

FOOD MENU

MORNING DELIGHTS

AVAILABLE BETWEEN
8AM - 11AM

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

PORRIDGE **V** £2.20



SNACK

AVAILABLE BETWEEN 8AM - 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 **V** £1.50
CHOCOLATE MUFFIN

GARLIC BAGUETTE **V** £2.20
(3 PIECES)

CHEESY GARLIC BAGUETTE **V** £2.70
(3 PIECES)

PIZZA SLICE £2.70

PIZZA SLICE + DRINK £3.15

2 PIZZA SLICES + DRINK £4.70

LOADED DELIGHTS

AVAILABLE BETWEEN
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

ADD FRIES OR
MIXED GREEN SALAD
WITH CLASSIC
VINAIGRETTE
DRESSING
FOR JUST £1.60
(NORMALLY £2.60 ON ITS OWN)



SPICY PERI PERI CHICKEN **H** £4.99
Diced Chicken, mixed peppers in a rich tomato and peri peri sauce

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

PICK YOUR BASE:
FRIES OR RICE

PANINI AND WRAP

SMOKY BBQ CHICKEN & **H** £3.99
CHEESE PANINI

TOMATO, PESTO & **V** £3.99
MOZZARELLA PANINI

CLASSIC HAM & CHEESE £3.99
PANINI

ITALIAN MEATBALL PANINI **H** £3.99
Beef Meatball with tomato sauce and Cheese

CHICKEN TIKKA WRAP **H** £3.99
Diced chicken, medium spiced curry, mint yoghurt and cheese in a tortilla wrap

BUFFALO CHICKEN WRAP **H** £3.99
Diced chicken, buffalo sauce, cheese and blue cheese in a tortilla wrap

LUNCH

AVAILABLE BETWEEN 11PM - 4PM

CRISPY SOUTHERN DELIGHTS

1 PIECE SOUTHERN **H** £4.99
FRIED CHICKEN FILLET

2 PIECES SOUTHERN **H** £6.75
FRIED CHICKEN FILLET

4 PIECES HOT & CRISPY CHICKEN **H** £5.75
WINGS WITH SWEET CHILLI DIP

6 PIECES HOT & CRISPY CHICKEN **H** £6.75
WINGS WITH SWEET CHILLI DIP

4 PIECES SOUTHERN FRIED CHICKEN **H** £5.75
STRIPS WITH SWEET CHILLI DIP

6 PIECES SOUTHERN FRIED CHICKEN **H** £6.75
STRIPS WITH SWEET CHILLI DIP

4 PIECES HOT & STICKY KOREAN **H** £6.25
CHICKEN STRIPS

6 PIECES HOT & STICKY KOREAN **H** £7.25
CHICKEN STRIPS

20 HOT POPCORN CHICKEN **H** £5.99

6 PIECES CHICKEN NUGGETS **H** £5.75
WITH SWEET CHILLI DIP

6 PIECES VEGAN NUGGETS **VE** £5.75
WITH SWEET CHILLI DIP

ADD EXTRA CHICKEN FILLET **H** £1.99

BURGERS

SOUTHERN FRIED CHICKEN BURGER **H** £6.50
Crispy Chicken in a brioche bun with lettuce, tomato and mayo

SOUTHERN FRIED CHICKEN CHEESE & **H** £6.99
PESTO BURGER
Crispy chicken in a brioche bun with lettuce, tomato, cheese and pesto mayo

MEXICAN CHIPOTLE CHICKEN & **H** £6.99
AVOCADO BURGER
Crispy chicken in a brioche bun with lettuce, tomato, cheese, guacamole and Chipotle sauce

FALAFEL AND SPINACH BURGER **V** £6.50
Delicately spiced middle eastern style burger with tomato, lettuce and mint yoghurt in a brioche bun

THE LOW COST CLASSICS

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 **H** £3.99
BURGER
Battered chicken and vegan mayo in a soft white bap

QUORN SOUTHERN **V** £3.99
STYLE BURGER
Quorn Southern Fried Burgers with a crunchy breadcrumb coating, vegan Mayo in a soft white bap

SERVED WITH YOUR
CHOICE OF FRIES
OR
A MIXED GREEN
SALAD WITH CLASSIC
VINAIGRETTE
DRESSING

SALAD

CAESAR SALAD £6.30

SERVED WITH
YOUR CHOICE OF
SOUTHERN FRIED
CHICKEN FILLET
OR
VEGAN NUGGETS

SIDES

MOZZARELLA STICKS **V** £3.65
Five pieces of mozzarella cheese coated in a crunchy breadcrumb

