

Grab & Go

Options – Available every day

Sandwiches

All served without salad

Cheese (1,5,6)(H)

Chicken Mayo (1,3,6,10)(H)

Chicken Tikka (1,3,6,7,10,14)(H)

Cajun Chicken (1,3,6,10,14)(H)

Egg Mayonnaise (1,3,6,10)

Ham (1,6)

Ham & Cheese (1,5,6)

Tuna Mayo (1,3,6,7,10)(H)

Tuna Cucumber (1,3,6,7,10)(H)

Turkey (1,5,6)

Jacket Potatoes

Served with a choice of toppings;

Cheese (5), Tuna Mayonnaise (3,7,10), Baked Beans

Salad Box

Lettuce, Cucumber, Tomato, Coleslaw, Crispy Onions with Kando's Chicken, Cheese, Tuna Mayo, Tuna Pasta or Sliced Egg. Please ask a member of staff for allergens.

Traybakes

Monday

Chocolate Crackle (1,5,14)

Tuesday

Banana Flapjack (1,14)

Wednesday

Chocolate Cherry Shortbread (1,3,5)

Thursday

Jam Doughnut (1)

Friday

Cookies (1,5,6) or Ice Cream (5)

Paninis

Cheese (1,5)(H)

Turkey Ham & Cheese (1,5)(H)

Pepperoni (1,5,6,10)(H)

Tuna Melt (1,5,7,10)(H)

Spicy Chicken (1,5)(H)

Kando's Chicken Bowl

Marinated Chicken thigh (H) (marinades change daily please ask a member of staff for allergens, always Gluten Free) served with Rice and BBQ Beans or Sweetcorn.

For Allergens see numbers in brackets next to each dish and refer to Allergens table.

Allergens table

 1 GLUTEN	 2 NUTS	 3 EGG	 4 SESAME
 5 MILK	 6 SOY	 7 FISH	 8 CELERY
 9 CRUSTACEAN	 10 MUSTARD	 11 MOLLUSCS	
 12 LUPINS	 13 PEANUTS	 14 SULPHITE	