





























Item	Price	Calories per serving	Contains Allergens	May Contain Allergens	Other Properties
<b>Cheesecake pots</b>					
Toffee Cheesecake (Homemade) - 1 Serving		<b>413</b> Kcal	 WHEAT  MILK	 SOYA	 VEGETARIAN
Blueberry Cheesecake (Homemade) - 1 Serving		<b>353</b> Kcal	 WHEAT  MILK	 SOYA	 VEGETARIAN
Lemon Curd Cheesecake (Homemade) - 1 Serving		<b>415</b> Kcal	 WHEAT  EGGS  MILK	 SOYA	 VEGETARIAN
Oreo Cheesecake (Homemade) - 1 Serving		<b>411</b> Kcal	 WHEAT  MILK  SOYA		 VEGETARIAN
Plain Cheesecake Filling Homemade - 1 Serving		<b>238</b> Kcal	 MILK		 VEGETARIAN
<b>Fruit pots</b>					
Watermelon Pot - 1 Serving		<b>42</b> Kcal			 VEGETARIAN  VEGAN
Honey Dew Melon - 1 Serving		<b>32</b> Kcal			 VEGETARIAN  VEGAN
Pineapple - 1 Serving		<b>74</b> Kcal			 VEGETARIAN  VEGAN
Fruit Pot - 1 Serving		<b>57</b> Kcal			 VEGETARIAN  VEGAN
<b>Jelly pots</b>					

Raspberry Jelly - 1 Serving	8Kcal			 VEGETARIAN  VEGAN
Strawberry Jelly - 1 Serving	8Kcal			 VEGETARIAN  VEGAN
Orange Jelly - 1 Serving	8Kcal			 VEGETARIAN  VEGAN

### Mousse pots














Chocolate Mousse (Moosebreak) - 1 Serving	122Kcal	 MILK		 VEGETARIAN
Chocolate Mousse (Wibble) - 1 Serving	8Kcal	 MILK		 VEGETARIAN
Strawberry Mousse (Wibble) - 1 Serving	8Kcal	 MILK		 VEGETARIAN
Caramel Mousse (Wibble) - 1 Serving	8Kcal	 MILK		 VEGETARIAN
Strawberry Mousse (Moosebreak) - 1 Serving	130Kcal	 MILK		 VEGETARIAN







### Salad Box / Pots

Chicken & Bacon Pasta Salad - 1 Serving	402Kcal	 WHEAT	 EGGS	 MUSTARD	 SOYA	
Tomato & Basil Pasta Salad with Cheese - 1 Serving	352Kcal	 WHEAT	 MILK	 MUSTARD	 SOYA	 VEGETARIAN
Tomato & Basil Pasta Salad - 1 Serving	249Kcal	 WHEAT		 MUSTARD	 SOYA	 VEGETARIAN  VEGAN
Chicken & Sweetcorn Pasta Salad - 1 Serving	395Kcal	 WHEAT	 EGGS	 MUSTARD	 SOYA	
Chicken & Sweetcorn Pasta Salad (Halal) - 1 Serving	400Kcal	 WHEAT	 EGGS	 MUSTARD	 SOYA	
Tuna & Sweetcorn Pasta Salad - 1 Serving	394Kcal	 WHEAT	 EGGS	 FISH	 MUSTARD	 SOYA










Egg Mayonnaise Salad - 1 Serving	232Kcal	 EGGS	 MUSTARD		
Chicken & Bacon Salad - 1 Serving	178Kcal	 EGGS	 MUSTARD		
Chicken Mayonnaise Box Salad - 1 Serving	171Kcal	 EGGS	 MUSTARD		
Chicken Mayonnaise Box Salad (Halal) - 1 Serving	176Kcal	 EGGS	 MUSTARD		
Cheddar Cheese Box Salad - 1 Serving	293Kcal	 MILK	 MUSTARD	 VEGETARIAN	
Crunchy Houmous Salad - 1 Serving	283Kcal	 MUSTARD	 SESAME	 VEGETARIAN	 VEGAN
Ham Salad - 1 Serving	99Kcal	 MUSTARD			

