

Break Menu

MONDAY

TOASTED CHEESE AND TOMATO BAGELS (V, GL, D) MAY CONTAIN SS | 80P

TUESDAY

BACON BAP (GL, SD) MAY CONTAIN SS 80P

WEDNESDAY

QUICHE BREAKFAST BAGEL WITH HAM (GL, E, D) MAY CONTAIN SS | 80P

THURSDAY

SAUSAGE BAP (GL, SD) | 80P

FRIDAY

PIZZA TOAST (V, GL, D) | 80P

AVAILABLE EVERYDAY

CRUMPETS (V, GL) 40P

YOGHURT AND FRUIT GRANOLA (V, D, GL) £1

TEACAKES (GL, D) MAY CONTAIN SS 80p

FRUIT POTS (V, GF) 80P

PIECE OF FRUIT 40P

CHEESE ON TOAST (GL, D, V) 80P

BREAKFAST BARS 70P

FRUIT YOGURTS (V, D) 50P

A SELECTION OF SNACKS

ALLERGENS KEY

P - PEANUTS
N - NUTS (TREE NUTS)
D - DAIRY PRODUCTS
S - SOYA
MU - MUSTARD
L - LUPIN
E - EGGS
F - FISH
GL - GLUTEN
CE - CRUSTACEANS (SHRIMP)
MO - MOLLUSCS (CALLOPS, MUSSELS)
SS - SESAME SEEDS
CE - CELERY
SD - SULPHUR DIOXIDE



CE - CELERY

This includes celery stalks, leaves, seeds and the root called celeriac. You can find celery in soups, salads, some meat products, soups and stock cubes.



GL - GLUTEN

Wheat, rye, barley and oats is often found as flour containing flour such as some types of baking powder and foodstuffs which are dusted with flour.



CR - CRUSTACEANS

Crabs, lobster, prawns and scampi are crustaceans. Shrimp ponds often used in Thai and south-east Asian curries or salads, is an ingredient to look out for.



E - EGGS

Eggs are often found in cakes, some meat products, mayonnaise, mousers, pasta, specific sauces and pastries or foods brushed or glazed with egg.



F - FISH

You will find this in some fish sauces, pizzas, fishies, salad dressings, stock cubes and Worcestershire sauce.



L - LUPIN

Yes, lupin is a flower, but it's also found in flour! Lupin flour and seeds can be used in some types of bread, pastries and even in pasta.



D - DAIRY

Milk is a common ingredient in butter, cheese, cream, milk powders and yoghurt. It can also be found in foods brushed or glazed with milk, and in powdered soups and sauces.



MO - MOLLUSCS

These include mussels, sea shells, squid and scallops. They can also be found in oyster sauce or as an ingredient in fish sauce.



MU - MUSTARD

Liquid mustard, mustard powder and mustard seeds fall into this category. This ingredient can also be found in biscuits, curries, marinades, meat products, salads, dressings, sauces and soups.



N - NUTS

This refers to nuts such as cashew nuts, almonds and hazelnuts. You can find nuts in breads, biscuits, crackers, dressings, nut powders, ice-cream, chocolate, ice cream, marzipan, nut oils and sauces.



P - PEANUTS

Peanuts grow underground. Peanuts are often used as an ingredient in biscuits, cakes, curries, dressings, sauces (such as satay sauce), as well as in groundnut oil and peanut flour.



SS - SESAME SEEDS

These can often be found in bread (sprinkled on burger buns for example), breadsticks, hummus, sesame oil and tahini. They are sometimes toasted and used in salads.



S - SOYA

Soya is a staple ingredient in oriental food. It can also be found in desserts, ice cream, meat products, sauces and vegetarian products.



SD - SULPHUR DIOXIDE

This is an ingredient often used in dried fruit such as raisins, dried apricots and prunes. You might also find it in meat products, soft drinks and vegetables.



V - VEGETARIAN

This is an ingredient often used in dried fruit such as raisins, dried apricots and prunes. You might also find it in meat products, soft drinks and vegetables.



H - HALAL

This is an ingredient often used in dried fruit such as raisins, dried apricots and prunes. You might also find it in meat products, soft drinks and vegetables.



GF - GLUTEN FREE

This is an ingredient often used in dried fruit such as raisins, dried apricots and prunes. You might also find it in meat products, soft drinks and vegetables.