

# Menu

↳ Grab & Go Oct 25



Name	Portion Name	Portion Size g	Label Energy kcal	Label Energy kJ	Label Carbohydrate g	Label Protein g	Label Sugars g	Nutri-Score C
<b>Cheesecake pots</b>			<b>2273</b>	<b>9475</b>	<b>204.6</b>	<b>29.8</b>	<b>125.8</b>	
<b>Toffee Cheesecake (Homemade)</b>	1 Serving	129	407	1697	41	5	24	(E)
<b>Blueberry Cheesecake (Homemade)</b>	1 Serving	103	329	1370	23	4.8	12	(D)
<b>Lemon Curd Cheesecake (Homemade)</b>	1 Serving	129	411	1715	41	4.9	29	(D)
<b>Oreo Cheesecake (Homemade)</b>	1 Serving	122	405	1688	36	5.5	20	(D)
<b>Plain Cheesecake Filling Homemade</b>	1 Serving	95	263	1091	11	4	10	(D)
<b>Mini Ring Doughnuts &amp; Dips</b>	1 Serving	62	221	929	33	2.5	18	(D)
<b>Fruit pots</b>			<b>440</b>	<b>1865</b>	<b>96.9</b>	<b>4.97</b>	<b>96.9</b>	
<b>Watermelon Pot</b>	1 Serving	160	42	177	9	0.8	9	(B)
<b>Honey Dew Melon</b>	1 Serving	160	32	136	6.7	0.6	6.7	(B)
<b>Pineapple</b>	1 Serving	160	74	313	16	0.6	16	(B)
<b>Grape Pot</b>	1 Serving	130	85	362	20	0.5	20	(C)
<b>Mixed Fruit Pot</b>	1 Serving	155	60	253	13	0.7	13	(B)
<b>Jelly pots</b>			<b>50.1</b>	<b>207</b>	<b>9.9</b>	<b>0</b>	<b>4.5</b>	
<b>Raspberry Jelly</b>	1 Serving	209	8	33	1.6	0	0.7	(B)
<b>Strawberry Jelly</b>	1 Serving	209	8	33	1.6	0	0.7	(B)
<b>Orange Jelly</b>	1 Serving	209	8	33	1.6	0	0.7	(B)
<b>Mousse pots</b>			<b>45.5</b>	<b>190</b>	<b>6.5</b>	<b>1.74</b>	<b>4.5</b>	
<b>Chocolate Mousse (Wibble)</b>	1 Serving	97	15	64	2.2	0.6	1.5	(B)
<b>Strawberry Mousse (Wibble)</b>	1 Serving	97	16	66	2.3	0.6	1.5	(B)
<b>Caramel Mousse (Wibble)</b>	1 Serving	97	16	66	2.3	0.6	1.5	(B)
<b>Salad Box / Pots</b>			<b>9789</b>	<b>40928</b>	<b>766.4</b>	<b>490.8</b>	<b>176.3</b>	
<b>Chicken &amp; Bacon Pasta Salad</b>	1 Serving	180	529	2221	60	22	3.2	(B)
<b>Tomato &amp; Basil Pasta Salad with Che...</b>	1 Serving	165	352	1483	51	14	6	(B)
<b>Tomato &amp; Basil Pasta Salad</b>	1 Serving	140	249	1056	50	7.8	6	(A)
<b>Chicken &amp; Sweetcorn Pasta Salad</b>	1 Serving	180	452	1894	48	19	3.1	(A)
<b>Chicken &amp; Sweetcorn Pasta Salad (H...</b>	1 Serving	180	457	1916	49	20	4.1	(A)
<b>Tuna &amp; Sweetcorn Pasta Salad</b>	1 Serving	180	454	1904	48	21	3.1	(A)
<b>Tuna Mayonnaise Salad Box</b>	1 Serving	291	284	1183	11	16	6.5	(A)
<b>Egg Mayonnaise Salad</b>	1 Serving	296	267	1109	9.1	13	5.6	(B)
<b>Chicken &amp; Bacon Salad</b>	1 Serving	258	206	858	9	13	5.5	(A)
<b>Chicken Mayonnaise Box Salad</b>	1 Serving	261	206	859	9.1	13	5.6	(A)
<b>Chicken Mayonnaise Box Salad (Halal)</b>	1 Serving	261	211	881	11	14	6.6	(A)
<b>Cheddar Cheese Box Salad</b>	1 Serving	211	293	1218	8.3	17	4.7	(C)

