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Item	Price	Calories per serving	Contains Allergens	May Contain Allergens	Other Properties
<b>yoghurt pots</b>					
Yoghurt with Raspberry Puree - 1 Serving		<b>195Kcal</b>	 MILK		 VEGETARIAN
Yoghurt with Strawberry Puree - 1 Serving		<b>192Kcal</b>	 MILK		 VEGETARIAN
Yoghurt, Strawberry & Granola - 1 Serving		<b>258Kcal</b>	  OATS MILK	 WHEAT, BARLEY	 VEGETARIAN
Yoghurt, Raspberry & Granola - 1 Serving		<b>307Kcal</b>	  OATS MILK	 WHEAT, BARLEY	 VEGETARIAN
<b>Jelly pots</b>					
Raspberry Jelly - 1 Serving		<b>8Kcal</b>			 VEGETARIAN  VEGAN
Strawberry Jelly - 1 Serving		<b>8Kcal</b>			 VEGETARIAN  VEGAN
Orange Jelly - 1 Serving		<b>8Kcal</b>			 VEGETARIAN  VEGAN



































Item	Price	Calories per serving	Contains Allergens	May Contain Allergens	Other Properties
<b>Savoury Grab &amp; Go</b>					
Nachos with Salsa - 1 Serving		<b>207</b> Kcal			 VEGETARIAN  VEGAN
Nachos with Sweet Chilli - 1 Serving		<b>255</b> Kcal			 VEGETARIAN  VEGAN
Nachos with Houmous - 1 Serving		<b>306</b> Kcal	 SESAME		 VEGETARIAN  VEGAN
Nachos with Sour Cream - 1 Serving		<b>398</b> Kcal	 EGGS  MILK  MUSTARD		 VEGETARIAN  VEGAN
Crudites with Houmous - 1 Serving		<b>152</b> Kcal	 SESAME		 VEGETARIAN  VEGAN
Crudites with Salsa - 1 Serving		<b>53</b> Kcal			 VEGETARIAN  VEGAN
Crudites with Sweet Chilli Sauce - 1 Serving		<b>101</b> Kcal			


































Item	Price	Calories per serving	Contains Allergens	May Contain Allergens	Other Properties
Crudites with Sour Cream - 1 Serving		243Kcal	 EGGS  MILK  MUSTARD		
Crudites with Mayonnaise - 1 Serving		202Kcal	 EGGS		
Middle Eastern Pitta Chips with Houmous & Smokey Trail Mix - 1 Serving		328Kcal	 WHEAT  SESAME	 MILK  SOYA	 VEGETARIAN  VEGAN
Edamame Bean Pot - 1 Serving		119Kcal	 SOYA		 VEGETARIAN
Popcorn - 1 Serving		60Kcal			 VEGETARIAN  VEGAN
Spinach & Egg Pot - 1 Serving		135Kcal	 EGGS		 VEGETARIAN
<b>Salad Box / Pots</b>					
Chicken & Bacon Pasta Salad - 1 Serving		529Kcal	 WHEAT  EGGS	 MUSTARD  SOYA	
Tomato & Basil Pasta Salad with Cheese - 1 Serving		352Kcal	 WHEAT  MILK	 MUSTARD  SOYA	 VEGETARIAN
Tomato & Basil Pasta Salad - 1 Serving		249Kcal	 WHEAT	 MUSTARD  SOYA	 VEGETARIAN  VEGAN






































