

GRAB & GO!

Value sandwiches

Cheese (V); Egg mayonnaise (V) £1.30
Ham; Tuna; Chicken; Turkey & tomato £1.50

Baguettes

Chicken & sweetcorn; BBQ chicken;
Chicken, bacon & sweetcorn; Chicken salad
Egg mayonnaise (V); Cheese salad (V) £1.80

Tuna & cucumber; Coronation chicken
Chicken tikka; Ham & cheese £1.90

All flavours also available as mini
baguettes £1.00

Crusty cobs

Chicken mayonnaise; Ham; Cheese (V); Tuna £1.15

Wraps

Chicken tikka; Chicken, bacon & sweetcorn;
Southern style chicken; BBQ chicken;
Tuna & sweetcorn; Cheese & spring onion (V);
Coronation chicken; Peri peri chicken; £1.95

Artic flatbreads (V & Ve options available)

Available from £1.80

Bloomers

WOWbutter & jam (Ve) £1.80

Coronation Chicken; Pesto chicken & tomato;
Tuna & sweet pepper; Cheese ploughmans (V);
Chicken and bacon club £1.85

Panini

Cheese (V); Cheese & Bean (V); Cheese Salsa (V) £1.90

Vegetarian Sausage (Ve) £2.00

Chicken tikka; Ham & cheese; Tuna melt;
Chicken, bacon & sweetcorn £2.10

Hot 2 Go

Vegetarian twister (V) £1.60

Beef burger £1.85

Margherita pizza wrap (V); Ham & cheese
pizza wrap; BBQ chicken pizza wrap;
Chicken tikka pizza wrap £1.90

Cheese burger; V burger (Ve)
Kofta naan; Chicken naan; Chicken pitta;
Kofta pitta; Vegetarian chilli burrito (V)
Chicken fajita burrito; Beef chilli burrito £1.95

BBQ posh dog; Peri peri posh dog; Sage &
onion posh dog £2.00

Chicken burger; Chicken mayo twister;
BBQ chicken twister; Chicken salsa twister £2.10



innovate
my goodness!

Not all menu items will be available all the time.

(V) is for vegetarian, (Ve) is for vegan and (GF) is for gluten free.