



SNACKS

AVAILABLE BETWEEN 9AM-4PM






LIGHT BITES

ASSORTED PASTRIES

Daily specials, ask for today's selection

ASSORTED PIZZA SLICE

Daily specials, ask for today's selection

- BLUEBERRY OR DOUBLE  CHOCOLATE MUFFIN £1.50
- GARLIC BAGUETTE (3 PIECES)  £2.00
- CHEESY GARLIC BAGUETTE  (3 PIECES) £2.50



PANINI AND WRAP

Add fries or mixed green salad with classic vinaigrette dressing for just £1.50 (normally £2.50 on its own)

- SMOKY BBQ CHICKEN &  CHEESE PANINI £3.99
- TOMATO, PESTO &  MOZZARELLA PANINI £3.99
- CLASSIC HAM & CHEESE PANINI £3.99
- CRUNCHY FALAFEL & VEGAN  CHEESE WRAP £3.99
- Fried falafel, vegan cheese and sweet chilli sauce in a tortilla wrap
- CHICKEN TIKKA WRAP  £3.99
- Diced chicken, medium spiced curry, mint yoghurt and cheese in a tortilla wrap
- BUFFALO CHICKEN WRAP  £3.99
- Diced chicken, buffalo sauce, cheese and blue cheese in a tortilla wrap

ABBREVIATIONS:  VEGETARIAN  VEGAN  VEGAN OPTION AVAILABLE  HALAL

Our food is prepared in an environment that handles wheat, gluten and dairy. Dishes may contain traces of nuts. Please ask for more information on allergens.



MENU



MORNING DELIGHTS

AVAILABLE BETWEEN 9AM-11AM

BACON BAP	£2.99
British bacon in a soft white bap	
SAUSAGE BAP	£2.99
Sausage Patty in a soft white bap	
VEGAN SAUSAGE BAP VE	£2.99
Vegan Sausage patty in a soft white bap	
CROISSANT V	£1.20
PAIN AU CHOCOLATE V	£1.70
PORRIDGE V	£2.20
Supercharge Your Dish: Bacon, Sausage	£1.00

LOADED DELIGHTS

AVAILABLE FROM 11AM-4PM

BAKED BEANS VE	£3.99
VEGAN CHILLI NON CARNE VE	£4.99
A hearty pea protein mince with chunky tomatoes and beans, creating a rich and flavorful meatless chilli non carne	
CHILLI CON CARNE	£4.99
Minced beef, red kidney beans, onions and peppers in a rich tomato and chilli sauce	
CHICKEN TIKKA MASALA H	£4.99
British chicken smothered in a creamy tomato and coriander curry sauce	
SPICY PERI PERI CHICKEN H	£4.99
Diced Chicken, mixed peppers in a rich tomato and peri peri sauce	

PICK YOUR BASE: FRIES OR RICE

SUPERCHARGE YOUR DISH	80P
Cheese V / Vegan Cheese VE / Sour Cream V	

All Burgers & Crispy Southern Delights come with Fries or Mixed Green Salad (with Classic Vinaigrette Dressing).

COFFEE IS SERVED FROM 8AM TILL 5PM



LUNCH AVAILABLE BETWEEN 11AM-4PM

CRISPY SOUTHERN DELIGHTS

Served with your choice of fries or a mixed green salad with classic vinaigrette dressing.

1 PIECE SOUTHERN FRIED CHICKEN H FILLET	£4.99
2 PIECES SOUTHERN FRIED H CHICKEN FILLET	£6.50
4 PIECES HOT & CRISPY H CHICKEN WINGS WITH SWEET CHILLI DIP	£5.50
6 PIECES HOT & CRISPY H CHICKEN WINGS WITH SWEET CHILLI DIP	£6.50
4 PIECES SOUTHERN FRIED H CHICKEN STRIPS WITH SWEET CHILLI DIP	£5.50
6 PIECES SOUTHERN FRIED H CHICKEN STRIPS WITH SWEET CHILLI DIP	£6.50
6 PIECES CHICKEN NUGGETS VE WITH SWEET CHILLI DIP	£5.50
6 PIECES VEGAN NUGGETS H WITH SWEET CHILLI DIP	£5.50

Add Extra Chicken fillet H £1.99

THE LOW COST CLASSICS

Served with your choice of fries or a mixed green salad with classic vinaigrette dressing.