Item	Price	Calories per serving	Contains Allergens	May Contain Allergens	Other Properties
Chicken & Sweetcorn Pasta Salad - 1 Serving		<b>452</b> Kcal	 WHEAT  EGGS	 MUSTARD  SOYA	
Chicken & Sweetcorn Pasta Salad (Halal) - 1 Serving		<b>457</b> Kcal	 WHEAT  EGGS	 MUSTARD  SOYA	
Tuna & Sweetcorn Pasta Salad - 1 Serving		<b>454</b> Kcal	 WHEAT  EGGS  FISH	 MUSTARD  SOYA	
Tuna Mayonnaise Salad Box - 1 Serving		<b>284</b> Kcal	 EGGS  FISH		
Egg Mayonnaise Salad - 1 Serving		<b>267</b> Kcal	 EGGS		
Chicken & Bacon Salad - 1 Serving		<b>206</b> Kcal	 EGGS		
Chicken Mayonnaise Box Salad - 1 Serving		<b>206</b> Kcal	 EGGS		
Chicken Mayonnaise Box Salad (Halal) - 1 Serving		<b>211</b> Kcal	 EGGS		
Cheddar Cheese Box Salad - 1 Serving		<b>293</b> Kcal	 MILK		 VEGETARIAN
Crunchy Houmous Salad - 1 Serving		<b>283</b> Kcal	 SESAME		 VEGETARIAN  VEGAN
Salmon Salad Box - 1 Serving		<b>230</b> Kcal	 EGGS  FISH		



































Item	Price	Calories per serving	Contains Allergens	May Contain Allergens	Other Properties
Ham Salad - 1 Serving		<b>99</b> Kcal			
<b>Fruit pots</b>					
Watermelon Pot - 1 Serving		<b>42</b> Kcal			 VEGETARIAN  VEGAN
Honey Dew Melon - 1 Serving		<b>32</b> Kcal			 VEGETARIAN  VEGAN
Pineapple - 1 Serving		<b>74</b> Kcal			 VEGETARIAN  VEGAN
Grape Pot - 1 Serving		<b>85</b> Kcal			 VEGETARIAN  VEGAN
Mixed Fruit Pot - 1 Serving		<b>60</b> Kcal			 VEGETARIAN  VEGAN
<b>Cheesecake pots</b>					
Toffee Cheesecake (Homemade) - 1 Serving		<b>407</b> Kcal	  		 VEGETARIAN













































Item	Price	Calories per serving	Contains Allergens	May Contain Allergens	Other Properties
Blueberry Cheesecake (Homemade) - 1 Serving		329Kcal	 WHEAT  MILK	 SOYA	 VEGETARIAN
Lemon Curd Cheesecake (Homemade) - 1 Serving		411Kcal	 WHEAT  EGGS  MILK	 SOYA	 VEGETARIAN
Oreo Cheesecake (Homemade) - 1 Serving		405Kcal	 WHEAT  MILK  SOYA		 VEGETARIAN
Plain Cheesecake Filling Homemade - 1 Serving		263Kcal	 MILK		 VEGETARIAN
Mini Ring Doughnuts & Dips - 1 Serving		221Kcal	 OATS, WHEAT  EGGS  MILK  SOYA		 VEGETARIAN
<b>Mousse pots</b>					
Chocolate Mousse (Wibble) - 1 Serving		15Kcal	 MILK		 VEGETARIAN
Strawberry Mousse (Wibble) - 1 Serving		16Kcal	 MILK		 VEGETARIAN
Caramel Mousse (Wibble) - 1 Serving		16Kcal	 MILK		 VEGETARIAN
<b>Sandwiches</b>					
































Item	Price	Calories per serving	Contains Allergens	May Contain Allergens	Other Properties
Cheese and Ham Sandwich (B) - 1 Serving		250Kcal	 WHEAT  MILK	 OATS, BARLEY, RYE	
Cheese and Ham Sandwich (W) - 1 Serving		401Kcal	 WHEAT  MILK	 OATS, BARLEY, RYE	
Cheese and Tomato Sandwich (B) - 1 Serving		390Kcal	 WHEAT  MILK	 OATS, BARLEY, RYE	 VEGETARIAN
Cheese and Tomato Sandwich (W) - 1 Serving		418Kcal	 WHEAT  MILK	 OATS, BARLEY, RYE	 VEGETARIAN
Cheese Salad Sandwich (B) - 1 Serving		413Kcal	 WHEAT  MILK	 OATS, BARLEY, RYE	 VEGETARIAN
Ham Sandwich (W) - 1 Serving		15Kcal	 WHEAT	 OATS, BARLEY, RYE	
Ham Sandwich (B) - 1 Serving		267Kcal	 WHEAT	 OATS, BARLEY, RYE	
Ham Salad Sandwich (B) - 1 Serving		273Kcal	 WHEAT	 OATS, BARLEY, RYE	
Ham Salad Sandwich (W) - 1 Serving		301Kcal	 WHEAT	 OATS, BARLEY, RYE	
Egg Mayonnaise Sandwich (W) - 1 Serving		420Kcal	 WHEAT  EGGS	 OATS, BARLEY, RYE	 VEGETARIAN
Egg Mayonnaise Sandwich (B) - 1 Serving		413Kcal	 WHEAT  EGGS	 OATS, BARLEY, RYE	 VEGETARIAN















