

Menu

↳ Grab & Go 2025



Name	Portion Name	Portion Size g	Label Energy kcal	Label Energy kJ	Label Carbohydrate g	Label Protein g	Label Sugars g	Nutri-Score
Cheesecake pots								
Toffee Cheesecake (Homemade)	1 Serving	129	413	1723	41	5.2	25	(E)
Blueberry Cheesecake (Homemade)	1 Serving	123	353	1470	27	5.1	17	(D)
Lemon Curd Cheesecake (Homemade)	1 Serving	129	415	1731	40	5.2	28	(E)
Oreo Cheesecake (Homemade)	1 Serving	122	411	1714	36	5.7	21	(E)
Plain Cheesecake Filling Homemade	1 Serving	83	238	988	10	3.7	9.8	(D)
Fruit pots								
Watermelon Pot	1 Serving	160	42	177	9	0.8	9	(B)
Honey Dew Melon	1 Serving	160	32	136	6.7	0.6	6.7	(B)
Pineapple	1 Serving	160	74	313	16	0.6	16	(B)
Fruit Pot	1 Serving	160	57	243	13	0.7	13	(B)
Jelly pots								
Raspberry Jelly	1 Serving	209	8	33	1.6	0	0.7	(B)
Strawberry Jelly	1 Serving	209	8	33	1.6	0	0.7	(B)
Orange Jelly	1 Serving	209	8	33	1.6	0	0.7	(B)
Mousse pots								
Chocolate Mousse (Moosebreak)	1 Serving	143	122	514	16	5.6	13	(C)
Chocolate Mousse (Wibble)	1 Serving	50	8	33	1.1	0.5	0.8	(B)
Strawberry Mousse (Wibble)	1 Serving	50	8	34	1.2	0.5	0.8	(B)
Caramel Mousse (Wibble)	1 Serving	50	8	34	1.2	0.5	0.8	(B)
Strawberry Mousse (Moosebreak)	1 Serving	143	130	549	19	5	16	(C)
Salad Box / Pots								
Chicken & Bacon Pasta Salad	1 Serving	160	402	1689	46	19	3.3	(B)
Tomato & Basil Pasta Salad with Che...	1 Serving	165	352	1483	51	14	6	(B)

Tomato & Basil Pasta Salad	1 Serving	140	249	1056	50	7.8	6	(A)
Chicken & Sweetcorn Pasta Salad	1 Serving	180	395	1662	49	19	3.9	(A)
Chicken & Sweetcorn Pasta Salad (H...	1 Serving	180	400	1684	50	20	4.9	(A)
Tuna & Sweetcorn Pasta Salad	1 Serving	180	394	1657	49	20	3.9	(A)
Egg Mayonnaise Salad	1 Serving	296	232	964	9.7	13	6.1	(B)
Chicken & Bacon Salad	1 Serving	261	178	743	9.4	13	5.9	(A)
Chicken Mayonnaise Box Salad	1 Serving	261	171	714	9.7	13	6.1	(A)
Chicken Mayonnaise Box Salad (Halal)	1 Serving	261	176	735	11	14	7.1	(A)
Cheddar Cheese Box Salad	1 Serving	211	293	1218	8.3	17	4.7	(C)
Crunchy Houmous Salad	1 Serving	266	283	1177	17	8.2	5.2	(A)
Ham Salad	1 Serving	236	99	416	9.8	9.4	5.7	(A)
Savoury Grab & Go								
Nachos with Salsa	1 Serving	80	207	869	29	2.9	3.2	(B)
Nachos with Sweet Chilli	1 Serving	80	255	1073	41	2.7	14	(D)
Nachos with Sour Cream	1 Serving	80	398	1652	27	3	2.2	(D)
Crudites with Houmous	1 Serving	170	152	631	11	4.1	5.7	(A)
Crudites with Salsa	1 Serving	170	53	222	9.9	1.3	8.3	(B)
Crudites with Sweet Chilli Sauce	1 Serving	170	101	426	22	1.1	19	(C)
Crudites with Sour Cream	1 Serving	170	243	1005	7.9	1.4	7.3	(B)
Crudites with Mayonnaise	1 Serving	170	146	604	9.1	1.1	7.1	(B)
Popcorn	1 Serving	12.9	60	250	7.3	1	1.5	(D)
yoghurt pots								
Yoghurt with Raspberry Puree	1 Serving	210	195	826	32	10	27	(B)
Yoghurt with Strawberry Puree	1 Serving	210	192	811	31	10	26	(B)
Yoghurt, Strawberry & Granola	1 Serving	170	258	1088	41	7.9	29	(C)
Yoghurt, Raspberry & Granola	1 Serving	210	307	1294	47	10	34	(B)
Sandwiches								
Cheese and Ham Sandwich (B)	1 Serving	150	373	1559	29	20	1.6	(C)

