

# GRAB & GO COLD



## BAGUETTES

Cheese Salad <b>v</b>	£2.00
Houmous & Roasted Vegetable <b>Ve</b>	£2.00
Tuna Cucumber	£2.10
Chicken Mayo & Spinach	£2.10
Chicken Tikka	£2.10
Ham & Cheese	£2.10
Firecracker Chicken	£2.40

All flavours also available as mini baguettes From £1.00

## SUBS

Cheese <b>v</b>	£1.50
Ham	£1.50
Chicken Mayo	£1.50
Tuna	£1.50

## WRAPS

Southern Spiced Chicken	£2.10
Chicken Tikka	£2.10
Tuna, Cucumber & Pepper	£2.10
Onion Bhaji <b>v</b>	£2.00
Falafel Market Wrap <b>Ve</b>	£1.75

## BLOOMERS

BLT	£1.85
Cheese Ploughmans <b>v</b>	£1.85
Chicken Bacon Club	£2.00

All flavours also available as mini bloomers From 95p

## PASTA POTS

Tuna Mayonnaise	£1.10
Tomato, Basil & Cheese <b>y</b>	£1.05
Green Power <b>v</b>	£1.25

## SELF-SERVE SALAD

Small <b>v</b>	£1.45
Large <b>v</b>	£1.80

## READY MADE SALADS

New Potato, Spinach & Egg <b>v / GF</b>	£1.10
Houmous, Spinach & Chilli Chickpeas <b>v</b>	£1.10
Bare Burrito Bowl	£2.75
Oriental Ponzu Noodle <b>Ve / GF</b>	£1.40
Chicken & Mango Noodle	£1.40

## VEGETABLE BAGS **Ve**

Carrot Sticks <b>GF</b>	50p
Mixed Stick Pot <b>GF</b>	60p
Crudite & Houmous Pot	£1.35

## FRUIT **Ve / GF**

(according to seasonality)

Apple; Orange; Banana (per piece)	40p
Fruit Salad	90p
Pineapple Pot	90p
Melon Pot	90p
Watermelon Pot	90p
Grape Pot	90p
Grape Bag	50p
Apple & Grape Bag	50p
Pineapple Bag	50p
Sultana Bag	50p
Orange Bag	50p

## DIPS

Light Mayo <b>v</b>	25p
Ketchup <b>v</b>	25p
BBQ Sauce <b>Ve</b>	25p
Sweet Chilli <b>Ve</b>	25p
Houmous <b>Ve</b>	40p

## GRAZE POTS

Houmous & Flatbread <b>Ve</b>	£1.35
Mini Naan & Raita <b>v</b>	£1.50
Nacho Tex Mex <b>Ve</b>	£1.50
Impulse Graze Pot <b>Ve</b>	£1.25

Mezze Box (veggie option available)	£2.50
Sushi Box - S (veggie option available)	£1.50
Sushi Box - L (veggie option available)	£2.50

