

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  

PRETZELS

Chocolate Coconut Pretzel 
Cinnamon Pretzel 
Cheesy BBQ Pretzel 

AVAILABLE DAILY

Bananas, Apples and Oranges 

CHOOSE FROM

White or Brown Bread 

CORN POTS

Chipotle Corn Pot 
BBQ Corn Pot 

CRUDITES

Carrots and Houmous  
Cucumber and Houmous  