<b>Crunchy Houmous Salad</b>	1 Serving	266	283	1177	17	8.2	5.2	(A)
<b>Salmon Salad Box</b>	1 Serving	266	230	961	9.1	15	5.6	(A)
<b>Ham Salad</b>	1 Serving	236	99	416	9.8	9.4	5.7	(A)
<b>Savoury Grab &amp; Go</b>			<b>2851.7</b>	<b>11886.1</b>	<b>250.52</b>	<b>63.23</b>	<b>103.05</b>	
<b>Nachos with Salsa</b>	1 Serving	80	207	869	29	2.9	3.2	(B)
<b>Nachos with Sweet Chilli</b>	1 Serving	80	255	1073	41	2.7	14	(D)
<b>Nachos with Houmous</b>	1 Serving	80	306	1278	29	5.7	0.6	(B)
<b>Nachos with Sour Cream</b>	1 Serving	80	398	1652	27	3	2.2	(C)
<b>Crudites with Houmous</b>	1 Serving	170	152	631	11	4.1	5.7	(A)
<b>Crudites with Salsa</b>	1 Serving	170	53	222	9.9	1.3	8.3	(B)
<b>Crudites with Sweet Chilli Sauce</b>	1 Serving	170	101	426	22	1.1	19	(C)
<b>Crudites with Sour Cream</b>	1 Serving	170	243	1005	7.9	1.4	7.3	(B)
<b>Crudites with Mayonnaise</b>	1 Serving	170	202	837	8.2	1.1	6.3	(B)
<b>Middle Eastern Pitta Chips with Hou...</b>	1 Serving	116	328	1373	36	11	4.8	(A)
<b>Edamame Bean Pot</b>	1 Serving	85	119	500	7.6	10	1.9	(A)
<b>Popcorn</b>	1 Serving	12.9	60	250	7.3	1	1.5	(D)
<b>Spinach &amp; Egg Pot</b>	1 Serving	117	135	561	0.5	13	0.5	(A)
<b>yoghurt pots</b>			<b>1897</b>	<b>8001</b>	<b>301</b>	<b>76.3</b>	<b>232</b>	
<b>Yoghurt with Raspberry Puree</b>	1 Serving	210	195	826	32	10	27	(B)
<b>Yoghurt with Strawberry Puree</b>	1 Serving	210	192	811	31	10	26	(B)
<b>Yoghurt, Strawberry &amp; Granola</b>	1 Serving	170	258	1087	41	7.8	29	(C)
<b>Yoghurt, Raspberry &amp; Granola</b>	1 Serving	210	307	1293	47	10	34	(B)
<b>Sandwiches</b>			<b>21318.1</b>	<b>89309.3</b>	<b>1893.93</b>	<b>1216.95</b>	<b>177</b>	
<b>Cheese and Ham Sandwich (B)</b>	1 Serving	90	250	1041	10	14	1.2	(D)
<b>Cheese and Ham Sandwich (W)</b>	1 Serving	150	401	1677	37	19	3.5	(D)
<b>Cheese and Tomato Sandwich (B)</b>	1 Serving	160	390	1629	29	19	2.3	(C)
<b>Cheese and Tomato Sandwich (W)</b>	1 Serving	160	418	1747	36	17	4.2	(D)
<b>Cheese Salad Sandwich (B)</b>	1 Serving	204	413	1722	30	19	2.8	(B)
<b>Ham Sandwich (W)</b>	1 Serving	7	15	62	1.9	0.7	0	(C)
<b>Ham Sandwich (B)</b>	1 Serving	140	267	1124	30	16	1.6	(B)
<b>Ham Salad Sandwich (B)</b>	1 Serving	180	273	1148	31	16	2.5	(A)
<b>Ham Salad Sandwich (W)</b>	1 Serving	180	301	1266	38	15	4.4	(B)
<b>Egg Mayonnaise Sandwich (W)</b>	1 Serving	178	420	1755	36	16	3.3	(B)
<b>Egg Mayonnaise Sandwich (B)</b>	1 Serving	183	413	1723	29	17	1.5	(A)
<b>Chicken,Sweetcorn &amp; Mayonnaise Sa...</b>	1 Serving	215	400	1683	43	25	6.1	(A)
<b>Chicken,Sweetcorn &amp; Mayonnaise Sa...</b>	1 Serving	215	372	1564	36	27	4.2	(A)
<b>Chicken Mayonnaise Sandwich (W)</b>	1 Serving	185	408	1709	36	24	3.3	(A)
<b>Chicken Mayonnaise Sandwich (W) (...</b>	1 Serving	185	415	1741	39	25	4.8	(B)

