



SPEEDY ITALIAN

Cheese & Tomato Sicilian Pizza [v] Veggie Hot One Pizza [v] Tomato & Chunky Veg Pasta [v]



JAPANESE

CHINESE

Teriyaki Salmon **Wholegrain Rice** Sweet Chilli Broccoli

Sweet & Sour Quorn [v]

Beggars Noodles

Stir Fried Greens



WINGS & THINGS

DEEP SOUTH DINER

Paprika Wedges

Caesar Salad

Choose a main: Special Marinated Roast Chicken Leg with Piri Piri or Lemon & Herb OR Spicy Veg & Bean Quesadilla [v] **Spicy Rice**

Choose a main: New York Hot Dog OR Quorn & Mushroom Burger [v]



- DEEP SOUTH-

SPEEDY ITALIAN

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Carbonara Pasta

Hawaiian Pizza Veggie Bolognese Pasta [v] Margherita Pizza [v]





INDIAN

Butter Chicken Bombay Potatoes Chana Saag [Indian Spiced Spinach]



DEEP SOUTH DINER

Crushed Chilli Peas

Choose a main: Chilli Beef Nachos OR Tabasco Spiced Jambalaya [v] **Baked Garlic & Herb Wedges**







MEXICAN

Beef Enchilada Wholegrain Rice Half Corn on the Cob



WINGS & THINGS

Green Salad

Choose a main: Chicken Fillet Wrap with BBQ or Sticky Tabasco **OR** Grilled Piri Butternut & Halloumi Skewers [v] Mash



SPEEDY ITALIAN

Beef Lasagne

3 Cheese Sicilian Pizza [v] Arrabbiata Pasta [v]

Quorn & Mushroom Pizza [v]





Home-made Battered Pollack

Chips Peas



DEEP SOUTH DINER

Sweet Chilli Beans

Choose a main: BBQ Pulled Pork Pitta OR BBQ Pulled Quorn Wrap [v] Chips

Apple Slaw



SPEEDY ITALIAN

BBO Chicken Pizza Ham & Mushroom Pizza Margherita Pizza [v]





a selection of delicious baguettes, paninis, toasties and sandwiches and NEW exciting **salad pots** every day.

Fruit, yoghurt & granola pots are available to enjoy daily.

Look out for MUNCH - our mid-morning break offer available for you to enjoy **Monday-Friday**













Sweet Potato & Bean Coconut Stew [v]

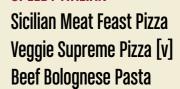




Sticky Tabasco OR Feta & Beetroot Burger [v]



SPEEDY ITALIAN





THAI

CARIBBEAN

Flatbread

Mixed Greens

Thai Red Chicken Curry **Sticky Jasmine Rice** Pad Ped Jay [Thai Vegetable Stir Fry]



DEEP SOUTH DINER

Paprika Wedges

House Slaw

WINGS & THINGS

Choose a main: Lettuce Beef Burger with Sweet Tomato Salsa **OR** Veggie Chilli Tacos [v]

Choose a main: Chicken Thigh Flatbread Wrap with Lemon & Herb or





WINGS

THINGS

SPEEDY ITALIAN

Cajun Chicken Sizzler Pizza Margherita Pizza [v] **BBO Chicken Pasta**



BRITISH

Roast Pork & Apple Sauce **Roast Potatoes** Peas & Carrots



WINGS & THINGS

Choose a main: Chicken Fillet Ciabatta brushed with BBQ or Piri Piri **OR** Halloumi & Mushroom Wrap [v] **Spicy Rice**



SPEEDY ITALIAN

Quorn & Vegetable Lasagne [v] Tomato & Chunky Veg Pasta [v] Chicken Supreme Pizza



JAPANESE

Katsu Chicken Curry **Wholegrain Rice** Pickled Cucumber with Chilli



DEEP SOUTH DINER

Sweet Chilli Slaw

Choose a main: Cajun Chilli & Beans OR Loaded Triple Mac 'N' Cheese [v] **Baked Spicy Sweet Potato Chips Crunchy Salad**



SPEEDY ITALIAN

Margherita Pizza [v] Italian Chicken Pasta Veggie Hot One Pizza [v]



MEXICAN

Mexican Veggie Fajita [v] Tex Mex Wedges with Sour Cream & Scallions Chargrilled Courgettes with Pico de Gallo



WINGS & THINGS

Choose a main: Special Marinated Roast Chicken Drumsticks with Lemon & Herb or Sticky Tabasco OR Veggie Quarter Pounder [v] Tex Mex Wedges with Sour Cream & Scallions Roasted Corn on the Cob



SPEEDY ITALIAN

Sicilian Cheese & Tomato Pizza [v] Arrabbiata Pasta [v]



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CRUNCH를 TANGY & LUNCH 50



INDIAN

Paneer Balti [v] **Wholegrain Rice** Coconut & Green Bean Stir Fry



WINGS & THINGS

Choose a main: Roast Chicken Wings brushed with Lemon & Herb or Sticky Tabasco **OR** Mushroom, Monterey Cheese & Chilli Jam Bun [v] **Baked Paprika Wedges**



SPEEDY ITALIAN

Beef Bolognese Pasta Mozzarella & Tomato Sicilian Pizza [v] **Bacon Pizza**



CARIBBEAN

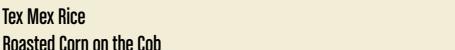
Jerk Chicken with Rice & Peas Spinach & Coconut Slaw



DEEP SOUTH DINER

Red Slaw

Choose a main: Mexican Beef Chilli OR Sweet Potato Gumbo [v] **Tex Mex Rice**





SPEEDY ITALIAN

Tuna & Sweetcorn Pizza Herby Tomato Pasta [v]



CHINESE

Char Sui Pork **Singapore Rice Noodles Wok-Tossed Oriental Vegetables**



WINGS & THINGS

Choose a main: Chicken Thigh Ciabatta brushed with BBQ or Piri Piri **OR** Cajun Baked Aubergine & Polenta Burger [v] **Cajun Wedges**



DEEP SOUTH-



Veggie Lasagne [v]

SPEEDY ITALIAN



Japanese

Mushy Peas

Tempura Battered Pollack & Katsu Sauce Chips



DEEP SOUTH DINER

Chilli Sweetcorn

Choose a main: Beef Burger OR Sweet Potato & Black Bean Enchilada [v]



House Slaw



Smoky Chicken Pasta Margherita Pizza [v] Sicilian Meat Feast Pizza



BRITISH

Sausage & Mash **Red Onion Gravy** Carrots



WINGS & THINGS

Choose a main: Chicken Fillet Wrap with Lemon & Herb or BBO OR Cauliflower & Creamed Corn Bake [v]

Garlic Bread BBQ Beans



SPEEDY ITALIAN

Veggie Hot One Pizza [v] Caiun Sizzler Pizza Veg Bolognese Pasta Sauce [v]



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