Item	Price	Calories per serving	Contains Allergens	May Contain Allergens	Other Properties
Chicken, Sweetcorn & Mayonnaise Sandwich (W) - 1 Serving		<b>400</b> Kcal	 WHEAT  EGGS	 OATS, BARLEY, RYE	
Chicken, Sweetcorn & Mayonnaise Sandwich (B) - 1 Serving		<b>372</b> Kcal	 WHEAT  EGGS	 OATS, BARLEY, RYE	
Chicken Mayonnaise Sandwich (W) - 1 Serving		<b>408</b> Kcal	 WHEAT  EGGS	 OATS, BARLEY, RYE	
Chicken Mayonnaise Sandwich (W) (Halal) - 1 Serving		<b>415</b> Kcal	 WHEAT  EGGS	 OATS, BARLEY, RYE	
Chicken Mayonnaise Sandwich (B) (Halal) - 1 Serving		<b>342</b> Kcal	 WHEAT  EGGS	 OATS, BARLEY, RYE	
Chicken Mayonnaise Sandwich (B) - 1 Serving		<b>345</b> Kcal	 WHEAT  EGGS	 OATS, BARLEY, RYE	
Chicken, Salad With Mayonnaise Sandwich (W) (Halal) - 1 Serving		<b>375</b> Kcal	 WHEAT  EGGS	 OATS, BARLEY, RYE	
Chicken, Salad With Mayonnaise Sandwich (W) - 1 Serving		<b>351</b> Kcal	 WHEAT  EGGS	 OATS, BARLEY, RYE	
Chicken, Salad With Mayonnaise Sandwich (B) (Halal) - 1 Serving		<b>347</b> Kcal	 WHEAT  EGGS	 OATS, BARLEY, RYE	
Chicken, Salad With Mayonnaise Sandwich (B) - 1 Serving		<b>350</b> Kcal	 WHEAT  EGGS	 OATS, BARLEY, RYE	
Chicken Salad & Mayonnaise Sandwich (W) - 1 Serving		<b>413</b> Kcal	 WHEAT  EGGS	 OATS, BARLEY, RYE	





























Item	Price	Calories per serving	Contains Allergens	May Contain Allergens	Other Properties
Double Cheese & Onion Sandwich (W) - 1 Serving		354Kcal	 WHEAT  EGGS  MILK	 OATS, BARLEY, RYE  MUSTARD  SOYA  SULPHITES	 VEGETARIAN
Double Cheese & Onion Sandwich (B) - 1 Serving		318Kcal	 WHEAT  EGGS  MILK	 OATS, BARLEY, RYE  MUSTARD  SOYA  SULPHITES	
Cheese Sandwich (W) - 1 Serving		412Kcal	 WHEAT  MILK	 OATS, BARLEY, RYE	 VEGETARIAN
Cheese Sandwich (B) - 1 Serving		385Kcal	 WHEAT  MILK	 OATS, BARLEY, RYE	 VEGETARIAN
Chicken, Bacon & Mayonnaise Sandwich (W) - 1 Serving		410Kcal	 WHEAT  EGGS	 OATS, BARLEY, RYE	
Chicken, Bacon & Mayonnaise Sandwich (B) - 1 Serving		383Kcal	 WHEAT  EGGS	 OATS, BARLEY, RYE	
Tuna Mayonnaise & Cucumber Sandwich (B) - 1 Serving		370Kcal	 WHEAT  EGGS  FISH	 OATS, BARLEY, RYE	
Tuna Mayonnaise Sandwich (B) - 1 Serving		322Kcal	 WHEAT  EGGS  FISH	 OATS, BARLEY, RYE	