FRIES **VE** £2.60

CHEESY FRIES **V** **VEO** £3.25

ONION RINGS (5 PIECES) **VE** £2.50

CREATE YOUR OWN 80P
MASTERPIECE
Cheese **V** / Vegan Cheese **VE** /
Sour Cream **V**

Smoky Bean & Veg Chilli **VE** /
Chilli Con Carne /
Chicken Tikka Masala **H** /
Spicy Peri Peri Chicken **H** /
BAKED Beans **VE** £2.50

COFFEE IS SERVED FROM 8AM - 5PM

BEVERAGES:
A REFRESHING SELECTION OF SODAS, FRUIT JUICES, STILL WATER,
AS WELL AS RED BULL AND MONSTER ENERGY DRINKS

ABBREVIATIONS:

V VEGETARIAN **VE** VEGAN **VEO** VEGAN OPTION AVAILABLE **H** 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.



TRADING POST

· COFFEE ROASTERS ·

REUSABLE CUP PRICES

HOT BEVERAGE

	SINGLE	DOUBLE
ESPRESSO	£2.00	£2.30
ESPRESSO MACCHIATO	£2.20	£2.50
	8oz	12oz
LATTE	£2.45	£2.75
CAPPUCCINO	£2.45	£2.75
CARAMEL MACCHIATO	£3.00	£3.30
PISTACHIO LATTE	£3.00	£3.30
AMERICANO	£2.30	£2.60
FLAT WHITE	£2.45	
MOCHA/WHITE MOCHA	£3.00	£3.30
CHAI LATTE	£2.45	£2.75
DIRTY CHAI	£3.00	£3.30
WHITE/HOT CHOCOLATE	£2.45	£2.75
DUBAI HOT CHOC	£3.00	£3.30
MATCHA LATTE	£3.00	£3.30
STRAWBERRY MATCHA LATTE	£3.20	£3.50

MAKE IT YOURS

FLAVOURS	£0.65
WHIPPED CREAM	£0.65
EXTRA ESPRESSO SHOT	£0.80
MILK OPTIONS: SOYA, OAT	FREE

TEA

ENGLISH BREAKFAST TEA	£1.20
SPECIALITY TEA	£1.50

SMOOTHIES, SHAKES & ICED 12OZ

SMOOTHIES (ASK FOR FLAVOUR)	£3.50
SHAKES (VANILLA, CHOCOLATE, STRAWBERRY)	£3.65
ICED MATCHA LATTE	£3.30
ICED STRAWBERRY MATCHA LATTE	£3.50
ICED PEACH TEA	£3.00
ICED STRAWBERRY TEA	£3.00
ICED CARAMEL MACCHIATO	£3.30
ICED PISTACHIO LATTE	£3.30
ICED LATTE	£2.75
ICED AMERICANO	£2.60
ICED MOCHA	£3.30
ICED WHITE MOCHA	£3.30



TRADING POST

· COFFEE ROASTERS ·

DISPOSABLE CUP PRICES

HOT BEVERAGE

	SINGLE	DOUBLE
ESPRESSO	£2.50	£2.80
ESPRESSO MACCHIATO	£2.70	£3.00
	8oz	12oz
LATTE	£2.95	£3.25
CAPPUCCINO	£2.95	£3.25
CARAMEL MACCHIATO	£3.50	£3.80
PISTACHIO LATTE	£3.50	£3.80
AMERICANO	£2.80	£3.10
FLAT WHITE	£2.95	
MOCHA/WHITE MOCHA	£3.50	£3.80
CHAI LATTE	£2.95	£3.25
DIRTY CHAI	£3.50	£3.80
WHITE/HOT CHOCOLATE	£2.95	£3.25
DUBAI HOT CHOC	£3.50	£3.80
MATCHA LATTE	£3.50	£3.80
STRAWBERRY MATCHA LATTE	£3.70	£4.00

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WHIPPED CREAM	£0.65
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SMOOTHIES, SHAKES & ICED 12OZ

SMOOTHIES (ASK FOR FLAVOUR)	£4.00
SHAKES (VANILLA, CHOCOLATE, STRAWBERRY)	£4.15
ICED MATCHA LATTE	£3.80
ICED STRAWBERRY MATCHA LATTE	£4.00
ICED PEACH TEA	£3.50
ICED STRAWBERRY TEA	£3.50
ICED CARAMEL MACCHIATO	£3.80
ICED PISTACHIO LATTE	£3.80
ICED LATTE	£3.25
ICED AMERICANO	£3.10
ICED MOCHA	£3.80
ICED WHITE MOCHA	£3.80

