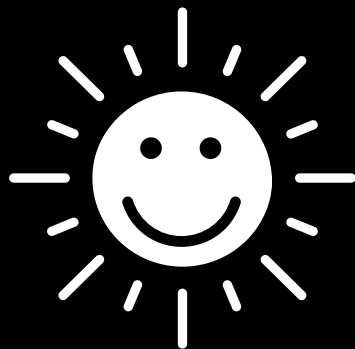


Rise & Shine



LUNCH

1. Pick your Base £3.99

- Wrap
- Panini
- White/Brown Baguette
- Softie
- Jacket Potato
- Gluten Free Sub Roll
- Beetroot Wrap
- Pumpernickle Panini

Espresso

Americano	£1.90/£2.40
Cappuccino	£2/2.50
Latte	£2/2.50
Macchiato	£1.90/2.40
Mocha	£2.40/2.70
Hot Chocolate	£2.10/2.40

East African Tea

£1.70 a Cup	£2.50 a Pot
English Breakfast	
Lemon & Ginger	
Virunga Earl Grey	
Green Tea & Peach	
Peppermint	
Redbush Decaff	

BREAKFAST

Hot Morning Roll	£2.50
Free Range Eggs, Bacon, Local Pork and Herb Sausages	
Fresh Muffin	£1.80
Lemon and White Chocolate or Blueberry	
Healthy Yoghurt	£3.00
With your choice of toppings & sauce (see snack board)	
Hot Porridge Pot	£2.00
Croissant	£1.50
With butter and jam	

Breakfast Deal

Small Hot Drink

+

Breakfast Item

£3

Tray Cakes £2.50

Great selection in Store

2. SUGGESTED FILLINGS (FEEL FREE TO CREATE YOUR OWN!)

HANGOVER

Chicken, Bacon, Sweetcorn,
Mayo & Mozzarella

URSULA

Tuna Mayo, Tomatoes,
Red Onion & Mozzarella

KING KONG (V)

Falafel, Sun-dried Tomatoes,
Red Onion, Feta & Pesto

SCOOBY SNACK

Chicken, Peanut Butter, Sweet
Chilli Sauce & Mozzarella

KEVIN BACON

Sausage, Bacon, Brie &
Cranberry Sauce

HAMMER OF THOR

Piri Piri Chicken, Chorizo, Nando's Hot
Sauce, Pesto, Sun-dried Tomatoes &
Mozzarella

JUGGERNAUT

Ham, Chicken, Pepperoni, Red
Onions, BBQ Sauce & Mozzarella

BOB MARLEY

Jerk Chicken, Reggae
Reggae Sauce & Mozzarella

JACK THE RIPPER (V)

Spicy Jack Fruit, Peppers, Sweetcorn,
Onions, Sweet Chilli Sauce

MANG-NETO

Mango Chicken, Red Onion,
Jalapeños & Mozzarella

DIABLO

Piri Piri Chicken, Nando's Hot
Sauce, Jalapeños & Mozzarella

THE JOKER

Chicken Tikka, Jalapeños,
Red Onion & Mozzarella

MIGHTY ZEUS

Chicken, Chorizo, Sun-dried
Tomatoes, Pesto & Mozzarella

GODFATHER

Sausage, Pepperoni, Olives, Italian Tomato
Sauce & Mozzarella

ELVIS PARSLEY

Hummus, Falafel, Sweetcorn,
Peppers, Olives & Onions

SALADS £4

Le Frog

Chicken, Brie, Peppers, Sun-dried Tomatoes,
Pesto & Walnuts

Mulan

Piri Piri Chicken, Falafel, Red Onion, Olives,
Feta, Honey & Lemon Dressing

Ranch

Chicken, Bacon, Red Onion, Olives
& Ranch Dressing

Big Fat Veggie

Falafel, Brie, Olives, Peppers, Sun-
dried Tomatoes & Pesto

Mocking Jay

Jack Fruit, Sweetcorn, Onions, Peppers, Olives,
Walnuts, Sweet Sesame & Soy Dressing

SNACKS

HUMMUS POT £2

A Portion of Carrots with a few
good dollops of Hummus

WEE SOUP OF THE DAY £2
LARGE SOUP OF THE DAY £3

YOGHURT POT £3

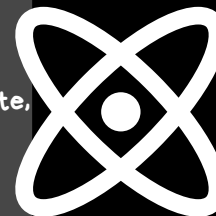
Toppings (Up to 3)
Granola, White Chocolate, Milk Chocolate,
Blueberries, Cranberries, Walnuts
Sauces (Choose 1)
Raspberry Coulis, Toffee, Honey

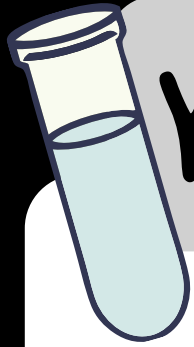
MAKE IT A MEAL DEAL

MAIN+ SNACK+ DRINK

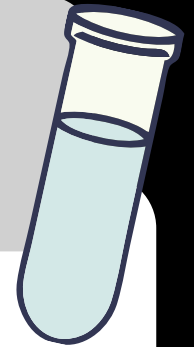
£5.80

*PRICE DEPENDENT ON DRINK





YOUNG SCIENTISTS MENU



Filled Soft Roll with a Choice of the
Following Fillings

Ham £1.75 Chicken Mayo £2.25

Cheese £1.75 Ham & Cheese £2.25

Tuna £1.75 Tuna Mayo £2.25