Chicken Mayonnaise Sandwich (B) (H...	1 Serving	175	342	1438	31	26	2.8	(A)
Chicken Mayonnaise Sandwich (B)	1 Serving	185	345	1450	29	27	1.4	(A)
Chicken, Salad With Mayonnaise San...	1 Serving	205	375	1575	39	25	5.4	(A)
Chicken, Salad With Mayonnaise San...	1 Serving	190	351	1476	37	21	4	(A)
Chicken,Salad With Mayonnaise San...	1 Serving	205	347	1456	32	26	3.5	(A)
Chicken,Salad With Mayonnaise San...	1 Serving	215	350	1468	30	27	2.1	(A)
Chicken Salad & Mayonnaise Sandwi...	1 Serving	225	413	1733	37	24	4.2	(A)
Double Cheese & Onion Sandwich (W)	1 Serving	130	354	1483	37	12	4	(C)
Double Cheese & Onion Sandwich (B)	1 Serving	128	318	1328	30	13	2	(C)
Cheese Sandwich (W)	1 Serving	130	412	1724	35	17	3.2	(D)
Cheese Sandwich (B)	1 Serving	130	385	1606	28	18	1.3	(D)
Chicken, Bacon & Mayonnaise Sandw...	1 Serving	180	410	1719	36	22	3.3	(B)
Chicken, Bacon & Mayonnaise Sandw...	1 Serving	180	383	1601	29	23	1.4	(A)
Tuna Mayonnaise & Cucumber Sand...	1 Serving	200	370	1550	30	24	1.8	(A)
Tuna Mayonnaise Sandwich (B)	1 Serving	160	322	1352	29	24	1.4	(A)
Tuna Mayonnaise Sandwich (W)	1 Serving	190	383	1609	36	30	3.3	(A)
Bacon, Lettuce & Tomato Sandwich (B)	1 Serving	200	410	1713	30	21	1.8	(C)
Bacon, Lettuce & Tomato Sandwich (...)	1 Serving	220	482	2012	37	20	4.1	(C)
<b>Sub Rolls</b>			<b>15754</b>	<b>66309</b>	<b>1931</b>	<b>897.6</b>	<b>156.9</b>	
Tuna Mayonnaise Sub Roll	1 Serving	180	412	1737	50	27	3.1	(A)
Tuna & Sweetcorn Mayonnaise Sub R...	1 Serving	210	432	1820	53	28	3.7	(A)
Tuna Mayonnaise & Cucumber Sub R...	1 Serving	210	416	1751	51	28	3.5	(A)
Cheese & Tomato Sub Roll	1 Serving	165	504	2110	50	21	3.7	(D)
Cheese & Ham Sub Roll	1 Serving	155	447	1875	51	21	3.3	(D)
Cheese Sub Roll	1 Serving	155	542	2268	50	24	3.1	(D)
Cheese Salad Sub Roll	1 Serving	195	507	2125	51	21	4.1	(D)
Chicken Mayonnaise Sub Roll (Halal)	1 Serving	175	395	1668	52	26	4.5	(B)
Chicken Mayonnaise Sub Roll	1 Serving	175	388	1635	50	25	3	(A)
Chicken & Sweetcorn Mayonnaise Su...	1 Serving	190	423	1782	53	26	4.7	(B)
Chicken & Sweetcorn Mayonnaise Su...	1 Serving	190	415	1749	51	25	3.3	(A)
Chicken Salad With Mayonnaise Sub ...	1 Serving	210	421	1772	53	26	5.2	(B)
Chicken Salad With Mayonnaise Sub ...	1 Serving	210	413	1740	51	25	3.7	(A)
Chicken & Bacon Mayonnaise Sub Roll	1 Serving	180	425	1787	50	24	3.1	(B)
BBQ Chicken Sub Roll	1 Serving	180	351	1487	55	25	8	(B)
BBQ Chicken Sub Roll (Halal)	1 Serving	180	358	1520	58	26	9.4	(B)
Ham Sub Roll	1 Serving	167	363	1532	52	19	3.5	(C)
Ham Salad Sub Roll	1 Serving	197	367	1550	53	20	4.2	(C)

