

Break

All our ingredients are locally sourced and delivered fresh by local suppliers. Our eggs are free-range and Red Lion stamped, our fish is sustainably sourced and MSC approved and our meat is British Red Tractor accredited wherever possible.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
THE BAKERY	SWEET WAFFLES	CRUMPETS	PRETZELS	CROISSANTS	DOUGHNUTS
PLANT BASED	SPICY WEDGES	HASH BROWN BITES	POTATO WAFFLES	GARLIC BREAD	CHEESE & TOMATO PINWHEEL
HOT BREADS & SLICES	CHEESE AND BACON TURNOVERS	SAUSAGE ROLL	PIZZA BAGEL	HOT DOG	CHEESE & BACON SKINS
HOT BREADS & SLICES	CHEESE & BEAN WRAPS	BBQ CHICKEN WRAPS	PEPPERONI & CHEESE WRAPS	CHEESE & TOMATO PIZZA POCKET	BREAKFAST WRAP
ON THE SIDE	GRAB AND GO SELECTION	GRAB AND GO SELECTION	GRAB AND GO SELECTION	GRAB AND GO SELECTION	GRAB AND GO SELECTION
SALADS	SELECTION OF FRUIT & DESSERT POTS	SELECTION OF FRUIT & DESSERT POTS	SELECTION OF FRUIT & DESSERT POTS	SELECTION OF FRUIT & DESSERT POTS	SELECTION OF FRUIT & DESSERT POTS



**Fresh
Fruit**



**Fresh
Smoothie**