredients.

£6.50
MEAL DEAL
Any Panini +
packet of crisps +
bottle drink

TOASTIES / PANINIS

Fresh white bread served with salad and crisp garnish.

	Toastie		Panini	
Tuna Melt	462 Kcal	3.95	590 Kcal	4.65
Cheese + ham	472 Kcal	4.50	496 Kcal	4.65
Cheese + tomato	462 Kcal	3.95	441 Kcal	3.95

SANDWICHES

Fresh white bread served with salad and crisp garnish. Alternative bread and fillings available, please request at the counter.

Cheese (V)	443 Kcal	3.65
Cheese + tomato (V)	453 Kcal	3.65
Chicken	384 Kcal	3.65
Ham	276 Kcal	3.65
Tuna	377 Kcal	3.65

SALAD BOWLS

Tuna + sweetcorn	235 Kcal	5.95
Cheese salad (V)	331 Kcal	5.95
Chicken salad	204 Kcal	5.95
Ham salad	140 Kcal	5.95

PROTEIN SHAKES

Refuel with a freshly made protein shake from **£2.95**

HOT FOOD

Jacket Potatoes

Served with salad and choice of filling.

Cheese (V)	509 Kcal	4.95
Baked beans (Ve)	352 Kcal	4.95
Cheese + beans (V)	677 Kcal	5.95
Tuna mayonnaise	370 Kcal	5.95
Three bean chilli (Ve) 🌶️	521 Kcal	5.95

Wraps

Served with a salad garnish and crisps.

Choose your sauce from mayo, BBQ, sweet chilli or hot sauce.

Southern fried chicken + salad	622 Kcal	6.50
Falafel + salad (V)	594 Kcal	6.50

Pasta

Pasta with tomato + herb sauce (Ve)	290 Kcal	3.95
Pasta with tomato + herb sauce + cheese (V)	456 Kcal	4.95

SIDES

Chips (Ve)	244 Kcal	3.00
Cheesy chips (V)	400 Kcal	3.55
Garlic bread (V)	318 Kcal	2.00
Mini hash browns (V)	380 Kcal	3.00

Menu subject to availability. Calorie content of menu items is correct at time of going to print. Calorie content has been calculated by working with our food service suppliers and using their recommended ingredients. Where there is an option of choice of filling or topping, calories have been calculated using the highest calorie option available. Should you wish to change or request additional menu items please note that the calorie count may differ. The calorie count is subject to cooking methods and ingredients available at time of ordering.

KIDS FAVOURITES

+ Dishes with this symbol are served with chips and peas or beans

Chicken nuggets +	362 Kcal	4.95
Veggie nuggets + (V)	273 Kcal	4.95
Sausages +	348 Kcal	4.95
Fish fingers +	295 Kcal	4.95
Mini pizza + (V)	395 Kcal	4.95
Macaroni cheese (V)	255 Kcal	4.95
Pasta with tomato + herb sauce (Ve)	166 Kcal	3.25
Jacket potato + cheese (V)	217 Kcal	4.35
Jacket potato + beans (V) (Ve)	190 Kcal	4.35
Jacket potato + tuna mayo	129 Kcal	4.35

SWEET TREATS
Cool down with one of our ice creams or choose a tasty counter treat