### Savoury Grab & Go























Nachos with Salsa - 1 Serving	207Kcal			 VEGETARIAN	 VEGAN
Nachos with Sweet Chilli - 1 Serving	255Kcal			 VEGETARIAN	 VEGAN
Nachos with Sour Cream - 1 Serving	398Kcal	 EGGS	 MILK	 MUSTARD	 VEGETARIAN
Crudites with Houmous - 1 Serving	152Kcal	 SESAME		 VEGETARIAN	 VEGAN
Crudites with Salsa - 1 Serving	53Kcal			 VEGETARIAN	 VEGAN
Crudites with Sweet Chilli Sauce - 1 Serving	101Kcal				

Crudites with Sour Cream - 1 Serving	243Kcal	 EGGS  MILK  MUSTARD		
Crudites with Mayonnaise - 1 Serving	146Kcal	 EGGS		
Popcorn - 1 Serving	60Kcal			 VEGETARIAN  VEGAN

### yoghurt pots

Yoghurt with Raspberry Puree - 1 Serving	195Kcal	 MILK		 VEGETARIAN
Yoghurt with Strawberry Puree - 1 Serving	192Kcal	 MILK		 VEGETARIAN
Yoghurt, Strawberry & Granola - 1 Serving	258Kcal	 OATS  MILK	 WHEAT, BARLEY	 VEGETARIAN
Yoghurt, Raspberry & Granola - 1 Serving	307Kcal	 OATS  MILK	 WHEAT, BARLEY	 VEGETARIAN


























### Sandwiches




Cheese and Ham Sandwich (B) - 1 Serving	373Kcal	 WHEAT  MILK	 OATS, BARLEY, RYE	
Cheese and Ham Sandwich (W) - 1 Serving	401Kcal	 WHEAT  MILK	 OATS, BARLEY, RYE	
Cheese and Tomato Sandwich (B) - 1 Serving	390Kcal	 WHEAT  MILK	 OATS, BARLEY, RYE	 VEGETARIAN
Cheese and Tomato Sandwich (W) - 1 Serving	418Kcal	 WHEAT  MILK	 OATS, BARLEY, RYE	 VEGETARIAN
Ham Sandwich (W) - 1 Serving	295Kcal	 WHEAT	 OATS, BARLEY, RYE	
Ham Sandwich (B) - 1 Serving	267Kcal	 WHEAT	 OATS, BARLEY, RYE	
Ham Salad Sandwich (B) - 1 Serving	273Kcal	 WHEAT	 OATS, BARLEY, RYE	
Ham Salad Sandwich (W) - 1 Serving	301Kcal	 WHEAT	 OATS, BARLEY, RYE	

