

**TBH FREE BREAKFAST CLUB -  
SERVED 7.15AM UNTIL 8.15AM**

**Served  
all week**

- Apple & Cinnamon Porridge
- New York Bagel and Jam
- Wholemeal Toast and Jam
- Fresh Natural Yoghurt & Fruit Pot
- Fresh Fruit
- Selection of cereals
  - Wheat Biscuits
  - Cornflakes
  - Rice Crispies
  - G/F & D/F options available

|                                                  | BREAK SNACKS                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           | BREAK SPECIAL               |
|--------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------|
| Monday                                           | <ul style="list-style-type: none"><li>• H/M Cinnamon Swirl - £1.10 (v)</li><li>• Hash Brown - £0.70 (ve &amp; GF)</li><li>• Medium Sausage Roll - £1.75</li><li>• Homemade Cheese &amp; Bean Slice - £1.30 (v)</li><li>• Homemade Cheese &amp; Bacon Slice - £1.50</li><li>• Pizza Topper - £1.30 (v)</li><li>• Bacon Baguette - £1.80</li><li>• Cheese, Bacon and Hash Brown Wrap - £1.40</li><li>• Cheese, Bean &amp; Hash Brown Wrap - £1.40 (v)</li><li>• Ham &amp; Cheese Bagel - £1.60</li></ul> | Cinnamon bun (v) - £1.00    |
| Tuesday                                          |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        | Pesto Veg Wheel (v) - £1.00 |
| Wednesday                                        |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        | Cinnamon bun (v) - £1.00    |
| Thursday                                         |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        | Lemon & Jam Bun (v) - £1.00 |
| Friday                                           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        | Cinnamon bun (v) - £1.00    |
| (V) - Vegetarian, (Ve) - Vegan, (GF) Gluten Free |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |                             |

### COLD FRIDGE OPTIONS

#### Sandwiches: From £1.50

- Cheese
- Cheese & Ham
- Cheese Salad
- Ham
- Ham Salad
- Egg Mayo Cress
- Pesto & Crunchy Veg
- Tuna & Sweetcorn

#### Wraps: £1.75

- Cheese Salad
- Ham Salad
- Tuna & Sweetcorn
- Rainbow Veggie

#### Baguettes: £2.25

- Ham Salad
- Chicken Tikka & Lettuce
- Egg Mayo Cress
- Rainbow Veggie

#### Cold Pasta Pots: £1.95

**from:** BBQ Chicken & Sweetcorn, Gammon & Pea, Mixed Veg with Lemon & Herb, Tuna Crunch, Rainbow Veg

#### Fresh Fruit Pots: £1.10

**from:** Watermelon Slices, Melon & Satsuma, Watermelon & Grape

#### Quiche Salad Pots: £1.75

**from:** Cheese & Broccoli, Cheese & Red Onion, Cheese & Tomato, Cheese & White Onion

**All Options are included in the meal deal (Fruit is a side option)**

| All Cakes<br>95p | WEEK 1                                                                         | WEEK 2                                                                              | WEEK 3                                                                         |
|------------------|--------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|--------------------------------------------------------------------------------|
| Monday           | <ul style="list-style-type: none"> <li>• Plain Flapjack</li> </ul>             | <ul style="list-style-type: none"> <li>• Old School sponge cake</li> </ul>          | <ul style="list-style-type: none"> <li>• Vanilla &amp; Apple Muffin</li> </ul> |
| Tuesday          | <ul style="list-style-type: none"> <li>• Lemon &amp; Raspberry Cake</li> </ul> | <ul style="list-style-type: none"> <li>• Oat &amp; Fruit Coconut biscuit</li> </ul> | <ul style="list-style-type: none"> <li>• Custard Biscuit</li> </ul>            |
| Wednesday        | <ul style="list-style-type: none"> <li>• Banana Bread</li> </ul>               | <ul style="list-style-type: none"> <li>• Chocolate Biscuit</li> </ul>               | <ul style="list-style-type: none"> <li>• Lemon Drizzle Cake</li> </ul>         |
| Thursday         | <ul style="list-style-type: none"> <li>• Thumb Print Biscuit</li> </ul>        | <ul style="list-style-type: none"> <li>• Orange &amp; Ginger Cake</li> </ul>        | <ul style="list-style-type: none"> <li>• Shortbread Yoghurt biscuit</li> </ul> |
| Friday           | <ul style="list-style-type: none"> <li>• Devils Chocolate Cake</li> </ul>      | <ul style="list-style-type: none"> <li>• Chocolate Cake</li> </ul>                  | <ul style="list-style-type: none"> <li>• Pineapple upside down cake</li> </ul> |

Check the allergens guide for cakes - Fruit, Jelly and Yoghurt pots available

### LUNCH PRICES

**Main Meals**  
**£2.30**

**Grab 'n' Go**  
**£2.30**

**Oven Baked Slab**  
**£2.30**

**Loaded Pots**  
**£2.30**

**Street Trays**  
**£2.30**

**Burger Bar**  
**£2.30**

why not add cake, a fruit pot or a yoghurt with a small water for  
**£3.10**

Hot Quiche - £1.10  
Hot Quiche & Salad Bar - £2.00

Light Bites:  
Nacho Pot & topping - £1.70  
Pasta & Cheese - £1.50