Cheese and Ham Sandwich (W)	1 Serving	150	401	1677	37	19	3.5	(D)
Cheese and Tomato Sandwich (B)	1 Serving	160	390	1629	29	19	2.3	(C)
Cheese and Tomato Sandwich (W)	1 Serving	160	418	1747	36	17	4.2	(D)
Ham Sandwich (W)	1 Serving	140	295	1242	37	15	3.5	(C)
Ham Sandwich (B)	1 Serving	140	267	1124	30	16	1.6	(B)
Ham Salad Sandwich (B)	1 Serving	180	273	1148	31	16	2.5	(A)
Ham Salad Sandwich (W)	1 Serving	180	301	1266	38	15	4.4	(B)
Egg Mayonnaise Sandwich (W)	1 Serving	178	392	1639	37	16	3.7	(B)
Egg Mayonnaise Sandwich (B)	1 Serving	183	378	1578	30	17	2	(A)
Chicken Mayonnaise Sandwich (W)	1 Serving	185	379	1593	37	24	3.7	(B)
Chicken Mayonnaise Sandwich (W) (...)	1 Serving	185	387	1625	39	25	5.2	(B)
Chicken Mayonnaise Sandwich (B) (H...)	1 Serving	175	314	1322	32	26	3.2	(A)
Chicken Mayonnaise Sandwich (B)	1 Serving	185	317	1333	30	27	1.8	(A)
Chicken, Salad With Mayonnaise San...	1 Serving	205	346	1458	40	25	5.8	(A)
Chicken, Salad With Mayonnaise San...	1 Serving	190	323	1360	37	21	4.4	(A)
Chicken, Salad With Mayonnaise San...	1 Serving	205	318	1340	33	26	3.9	(A)
Chicken, Salad With Mayonnaise San...	1 Serving	215	321	1351	30	27	2.5	(A)
Chicken Salad & Mayonnaise Sandwi...	1 Serving	225	385	1617	38	24	4.6	(A)
Cheese Sandwich (W)	1 Serving	130	412	1724	35	17	3.2	(D)
Chicken, Bacon & Mayonnaise Sandw...	1 Serving	180	382	1603	37	22	3.7	(B)
Chicken, Bacon & Mayonnaise Sandw...	1 Serving	180	354	1485	30	23	1.8	(A)
Cheese Sandwich (B)	1 Serving	130	385	1606	28	18	1.3	(D)
Tuna Mayonnaise & Cucumber Sand...	1 Serving	200	337	1415	30	23	2.2	(A)
Tuna Mayonnaise Sandwich (B)	1 Serving	160	289	1217	30	23	1.8	(A)
Tuna Mayonnaise Sandwich (W)	1 Serving	190	347	1464	37	29	3.7	(A)
Bacon, Lettuce & Tomato Sandwich (B)	1 Serving	200	396	1655	30	21	2	(C)
Bacon, Lettuce & Tomato Sandwich (...)	1 Serving	220	453	1896	38	20	4.5	(C)

Baguettes			-	-	-	-	-	-
Tuna & Sweetcorn Mayonnaise Bagu...	1 Serving	275	501	2116	71	33	6	(A)
Tuna Mayonnaise & Cucumber Bague...	1 Serving	275	482	2036	68	33	5.5	(A)
Chicken & Bacon Mayonnaise Baguette	1 Serving	245	497	2096	67	30	5	(A)
Chicken Mayonnaise Baguette	1 Serving	235	462	1952	67	30	4.9	(A)
Chicken Mayonnaise Baguette (Halal)	1 Serving	235	470	1986	69	31	6.4	(A)
Chicken & Sweetcorn Mayonnaise Ba...	1 Serving	275	509	2150	72	33	7.3	(A)
Chicken & Sweetcorn Mayonnaise Ba...	1 Serving	275	501	2113	70	32	5.6	(A)
Chicken Salad With Mayonnaise Bag...	1 Serving	275	485	2049	68	31	5.7	(A)
Chicken Salad With Mayonnaise Bag...	1 Serving	275	494	2086	71	32	7.3	(A)
Cheese Baguette	1 Serving	210	632	2649	66	27	4.6	(D)
Cheese & Ham Baguette	1 Serving	210	537	2256	67	24	4.8	(C)
Bacon, Lettuce & Tomato with Mayon...	1 Serving	270	545	2290	69	25	5.9	(B)
Cheese Salad Baguette	1 Serving	260	639	2679	67	28	5.7	(C)
Tuna Mayonnaise Baguette	1 Serving	245	479	2022	67	33	5	(A)
Ham Baguette	1 Serving	222	453	1913	69	23	5.1	(B)
Egg Mayonnaise Baguette	1 Serving	240	484	2040	67	24	4.7	(A)
Cheese & Tomato Baguette	1 Serving	230	636	2664	67	27	5.3	(D)
Wraps			-	-	-	-	-	-
Houmous & Roasted Vegetable Wrap	1 Serving	189	350	1465	36	8.8	3.9	(B)
Falafel & Houmous Wrap	1 Serving	214	494	2059	44	12	4.3	(A)
Chicken Salad With Mayonnaise Wrap	1 Serving	194	287	1207	32	16	3.6	(A)
Chicken Salad With Mayonnaise Wra...	1 Serving	194	292	1229	33	17	4.6	(A)
Chicken & Cucumber With Mayonnai...	1 Serving	144	284	1196	32	16	3.4	(B)
Chicken & Cucumber With Mayonnai...	1 Serving	144	279	1174	30	16	2.4	(A)
Tuna mayonnaise Wrap	1 Serving	184	311	1307	31	24	2.7	(B)
Ham Wrap	1 Serving	156	245	1035	32	16	2.7	(B)
Cheese Salad Wrap	1 Serving	214	511	2133	32	25	3.2	(D)

