

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

Cookies (1,5,6)(H)

Tuesday

Apple & Cinnamon Flapjack (1)(H)

Wednesday

Chocolate & Cranberry Crunch (1,3)(H)

Thursday

Chocolate Tiffin (1,5,6)(H)

Friday

Doughnut (1,14)(H)

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 | |