

GOOD MORNING WORLD!

	Regular		Large	
Americano	0 kcal	3.00	0 kcal	3.20
Latte	92 kcal	3.20	105 kcal	3.70
Cappuccino	85 kcal	3.20	101 kcal	3.70
Mocha	209 kcal	3.70	259 kcal	4.20
Hot chocolate	257 kcal	3.20	344 kcal	3.70
Flat white	75 kcal	3.70		
Espresso	0 kcal	2.30		
Breakfast tea	0 kcal	2.70		
Herbal infusion	0 kcal	3.00		

Bacon roll 568 kcal **£6.00**

Three rashers of red tractor assured bacon in a white crusty roll

Sausage roll 758 kcal **£6.00**

Two red tractor assured sausages in a white crusty roll

Halloumi roll 538 kcal **£6.00**

Marinated halloumi and tomato in a white crusty roll

Freshly baked pastries from **£2.95**



IF YOU HAVE ANY DIETARY REQUIREMENTS PLEASE SPEAK TO A TEAM MEMBER.

Adults need around 2000 calories per day

MENU

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Cappuccino	85 kcal 3.20	101 kcal 3.70
Mocha	209 kcal 3.70	259 kcal 4.20
Hot chocolate	257 kcal 3.20	344 kcal 3.70
Flat white	75 kcal 3.70	
Espresso	0 kcal 2.30	
Breakfast tea	0 kcal 2.70	
Herbal infusion	0 kcal 3.00	

Soup of the day Served with crusty roll and butter **7.25**

Pasties

Cornish 684 kcal	5.75
Cheese & onion 707 kcal	5.75
Keralan curry 940 kcal	6.00
Sausage roll 571 kcal	4.50

Jacket potatoes

Baked beans 476 kcal	8.00
Cheddar cheese 1008 kcal	8.00
Cheese and beans 671 kcal	8.25
Tuna mayo 518 kcal	8.25
Vegan bean chilli 557 kcal	8.25

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For the kids

Adventure box **5.95**

½ Jacket **4.75**

with cheese and beans

Childrens platter **6.95**

Hot dog **4.75**



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