HAMBURGER	£3.99
2oz seasoned beef burger, pickles and tomato sauce in a soft white bap	
CHEESEBURGER	£4.50
2oz seasoned beef burger, pickles, Cheddar cheese and tomato sauce in a soft white bap	
BATTERED CHICKEN BURGER H	£3.99
Battered chicken and vegan mayo in a soft white bap	
FALAFEL & SPINACH BURGER V	£4.50
Delicately spiced middle eastern style burger with mint yoghurt in a soft white bap	
QUORN SOUTHERN STYLE BURGER V	£3.99
Quorn Southern Fried Burgers with a crunchy breadcrumb coating, vegan Mayo in a soft white bap	

BEVERAGES:

A refreshing selection of sodas, fruit juices, still water, as well as Red Bull and Monster energy drinks.

BURGERS

Served with your choice of fries or a mixed green salad with classic vinaigrette dressing.

SOUTHERN FRIED CHICKEN BURGER H	£6.75
Crispy Chicken in a brioche bun with lettuce, tomato and mayo	
SOUTHERN FRIED CHICKEN CHEESE H & PESTO BURGER	£7.20
Crispy Chicken in a brioche bun with lettuce, tomato and mayo	
CLASSIC BEEF BURGER	£6.75
British 4oz burger, lettuce, tomato, pickle and burger sauce in a brioche bun	
CHEDDAR BURGER	£7.20
British 4oz burger, cheddar cheese, lettuce, tomato, pickle and burger sauce in a brioche bun	
BACON & CHEDDAR BURGER	£7.70
British 4oz burger, cheddar cheese, bacon, lettuce, tomato, pickle and burger sauce in a brioche bun	
QUORN VEGAN BUTTERMILK VE STYLE BURGER	£6.75
Quorn Fillet covered in a crunchy vegan buttermilk flavour coating, lettuce, tomato and vegan mayo in a brioche bun	

SIDES

MOZZARELLA STICKS V	£3.50
Five pieces of mozzarella cheese coated in a crunchy breadcrumb	
FRIES VE	£2.50
CHEESY FRIES V VEO	£3.15
ONION RINGS (5 PIECES) VE	£1.99
CREATE YOUR OWN MASTERPIECE	80P
Cheese V / Vegan Cheese VE / Vegan Coleslaw VE / Sour Cream V /	
Smoky Bean & Veg Chilli VE / Chilli Con Carne H / Chicken Tikka Masala H / Spicy Peri Peri Chicken H / BAKED Beans VE /	£2.50

SALAD

CAESAR SALAD	£5.99
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Served with your choice of Southern Fried Chicken Fillet or Vegan Nuggets.

TRADING POST

·COFFEE ROASTERS·

REUSABLE CUP PRICES

	SINGLE	DOUBLE
ESPRESSO	£1.70	£2.00
ESPRESSO MACCHIATO	£2.00	£2.30
	8oz	12oz
LATTE	£2.10	£2.50
CAPPUCCINO	£2.10	£2.50
CARAMEL MACCHIATO	£2.90	£3.20
AMERICANO	£2.10	£2.40
FLAT WHITE	£2.50	
MOCHA/WHITE MOCHA	£2.90	£3.20
CHAI LATTE	£2.20	£2.50
DIRTY CHAI	£2.70	£3.00
WHITE/HOT CHOCOLATE	£2.20	£2.50

ICED LATTE	£2.50
ICED AMERICANO	£2.40
ICED MOCHA	£3.20
ICED CARAMEL MACCHIATO	£3.20
FRAPPE	£3.20

CARAMEL, CHOCOLATE, WHITE CHOCOLATE,
MOCHA, WHITE MOCHA

ENGLISH BREAKFAST TEA	£1.20
SPECIALITY TEA	£1.50

EXTRAS:	
ESPRESSO SHOT	£0.80
WHIPPED CREAM	£0.65
SYRUPS	£0.65
OAT MILK, SOYA MILK & DECAF AVAILABLE	

TRADING POST

·COFFEE ROASTERS·

DISPOSABLE CUP PRICES

	SINGLE	DOUBLE
ESPRESSO	£2.20	£2.50
ESPRESSO MACCHIATO	£2.50	£2.80
	8oz	12oz
LATTE	£2.60	£3.00
CAPPUCCINO	£2.60	£3.00
CARAMEL MACCHIATO	£3.40	£3.70
AMERICANO	£2.60	£2.90
FLAT WHITE	£3.00	
MOCHA/WHITE MOCHA	£3.40	£3.70
CHAI LATTE	£2.70	£3.00
DIRTY CHAI	£3.20	£3.50
WHITE/HOT CHOCOLATE	£2.70	£3.00

ICED LATTE	£3.00
ICED AMERICANO	£2.90
ICED MOCHA	£3.70
ICED CARAMEL MACCHIATO	£3.70
FRAPPE	£3.70

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SPECIALITY TEA	£2.00

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ESPRESSO SHOT	£0.80
WHIPPED CREAM	£0.65
SYRUPS	£0.65
OAT MILK, SOYA MILK & DECAF AVAILABLE	

