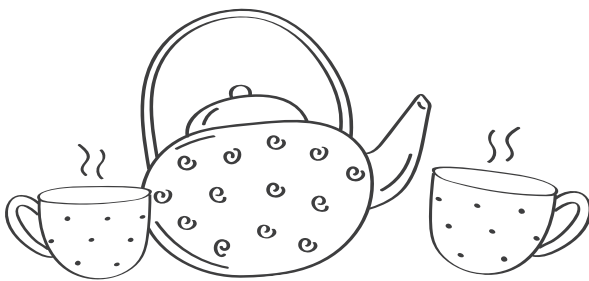




**Food & drinks menu** For daily deals please see specials board in the café

Breakfast	Sandwiches	(+20p for toasting)
<b>Bacon bap</b> 369kcal	<b>Cheese</b> White bread – 331kcal – Brown bread – 407kcal	£2.65
<b>Sausage bap</b> 599kcal	<b>Ham</b> White bread – 229kcal – Brown bread - 305kcal	£3.25
<b>Egg bap</b> 336kcal	<b>Tuna mayo</b> White bread – 409kcal – Brown bread – 485kcal	£2.65
<b>Round About bap</b> Egg, sausage and x2 bacon - 608.5kcal	<b>Tuna and cheese</b> White bread – 534kcal – Brown bread – 610kcal	£4.10
<b>Full English breakfast</b> x1 egg, x2 bacon, x1 sausage, beans, grilled tomato and a choice of white - 864.5kcal or brown toast - 939.5kcal	<b>Cheese and ham</b> White bread - 354kcal – Brown bread – 430kcal	£5.50
<b>Vegetarian breakfast</b> x1 egg, x1 veggie sausage, x2 hash browns, mushrooms, beans, grilled tomato and a choice of white - 809.5kcal or brown toast - 885.5kcal (vegan option available on request)	<b>Brie and bacon</b> White bread – 371kcal – Brown bread – 477kcal	£5.50
<b>Go large breakfast</b> x2 egg, x2 bacon, x2 sausages, beans, grilled tomato, x2 hash brown, mushrooms and a choice of white - 1370kcal or brown toast - 1450kcal	<b>Brie and cranberry</b> White bread – 301kcal – Brown bread – 377kcal	£8.00
<b>Add extra items to breakfast</b>	<b>Add extras:</b> onion - 39kcal, cucumber - 14kcal, tomato - 14kcal, sweetcorn - 14kcal	60p

Even though brown bread has more calories this is due to the fact that its for nutritional value as it helps with your brain health and function plus makes your bones stronger this is only a few benefits to eat brown bread but there are more



Jacket potatoes	
<b>Cheese</b> Without salad - 394kcal	£3.60
<b>Cheese and bacon</b> Without salad 499kcal	£4.45
<b>Cheese and onion</b> Without salad 472kcal	£3.85
<b>Beans</b> Without salad 437kcal	£3.60
<b>Cheese and beans</b> Without salad 562kcal	£4.20
<b>Tuna mayo</b> Without salad 472kcal	£4.20
<b>Tuna and sweetcorn</b> Without salad 534kcal	£4.45
<b>Served with salad</b>	

# Food & drinks menu

For daily deals please see specials board in the café

## Cakes and pastries

Our cakes are freshly prepared on site, please ask staff for todays choices

Slice of cake	£1.75
Assorted Danish	£1.00
Sausage roll	£1.25
Vegetarian / vegan sausage roll	£1.00

## Drinks

Alternative milk available

Medium Large

<b>Espresso</b> 6kcal		£1.45
<b>Black coffee</b> Med - 11kcal, Large - 18kcal	£1.75	£2.20
<b>White coffee</b> milk - 25kcal – oat – 39kcal milk - 30kcal – oat – 55kcal	£2.00	£2.40
<b>Cappuccino</b> milk - 153kcal – oat – 166kcal milk - 169kcal – oat – 181kcal	£2.10	£2.40
<b>Latte</b> milk - 151kcal – oat – 164kcal milk - 209kcal – oat – 226kcal	£2.10	£2.40
<b>Mochaccino</b> milk - 222kcal – oat – 231kcal milk - 267kcal – oat – 292kcal	£2.25	£2.50
<b>Add syrup</b> (See counter)		30p
<b>Hot chocolate</b> milk - 310kcal – oat – 324kcal milk - 421kcal – oat – 439kcal	£2.05	£2.40
<b>Tea</b> 1kcal		£1.70
<b>Specialty tea</b> 1kcal		£1.80
<b>Assorted cans</b> (330ml)		£1.00
<b>Orange / apple juice</b> (Carton)		50p

