

# MID-MORNING BREAK

## HOT TO GO

Spinach and Egg Muffin  | Sausage and Cheese Muffin  
 Margherita Bagel Pizza  | Cheese Panini   
 Bacon Roll | Bacon Sandwich  
 Garlic and Lemon Chicken Wings | BBQ Chicken Wings  
 Spicy Piri Piri Chicken Wings  
 Pancake  | Waffle 

## FRUIT BASED

Pineapple Pot    
 Grape Pot    
 Granola Yoghurt and Berry Compote   

## SANDWICHES & BAGUETTES

Ham | Tuna Mayo | Cheese and Tomato   
 Toast with Spread   | Toasted Crumpet 

## HEALTHY

Berry and Vanilla Oat Smoothie     
 Cinnamon and Vanilla Oat Smoothie     
 Pineapple and Spinach Smoothie   

## SALAD POTS

Indian Chickpea   | Pesto Pasta     
 Tuna and Sweetcorn Pasta | Greek Salad  

## NEW

Chocolate Coconut Pretzel 

## AVAILABLE DAILY

Bananas, Apples and Oranges  




## CHOOSE FROM

White or Brown Bread 

## NEW

Chipotle Corn Pot   
 BBQ Corn Pot 

## CRUDITES

Carrots and Houmous    
 Cucumber and Houmous  

 Nutritionist's Choice  Vegetarian  Vegan  Oily Fish  Wholegrain  Halal

Our menu may be subject to change