Item	Price	Calories per serving	Contains Allergens	May Contain Allergens	Other Properties
Tuna Mayonnaise Sandwich (W) - 1 Serving		383Kcal	 WHEAT  EGGS  FISH	 OATS, BARLEY, RYE	
Bacon, Lettuce & Tomato Sandwich (B) - 1 Serving		410Kcal	 WHEAT  EGGS	 OATS, BARLEY, RYE	
Bacon, Lettuce & Tomato Sandwich (W) - 1 Serving		482Kcal	 WHEAT  EGGS	 OATS, BARLEY, RYE	
<b>Sub Rolls</b>					
Tuna Mayonnaise Sub Roll - 1 Serving		412Kcal	 WHEAT  EGGS  FISH	 BARLEY  SESAME	
Tuna & Sweetcorn Mayonnaise Sub Roll - 1 Serving		432Kcal	 WHEAT  EGGS  FISH	 BARLEY  SESAME	
Tuna Mayonnaise & Cucumber Sub Roll - 1 Serving		416Kcal	 WHEAT  EGGS  FISH	 BARLEY  SESAME	
Cheese & Tomato Sub Roll - 1 Serving		504Kcal	 WHEAT  MILK	 BARLEY  SESAME	 VEGETARIAN
Cheese & Ham Sub Roll - 1 Serving		447Kcal	 WHEAT  MILK	 BARLEY  SESAME	


Item	Price	Calories per serving	Contains Allergens	May Contain Allergens	Other Properties
Cheese Sub Roll - 1 Serving		<b>542</b> Kcal	 WHEAT  MILK	 BARLEY  SESAME	 VEGETARIAN
Cheese Salad Sub Roll - 1 Serving		<b>507</b> Kcal	 WHEAT  MILK	 BARLEY  SESAME	 VEGETARIAN
Chicken Mayonnaise Sub Roll (Halal) - 1 Serving		<b>395</b> Kcal	 WHEAT  EGGS	 BARLEY  SESAME	
Chicken Mayonnaise Sub Roll - 1 Serving		<b>388</b> Kcal	 WHEAT  EGGS	 BARLEY  SESAME	
Chicken & Sweetcorn Mayonnaise Sub Roll (Halal) - 1 Serving		<b>423</b> Kcal	 WHEAT  EGGS	 BARLEY  SESAME	
Chicken & Sweetcorn Mayonnaise Sub Roll - 1 Serving		<b>415</b> Kcal	 WHEAT  EGGS	 BARLEY  SESAME	
Chicken Salad With Mayonnaise Sub Roll (Halal) - 1 Serving		<b>421</b> Kcal	 WHEAT  EGGS	 BARLEY  SESAME	
Chicken Salad With Mayonnaise Sub Roll - 1 Serving		<b>413</b> Kcal	 WHEAT  EGGS	 BARLEY  SESAME	
Chicken & Bacon Mayonnaise Sub Roll - 1 Serving		<b>425</b> Kcal	 WHEAT  EGGS	 BARLEY  SESAME	
BBQ Chicken Sub Roll - 1 Serving		<b>351</b> Kcal	 WHEAT, BARLEY  CELERY  SOYA	 SESAME	
BBQ Chicken Sub Roll (Halal) - 1 Serving		<b>358</b> Kcal	 WHEAT, BARLEY  CELERY  SOYA	 SESAME	