Egg Mayonnaise Sub Roll	1 Serving	185	408	1717	50	20	3	(B)
Bacon, Lettuce & Tomato with Mayon...	1 Serving	215	483	2025	52	22	3.9	(C)
Wraps			6619	27713	646	299.1	60.4	
Houmous & Roasted Vegetable Wrap	1 Serving	189	350	1465	36	8.8	3.9	(B)
Falafel & Houmous Wrap	1 Serving	214	500	2086	47	12	4.9	(B)
Chicken Salad With Mayonnaise Wrap	1 Serving	248	487	2045	60	21	4.7	(A)
Chicken Salad With Mayonnaise Wra...	1 Serving	194	321	1345	33	17	4.2	(B)
Chicken & Cucumber With Mayonnai...	1 Serving	144	313	1312	32	16	3	(B)
Chicken & Cucumber With Mayonnai...	1 Serving	144	308	1290	30	16	2	(A)
Tuna mayonnaise Wrap	1 Serving	184	345	1448	30	25	2.3	(B)
Ham Salad & Mayo Wrap	1 Serving	161	266	1121	32	16	2.8	(C)
Cheese Salad Wrap	1 Serving	214	511	2133	32	25	3.2	(D)
Hot Panini/ bagel/ toastie			12451	52323	1433.3	646.7	136	
Cheese & Tomato Panini.	1 Serving	210	509	2141	67	22	5.5	(C)
Cheese & Pepperoni Panini.	1 Serving	195	581	2440	66	25	4.6	(D)
Cheese & Ham Panini.	1 Serving	220	542	2281	66	29	4.5	(C)
BBQ Chicken & Cheese Panini.	1 Serving	240	571	2405	72	31	9.7	(C)
BBQ Chicken & Cheese Panini (Halal)	1 Serving	235	569	2395	72	32	9.2	(C)
Chicken Tikka & Cheese Panini.	1 Serving	235	557	2345	67	31	5.3	(C)
Chicken Tikka & Cheese Panini (Halal)	1 Serving	230	539	2270	69	30	5.8	(B)
Pizza Pepperoni Bagel.	1 Serving	109	273	1143	28	14	3.8	(D)
Pizza Pepperoni Bagel (Halal)	1 Serving	109	261	1096	28	14	3.9	(D)
Pizza Bagel.	1 Serving	100	232	976	28	13	3.8	(C)
Cheese & Tomato Toastie	1 Serving	155	396	1655	37	16	4	(D)
Cheese and Ham Toastie	1 Serving	155	420	1758	37	20	3.3	(D)
Tuna Sweetcorn Melt Toastie	1 Serving	195	425	1781	38	28	3.7	(B)
Pizza Margherita	1 Serving	113	232	974	25	11	1.6	(B)
Pepperoni Pizza	1 Serving	115	286	1196	24	13	0.9	(D)
Pepperoni Pizza (Halal)	1 Serving	115	263	1102	24	13	1.1	(C)
Breakfast items			13003	54451	1338.9	521.7	208.98	
Sausage Bap with Ketchup	1 Serving	141	358	1503	38	16	1.7	(D)
Sausage Roll - Bap Halal	1 Serving	141	303	1274	39	12	0.9	(C)
Bacon Roll	1 Serving	130	266	1119	26	17	0.5	(D)
Bacon Muffin	1 Serving	152	306	1285	31	19	3.2	(D)
Bacon & Egg Muffin	1 Serving	160	311	1306	31	17	4	(C)
Egg & Cheese Muffin	1 Serving	133	279	1170	32	13	4.6	(B)
Sausage Muffin	1 Serving	157	387	1623	42	17	4.4	(D)
Sausage Muffin (Halal)	1 Serving	157	332	1394	44	13	3.6	(C)

Sausage & Egg Muffin	1 Serving	177	390	1633	39	18	4.8	(C)
Sausage & Egg Muffin Halal	1 Serving	207	391	1640	45	18	4	(B)
Cheese on Toast	1 Serving	70	224	937	18	11	1.5	(D)
White Toast	1 Serving	59	168	704	22	4.4	1.9	(C)
Brown Toast	1 Serving	59	151	632	17	5.1	0.7	(A)
Toasted Teacakes	1 Serving	103	296	1247	48	7	17	(C)
Crumpet	1 Serving	60	137	577	19	3	1.7	(C)
All Day Breakfast Pot - with egg	1 Serving	204	305	1274	26	14	7.3	(B)
All Day Breakfast Pot - Halal	1 Serving	271	410	1715	42	16	6	(B)
All Day Breakfast Pot - no egg	1 Serving	229	374	1564	31	18	6	(C)
Porridge	1 Serving	240	245	1031	34	12	10	(A)
Waffle & Sauce	1 Serving	100	414	1733	51	6.2	24	(E)
Beans On Toast	1 Serving	150	232	974	33	8.1	7.1	(A)
Hash Browns x2	1 Serving	84	141	591	19	1.7	0.5	(C)
Vegan Sausage Roll	1 Serving	120	384	1599	32	9.8	1.6	(C)
Sausage Roll	1 Serving	137	418	1743	40	8.1	3.3	(D)
Buttermilk Pancakes	1 Serving	90	238	1004	39	4	15	(C)
Bacon & Cheese Pastry Turnover	1 Serving	130	382	1590	18	16	2.7	(D)
Sausage & Cheese Pastry Turnover	1 Serving	142	452	1879	26	15	3.5	(D)
Sausage & Cheese Pastry Turnover (...)	1 Serving	142	415	1730	27	13	3	(D)

TOTALS:	86484	362655	5127	2330	879	
AVERAGES:	558	2340	33.1	15	5.7	