Egg Mayonnaise Sandwich (W) - 1 Serving	392Kcal	 WHEAT	 EGGS	 OATS, BARLEY, RYE	 VEGETARIAN
Egg Mayonnaise Sandwich (B) - 1 Serving	378Kcal	 WHEAT	 EGGS	 OATS, BARLEY, RYE	 VEGETARIAN
Chicken Mayonnaise Sandwich (W) - 1 Serving	379Kcal	 WHEAT	 EGGS	 OATS, BARLEY, RYE	
Chicken Mayonnaise Sandwich (W) (Halal) - 1 Serving	387Kcal	 WHEAT	 EGGS	 OATS, BARLEY, RYE	
Chicken Mayonnaise Sandwich (B) (Halal) - 1 Serving	314Kcal	 WHEAT	 EGGS	 OATS, BARLEY, RYE	
Chicken Mayonnaise Sandwich (B) - 1 Serving	317Kcal	 WHEAT	 EGGS	 OATS, BARLEY, RYE	
Chicken, Salad With Mayonnaise Sandwich (W) (Halal) - 1 Serving	346Kcal	 WHEAT	 EGGS	 OATS, BARLEY, RYE	
Chicken, Salad With Mayonnaise Sandwich (W) - 1 Serving	323Kcal	 WHEAT	 EGGS	 OATS, BARLEY, RYE	
Chicken, Salad With Mayonnaise Sandwich (B) (Halal) - 1 Serving	318Kcal	 WHEAT	 EGGS	 OATS, BARLEY, RYE	
Chicken, Salad With Mayonnaise Sandwich (B) - 1 Serving	321Kcal	 WHEAT	 EGGS	 OATS, BARLEY, RYE	
Chicken Salad & Mayonnaise Sandwich (W) - 1 Serving	385Kcal	 WHEAT	 EGGS	 OATS, BARLEY, RYE	
Cheese Sandwich (W) - 1 Serving	412Kcal	 WHEAT	 MILK	 OATS, BARLEY, RYE	 VEGETARIAN
Chicken, Bacon & Mayonnaise Sandwich (W) - 1 Serving	382Kcal	 WHEAT	 EGGS	 OATS, BARLEY, RYE	
Chicken, Bacon & Mayonnaise Sandwich (B) - 1 Serving	354Kcal	 WHEAT	 EGGS	 OATS, BARLEY, RYE	
Cheese Sandwich (B) - 1 Serving	385Kcal	 WHEAT	 MILK	 OATS, BARLEY, RYE	 VEGETARIAN
Tuna Mayonnaise & Cucumber Sandwich (B) - 1 Serving	337Kcal	 WHEAT	 EGGS	 FISH	 OATS, BARLEY, RYE







Tuna Mayonnaise Sandwich (B) - 1 Serving	289Kcal	 WHEAT	 EGGS	 FISH	 OATS, BARLEY, RYE	
Tuna Mayonnaise Sandwich (W) - 1 Serving	347Kcal	 WHEAT	 EGGS	 FISH	 OATS, BARLEY, RYE	
Bacon, Lettuce & Tomato Sandwich (B) - 1 Serving	396Kcal	 WHEAT	 EGGS		 OATS, BARLEY, RYE	
Bacon, Lettuce & Tomato Sandwich (W) - 1 Serving	453Kcal	 WHEAT	 EGGS		 OATS, BARLEY, RYE	

### Baguettes










Tuna & Sweetcorn Mayonnaise Baguette - 1 Serving	501Kcal	 WHEAT	 EGGS	 FISH	 BARLEY	 SESAME	
Tuna Mayonnaise & Cucumber Baguette - 1 Serving	482Kcal	 WHEAT	 EGGS	 FISH	 BARLEY	 SESAME	
Chicken & Bacon Mayonnaise Baguette - 1 Serving	497Kcal	 WHEAT	 EGGS		 BARLEY	 SESAME	
Chicken Mayonnaise Baguette - 1 Serving	462Kcal	 WHEAT	 EGGS		 BARLEY	 SESAME	
Chicken Mayonnaise Baguette (Halal) - 1 Serving	470Kcal	 WHEAT	 EGGS		 BARLEY	 SESAME	
Chicken & Sweetcorn Mayonnaise Baguette (Halal) - 1 Serving	509Kcal	 WHEAT	 EGGS		 BARLEY	 SESAME	
Chicken & Sweetcorn Mayonnaise Baguette - 1 Serving	501Kcal	 WHEAT	 EGGS		 BARLEY	 SESAME	
Chicken Salad With Mayonnaise Baguette - 1 Serving	485Kcal	 WHEAT	 EGGS		 BARLEY	 SESAME	
Chicken Salad With Mayonnaise Baguette (Halal) - 1 Serving	494Kcal	 WHEAT	 EGGS		 BARLEY	 SESAME	
Cheese Baguette - 1 Serving	632Kcal	 WHEAT	 MILK		 BARLEY	 SESAME	
Cheese & Ham Baguette - 1 Serving	537Kcal	 WHEAT	 MILK		 BARLEY	 SESAME	
Bacon, Lettuce & Tomato with Mayonnaise Baguette - 1 Serving	545Kcal	 WHEAT	 EGGS		 BARLEY	 SESAME	
Cheese Salad Baguette - 1 Serving	639Kcal	 WHEAT	 MILK		 BARLEY	 SESAME	 VEGETARIAN