Item	Price	Calories per serving	Contains Allergens	May Contain Allergens	Other Properties
Ham Sub Roll - 1 Serving		<b>363</b> Kcal	 WHEAT	 BARLEY  SESAME	
Ham Salad Sub Roll - 1 Serving		<b>367</b> Kcal	 WHEAT	 BARLEY  SESAME	
Egg Mayonnaise Sub Roll - 1 Serving		<b>408</b> Kcal	 WHEAT  EGGS	 BARLEY  SESAME	 VEGETARIAN
Bacon, Lettuce & Tomato with Mayonnaise Sub Roll - 1 Serving		<b>483</b> Kcal	 WHEAT  EGGS	 BARLEY  SESAME	
<b>Wraps</b>					
Houmous & Roasted Vegetable Wrap - 1 Serving		<b>350</b> Kcal	 WHEAT  SESAME		 VEGETARIAN  VEGAN
Falafel & Houmous Wrap - 1 Serving		<b>500</b> Kcal	 WHEAT  SESAME		 VEGETARIAN  VEGAN
Chicken Salad With Mayonnaise Wrap - 1 Serving		<b>487</b> Kcal	 WHEAT  EGGS		
Chicken Salad With Mayonnaise Wrap (Halal) - 1 Serving		<b>321</b> Kcal	 WHEAT  EGGS		
Chicken & Cucumber With Mayonnaise Wrap (Halal) - 1 Serving		<b>313</b> Kcal	 WHEAT  EGGS		
Chicken & Cucumber With Mayonnaise Wrap - 1 Serving		<b>308</b> Kcal	 WHEAT  EGGS		





























Item	Price	Calories per serving	Contains Allergens	May Contain Allergens	Other Properties
Tuna mayonnaise Wrap - 1 Serving		<b>345</b> Kcal	 WHEAT  EGGS  FISH		
Ham Salad & Mayo Wrap - 1 Serving		<b>266</b> Kcal	 WHEAT  EGGS		
Cheese Salad Wrap - 1 Serving		<b>511</b> Kcal	 WHEAT  MILK		 VEGETARIAN
<b>Hot Panini/ bagel/ toastie</b>					
Cheese & Tomato Panini. - 1 Serving		<b>509</b> Kcal	 WHEAT  MILK	 BARLEY  SESAME	 VEGETARIAN
Cheese & Pepperoni Panini. - 1 Serving		<b>581</b> Kcal	 WHEAT  MILK	 BARLEY  SESAME	
Cheese & Ham Panini. - 1 Serving		<b>542</b> Kcal	 WHEAT  MILK	 BARLEY  SESAME	
BBQ Chicken & Cheese Panini. - 1 Serving		<b>571</b> Kcal	 WHEAT, BARLEY  MILK  CELERY  SOYA	 SESAME	
BBQ Chicken & Cheese Panini (Halal) - 1 Serving		<b>569</b> Kcal	 WHEAT, BARLEY  MILK  CELERY  SOYA	 SESAME	
Chicken Tikka & Cheese Panini. - 1 Serving		<b>557</b> Kcal	 WHEAT  MILK	 BARLEY  SESAME	




Item	Price	Calories per serving	Contains Allergens	May Contain Allergens	Other Properties
Chicken Tikka & Cheese Panini (Halal) - 1 Serving		539Kcal	 WHEAT  MILK	 BARLEY  SESAME	
Pizza Pepperoni Bagel. - 1 Serving		273Kcal	 WHEAT, BARLEY, RYE  MILK	 SESAME	
Pizza Pepperoni Bagel (Halal) - 1 Serving		261Kcal	 WHEAT, BARLEY, RYE  MILK	 EGGS  CELERY  MUSTARD  SESAME  SOYA	
Pizza Bagel. - 1 Serving		232Kcal	 WHEAT, BARLEY, RYE  MILK	 SESAME	
Cheese & Tomato Toastie - 1 Serving		396Kcal	 WHEAT  MILK	 OATS, BARLEY, RYE	 VEGETARIAN
Cheese and Ham Toastie - 1 Serving		420Kcal	 WHEAT  MILK	 OATS, BARLEY, RYE	
Tuna Sweetcorn Melt Toastie - 1 Serving		425Kcal	 WHEAT  EGGS  MILK  FISH	 OATS, BARLEY, RYE	
Pizza Margherita - 1 Serving		232Kcal	 WHEAT  MILK		
Pepperoni Pizza - 1 Serving		286Kcal	 WHEAT  MILK		

