

Break Menu

MONDAY

BACON & CHEESE FLATBREAD (GL,D) £1.80

TUESDAY

BREAKFAST WRAP £1.80
SAUSAGE, BEANS & HASHBROWN (GL,S)

WEDNESDAY

TOASTED CHEESE AND TOMATO BAGEL (V,GL,D) MAY CONTAIN SS £1.80

THURSDAY

MINI BAGUETTE £1.80
BACON & CHEESE (GL,D)

FRIDAY

EGG & CHEESE MATMUFFIN (V,E,GL,D) MAY CONTAIN SS £1.80P

AVAILABLE EVERY DAY

TOAST (V,GL,S) 40P
CRUMPETS (V,GL) 40P
YOGURT AND FRUIT GRANOLA (V,D,GL) 80p
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 80P
FRUIT YOGURTS (V,D) 50P
CRACKERS AND CHEESE SPREAD (V,GL,D,SD) 80P

ALLERGENS KEY

P - PEANUTS
N - NUTS / TREE NUTS
D - DAIRY PRODUCTS
S - SOYA
MU - MUSTARD
L - LUPIN
E - EGGS
F - FISH
GL - GLUTEN
MO - MOLLUSCS (SCALLOPS, 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 foods containing flour such as some types of baking powder and food foams which are dusted with flour.



CR - CRUSTACEANS

Crabs, lobster, prawns and scampi are crustaceans. Shrimp paste, 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, mackerels, panis, quiche, soups and pastries or foods brushed or glazed with egg.



F - FISH

You will find this in some fish sauces, pizzas, relishes, 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, land snails, scallops and whelms, but can also be commonly found in oyster sauce or as an ingredient in fish steaks.



MU - MUSTARD

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



N - NUTS

This refers to nuts such as cashew nuts, almonds and hazelnuts. You can find nuts in breads, biscuits, curries, desserts, nut powders, oil, dried dishes, ice cream, marmalades, nut oils and seasonings.



P - PEANUTS

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



H - HALAL



GF - GLUTEN FREE