Tuna Mayonnaise Baguette - 1 Serving	479Kcal	 WHEAT  EGGS  FISH	 BARLEY  SESAME	
Ham Baguette - 1 Serving	453Kcal	 WHEAT	 BARLEY  SESAME	
Egg Mayonnaise Baguette - 1 Serving	484Kcal	 WHEAT  EGGS	 BARLEY  SESAME	 VEGETARIAN
Cheese & Tomato Baguette - 1 Serving	636Kcal	 WHEAT  MILK	 BARLEY  SESAME	 VEGETARIAN

### Wraps






Houmous & Roasted Vegetable Wrap - 1 Serving	350Kcal	 WHEAT  SESAME		 VEGETARIAN  VEGAN
Falafel & Houmous Wrap - 1 Serving	494Kcal	 WHEAT  SESAME		 VEGETARIAN  VEGAN
Chicken Salad With Mayonnaise Wrap - 1 Serving	287Kcal	 WHEAT  EGGS		
Chicken Salad With Mayonnaise Wrap (Halal) - 1 Serving	292Kcal	 WHEAT  EGGS		
Chicken & Cucumber With Mayonnaise Wrap (Halal) - 1 Serving	284Kcal	 WHEAT  EGGS		
Chicken & Cucumber With Mayonnaise Wrap - 1 Serving	279Kcal	 WHEAT  EGGS		
Tuna mayonnaise Wrap - 1 Serving	311Kcal	 WHEAT  EGGS  FISH		
Ham Wrap - 1 Serving	245Kcal	 WHEAT		
Cheese Salad Wrap - 1 Serving	511Kcal	 WHEAT  MILK		 VEGETARIAN

### Hot Panini/ bagel/ toastie







Cheese & Tomato Panini. - 1 Serving	509Kcal	 WHEAT  MILK	 BARLEY  SESAME	 VEGETARIAN
Cheese & Pepperoni Panini. - 1 Serving	581Kcal	 WHEAT  MILK	 BARLEY  SESAME	





































Cheese & Pepperoni Panini (Halal) - 1 Serving	552Kcal	 WHEAT  MILK	 BARLEY  EGGS  CELERY  MUSTARD  SESAME  SOYA	
Cheese & Ham Panini. - 1 Serving	542Kcal	 WHEAT  MILK	 BARLEY  SESAME	
Tuna & Cheese Panini. - 1 Serving	606Kcal	 WHEAT  EGGS  MILK  FISH	 BARLEY  SESAME	
BBQ Chicken Panini. - 1 Serving	565Kcal	 WHEAT, BARLEY  MILK  CELERY  SOYA	 SESAME	
BBQ Chicken Panini (Halal) - 1 Serving	569Kcal	 WHEAT, BARLEY  MILK  CELERY  SOYA	 SESAME	
Cheese & BBQ Chicken Panini (Halal) - 1 Serving	547Kcal	 WHEAT, BARLEY  MILK  CELERY  SOYA	 SESAME	
Chicken Tikka & Cheese Panini. - 1 Serving	557Kcal	 WHEAT  MILK	 BARLEY  SESAME	
Chicken Tikka & Cheese Panini (Halal) - 1 Serving	539Kcal	 WHEAT  MILK	 BARLEY  SESAME	
Pizza Pepperoni Bagel. - 1 Serving	275Kcal	 WHEAT, BARLEY, RYE  MILK	 SESAME	
Pizza Pepperoni Bagel (Halal) - 1 Serving	264Kcal	 WHEAT, BARLEY, RYE  MILK	 EGGS  CELERY  MUSTARD  SESAME  SOYA	
Pizza Bagel. - 1 Serving	235Kcal	 WHEAT, BARLEY, RYE  MILK	 SESAME	
Cheese & Tomato Toastie - 1 Serving	396Kcal	 WHEAT  MILK	 OATS, BARLEY, RYE	 VEGETARIAN






