Item	Price	Calories per serving	Contains Allergens	May Contain Allergens	Other Properties
Pepperoni Pizza (Halal) - 1 Serving		263Kcal	 WHEAT  MILK	 EGGS  CELERY  MUSTARD  SOYA	
<b>Breakfast items</b>					
Sausage Bap with Ketchup - 1 Serving		358Kcal	 WHEAT  SOYA  SULPHITES		
Sausage Roll - Bap Halal - 1 Serving		303Kcal	 WHEAT  SOYA  SULPHITES		
Bacon Roll - 1 Serving		266Kcal	 WHEAT  SOYA		
Bacon Muffin - 1 Serving		306Kcal	 WHEAT  SOYA  SESAME		
Bacon & Egg Muffin - 1 Serving		311Kcal	 WHEAT  EGGS  MILK  SOYA  SESAME		
Egg & Cheese Muffin - 1 Serving		279Kcal	 WHEAT  EGGS  MILK  SOYA  SESAME	 VEGETARIAN	

Item	Price	Calories per serving	Contains Allergens	May Contain Allergens	Other Properties
Sausage Muffin - 1 Serving		387Kcal	 WHEAT  SOYA  SULPHITES	 SESAME	
Sausage Muffin (Halal) - 1 Serving		332Kcal	 WHEAT  SOYA  SULPHITES	 SESAME	
Sausage & Egg Muffin - 1 Serving		390Kcal	 WHEAT  EGGS  MILK  SOYA  SULPHITES	 SESAME	
Sausage & Egg Muffin Halal - 1 Serving		391Kcal	 WHEAT  EGGS  MILK  SOYA  SULPHITES	 SESAME	
Cheese on Toast - 1 Serving		224Kcal	 WHEAT  MILK	 OATS, BARLEY, RYE	 VEGETARIAN
White Toast - 1 Serving		168Kcal	 WHEAT	 OATS, BARLEY, RYE	 VEGETARIAN  VEGAN

Item	Price	Calories per serving	Contains Allergens	May Contain Allergens	Other Properties
Brown Toast - 1 Serving		151Kcal	 WHEAT	 OATS, BARLEY, RYE	 VEGETARIAN  VEGAN
Toasted Teacakes - 1 Serving		296Kcal	 WHEAT	 SESAME	 VEGETARIAN
Crumpet - 1 Serving		137Kcal	 WHEAT		 VEGETARIAN  VEGAN
All Day Breakfast Pot - with egg - 1 Serving		305Kcal	 WHEAT  MILK  SULPHITES  EGGS  SOYA		
All Day Breakfast Pot - Halal - 1 Serving		410Kcal	 WHEAT  MILK  EGGS  SULPHITES		
All Day Breakfast Pot - no egg - 1 Serving		374Kcal	 WHEAT  SULPHITES  SOYA		
Porridge - 1 Serving		245Kcal	 OATS  MILK	 WHEAT, BARLEY	 VEGETARIAN

Item	Price	Calories per serving	Contains Allergens	May Contain Allergens	Other Properties
Waffle & Sauce - 1 Serving		414Kcal	 WHEAT  EGGS  MILK  SOYA		 VEGETARIAN
Beans On Toast - 1 Serving		232Kcal	 WHEAT	 OATS, BARLEY, RYE	 VEGETARIAN  VEGAN
Hash Browns x2 - 1 Serving		141Kcal			 VEGETARIAN  VEGAN
Vegan Sausage Roll - 1 Serving		384Kcal	 WHEAT, BARLEY  SOYA	 MILK	 VEGETARIAN  VEGAN
Sausage Roll - 1 Serving		418Kcal	 WHEAT  SULPHITES		
Buttermilk Pancakes - 1 Serving		238Kcal	 WHEAT  EGGS  MILK		 VEGETARIAN
Bacon & Cheese Pastry Turnover - 1 Serving		382Kcal	 WHEAT  MILK		
Sausage & Cheese Pastry Turnover - 1 Serving		452Kcal	 WHEAT  SOYA  MILK  SULPHITES		

Item	Price	Calories per serving	Contains Allergens	May Contain Allergens	Other Properties
Sausage & Cheese Pastry Turnover (Halal) - 1 Serving		415Kcal	 WHEAT  MILK  SULPHITES		

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