Hot Panini/ bagel/ toastie			-	-	-	-	-	
Cheese & Tomato Panini.	1 Serving	210	509	2141	67	22	5.5	(C)
Cheese & Pepperoni Panini.	1 Serving	195	581	2440	66	25	4.6	(D)
Cheese & Pepperoni Panini (Halal)	1 Serving	195	552	2319	66	25	4.7	(D)
Cheese & Ham Panini.	1 Serving	220	542	2281	66	29	4.5	(C)
Tuna & Cheese Panini.	1 Serving	255	606	2548	67	37	5.1	(B)
BBQ Chicken Panini.	1 Serving	235	565	2378	71	31	8.4	(C)
BBQ Chicken Panini (Halal)	1 Serving	235	569	2395	72	32	9.2	(C)
Cheese & BBQ Chicken Panini (Halal)	1 Serving	230	547	2303	72	30	9	(C)
Chicken Tikka & Cheese Panini.	1 Serving	235	557	2345	67	31	5.3	(C)
Chicken Tikka & Cheese Panini (Halal)	1 Serving	230	539	2270	69	30	5.8	(B)
Pizza Pepperoni Bagel.	1 Serving	109	275	1153	29	10	4.1	(D)
Pizza Pepperoni Bagel (Halal)	1 Serving	109	264	1106	29	10	4.1	(D)
Pizza Bagel.	1 Serving	100	235	985	29	8.6	4.1	(C)
Cheese & Tomato Toastie	1 Serving	155	396	1655	37	16	4	(D)
Cheese and Ham Toastie	1 Serving	155	420	1758	37	20	3.3	(D)
Tuna Sweetcorn Melt Toastie	1 Serving	195	399	1675	38	27	4	(B)
TUGO Pizza Margherita	1 Serving	113	233	978	26	10	1.9	(B)
TUGO Pepperoni Pizza	1 Serving	115	309	1295	31	11	1.3	(D)
TUGO Pepperoni Pizza (Halal)	1 Serving	178	411	1730	53	17	1.5	(B)
Breakfast items			-	-	-	-	-	
Sausage Roll - Bap	1 Serving	141	410	1715	38	15	1.7	(D)
Sausage Roll - Bap Halal	1 Serving	141	303	1274	39	12	0.9	(C)
Bacon Roll	1 Serving	155	312	1308	26	21	0.5	(D)
Bacon Muffin	1 Serving	152	306	1285	31	19	3.2	(D)
Bacon & Egg Muffin	1 Serving	162	315	1322	32	17	4.1	(C)
Egg & Cheese Muffin	1 Serving	135	259	1089	32	13	4.2	(B)
Sausage Muffin	1 Serving	157	438	1834	42	16	4.4	(D)

Sausage Muffin (Halal)	1 Serving	157	332	1394	44	13	3.6	C
Sausage & Egg Muffin	1 Serving	179	405	1698	39	18	4.4	C
Sausage & Egg Muffin Halal	1 Serving	207	391	1640	45	18	4	B
Cheese on Toast	1 Serving	79	256	1074	26	12	0.8	D
White Toast	1 Serving	59	168	704	22	4.4	1.9	C
Brown Toast	1 Serving	59	151	632	17	5.1	0.7	A
Toasted Teacakes	1 Serving	103	296	1247	48	7	17	C
Crumpet	1 Serving	60	137	577	19	3	1.7	C
All Day Breakfast Pot - with egg	1 Serving	205	312	1305	26	14	7.2	B
All Day Breakfast Pot - Halal	1 Serving	271	414	1731	40	16	7.3	B
All Day Breakfast Pot - no egg	1 Serving	229	414	1726	29	18	7.3	C
Porridge	1 Serving	250	281	1185	41	13	11	A
Waffle & Sauce	1 Serving	100	398	1672	56	5.9	27	E
Beans On Toast	1 Serving	159	269	1132	38	8.8	7.6	B
Hash Browns x2	1 Serving	84	139	584	19	1.7	0.8	C
Vegan Sausage Roll	1 Serving	120	384	1599	32	9.8	1.6	D
Sausage Roll	1 Serving	137	367	1534	36	9	0	D
Buttermilk Pancakes	1 Serving	50	142	594	19	2	7.4	D
Bacon & Cheese Pastry Turnover	1 Serving	130	382	1590	18	16	2.7	D
Sausage & Cheese Pastry Turnover	1 Serving	142	487	2025	26	15	3.5	E
Sausage & Cheese Pastry Turnover (...)	1 Serving	142	415	1730	27	13	3	D

TOTALS:

AVERAGES:

623

2615

36.4

15.8

6.1