Cheese and Ham Toastie - 1 Serving	420Kcal	 		
Tuna Sweetcorn Melt Toastie - 1 Serving	399Kcal	  		
TUGO Pizza Margherita - 1 Serving	233Kcal	 		
TUGO Pepperoni Pizza - 1 Serving	309Kcal	 		
TUGO Pepperoni Pizza (Halal) - 1 Serving	411Kcal	 	   	

### Breakfast items

Sausage Roll - Bap - 1 Serving	410Kcal	  		
Sausage Roll - Bap Halal - 1 Serving	303Kcal	  		
Bacon Roll - 1 Serving	312Kcal	 		
Bacon Muffin - 1 Serving	306Kcal	 		
Bacon & Egg Muffin - 1 Serving	315Kcal	   		
Egg & Cheese Muffin - 1 Serving	259Kcal	   		
Sausage Muffin - 1 Serving	438Kcal	  		
Sausage Muffin (Halal) - 1 Serving	332Kcal	  		

Sausage & Egg Muffin - 1 Serving	405Kcal	 WHEAT  SOYA  EGGS  SULPHITES  MILK	 SESAME	
Sausage & Egg Muffin Halal - 1 Serving	391Kcal	 WHEAT  SOYA  EGGS  SULPHITES  MILK	 SESAME	
Cheese on Toast - 1 Serving	256Kcal	 WHEAT  MILK	 OATS, BARLEY, RYE	 VEGETARIAN
White Toast - 1 Serving	168Kcal	 WHEAT	 OATS, BARLEY, RYE	 VEGETARIAN  VEGAN
Brown Toast - 1 Serving	151Kcal	 WHEAT	 OATS, BARLEY, RYE	 VEGETARIAN  VEGAN
Toasted Teacakes - 1 Serving	296Kcal	 WHEAT	 SESAME	 VEGETARIAN
Crumpet - 1 Serving	137Kcal	 WHEAT		 VEGETARIAN  VEGAN
All Day Breakfast Pot - with egg - 1 Serving	312Kcal	 WHEAT  SOYA  EGGS  SULPHITES  MILK		
All Day Breakfast Pot - Halal - 1 Serving	414Kcal	 WHEAT  SULPHITES  EGGS  MILK		
All Day Breakfast Pot - no egg - 1 Serving	414Kcal	 WHEAT  SOYA  SULPHITES		
Porridge - 1 Serving	281Kcal	 OATS  MILK	 WHEAT, BARLEY	 VEGETARIAN
Waffle & Sauce - 1 Serving	398Kcal	 WHEAT  SOYA  EGGS  MILK		 VEGETARIAN

Beans On Toast - 1 Serving	269Kcal	 WHEAT	 OATS, BARLEY, RYE	 VEGETARIAN  VEGAN
Hash Browns x2 - 1 Serving	139Kcal			 VEGETARIAN  VEGAN
Vegan Sausage Roll - 1 Serving	384Kcal	 WHEAT, BARLEY	 SOYA	 MILK  VEGETARIAN  VEGAN
Sausage Roll - 1 Serving	367Kcal	 WHEAT	 SULPHITES	
Buttermilk Pancakes - 1 Serving	142Kcal	 WHEAT	 EGGS	 MILK  VEGETARIAN
Bacon & Cheese Pastry Turnover - 1 Serving	382Kcal	 WHEAT	 MILK	
Sausage & Cheese Pastry Turnover - 1 Serving	487Kcal	 WHEAT	 MILK	 SOYA
Sausage & Cheese Pastry Turnover (Halal) - 1 Serving	415Kcal	 WHEAT	 MILK	 SULPHITES