

# 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                     | PRETZELS                          | SWEET WAFFLES                     | CROISSANTS                        | DOUGHNUTS                         |
| PLANT BASED         | HASH BROWN BITES                  | POTATO WAFFLES                    | SPICY WEDGES                      | GARLIC BREAD                      | CHEESE & TOMATO PINWHEEL          |
| HOT BREADS & SLICES | BACON IN A ROLL                   | SAUSAGE ROLL                      | PIZZA BAGEL                       | CHEESE AND BACON TURNOVERS        | 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**