

DRINKS

HOT DRINKS



		SMALL		MEDIUM		LARGE
Cappuccino	123 Kcal	3.25	154 Kcal	3.45	169 Kcal	3.80
Latte	111 Kcal	3.25	151 Kcal	3.45	209 Kcal	3.80
Flat white	189 Kcal	3.25	-	-	-	-
Americano	12 Kcal	2.60	18 Kcal	2.95	23 Kcal	3.25
Espresso	6 Kcal	1.95	12 Kcal	2.25	-	-
Mocha	174 Kcal	3.50	222 Kcal	3.80	267 Kcal	3.95
Hot chocolate	220 Kcal	3.25	310 Kcal	3.55	412 Kcal	3.90
Tea	1 Kcal	1.95	-	-	-	-
Speciality tea	6 Kcal	2.20	-	-	-	-
Babycino	95 Kcal	1.00	-	-	-	-

ICED DRINKS

		SMALL		MEDIUM
ICED COFFEE				
Iced Americano	25 Kcal	2.60	42 Kcal	2.95
Iced Latte	106 Kcal	3.25	144 Kcal	3.45
FRAPPES				
Chocolate Fudge Brownie Frappe	300 Kcal	3.80	429 Kcal	4.10
Stawberries and Cream Frappe	397 Kcal	3.80	478 Kcal	4.10
Salted Caramel Frappe	264 Kcal	3.80	338 Kcal	4.10
FRUIT COOLERS				
Mango and Passionfruit Cooler	125 Kcal	3.80	165 Kcal	4.10
Red Summer Berries Cooler	167 Kcal	3.80	220 Kcal	4.10



FRESH FOOD MENU

Our food is fresh and healthy using only the finest local ingredients.

BREAKFAST (Served 8am-11am)

Toast + jam/marmalade (V)	348 Kcal	1.85
Baked beans on toast (Ve)	451 Kcal	3.60
Scrambled eggs on toast (V)	367 Kcal	3.85
Porridge (plain) (V) (Vegan option available)	286 Kcal	2.00

OMELETTES

Omelette (plain) (V)	357 Kcal	3.65
Omelette filled with ham + cheese	491 Kcal	4.95
Omelette filled with tomato + cheese (V)	464 Kcal	3.95
Add chips to any omelette		1.00

TOASTIES / PANINIS

Fresh white bread served with salad and crisp garnish.

	Toastie	Panini
Tuna Melt	462 Kcal 3.95	590 Kcal 4.50
Cheese + ham	472 Kcal 4.50	496 Kcal 4.50
Cheese + tomato (V)	453 Kcal 3.95	441 Kcal 3.95

SANDWICHES

Fresh white bread served with salad and crisp garnish. Alternative bread and fillings available, please request at the counter.

Cheese (V)	443 Kcal	3.35
Cheese + tomato (V)	453 Kcal	3.55
Chicken	384 Kcal	3.55
Ham	276 Kcal	3.55
Tuna	377 Kcal	3.55

SALAD BOWLS

Tuna + sweetcorn	235 Kcal	5.95
Cheese salad (V)	331 Kcal	5.95
Chicken salad	204 Kcal	5.95
Ham salad	140 Kcal	5.95
Egg salad (V)	121 Kcal	5.95



JACKET POTATOES

Served with salad and choice of filling.

Cheese (V)	509 Kcal	4.95
Baked beans (Ve)	352 Kcal	4.95
Tuna Mayo	370 Kcal	5.85
Cheese + beans	677 Kcal	5.85

HOT FOOD

Wraps

Served with a salad garnish and crisps. Choose your sauce from mayo, BBQ, sweet chilli or hot sauce.

Southern fried chicken + salad	622 Kcal	6.10
Falafel + salad + houmous (V)	630 Kcal	6.10

Pasta

Pasta with tomato & herb sauce (Ve)	290 Kcal	3.95
Pasta with tomato & herb sauce + cheese (V)	456 Kcal	4.95

Burgers

Served with chips and salad garnish.

Beef burger	781 Kcal	6.95
Chicken burger	522 Kcal	6.95

KIDS FAVOURITES

Macaroni cheese (V)	255 Kcal	4.95
Pasta with tomato & herb sauce (Ve)	166 Kcal	3.25
The following are served with chips and peas or beans.		
Chicken goujons	362 Kcal	4.95
Veggie nuggets (V)	273 Kcal	4.95
Sausages	348 Kcal	4.95
Fish fingers	295 Kcal	4.95

KIDS JACKET POTATOES

Served with a choice of filling.

Cheese (V)	217 Kcal	4.35
Baked beans (V) (Ve)	190 Kcal	4.35
Tuna	129 Kcal	4.35

SIDES

Chips (Ve)	244 Kcal	3.00
Cheesy chips (V)	400 Kcal	3.55

SWEET TREATS

We have a wide selection of snacks and sweets available on the counter.



Menu subject to availability. Calorie content of menu items is correct at time of going to print. Calorie content has been calculated by working with our food service suppliers and using their recommended ingredients. Where there is an option of choice of filling or topping, calories have been calculated using the highest calorie option available. Should you wish to change or request additional menu items please note that the calorie count may differ. The calorie count is subject to cooking methods and ingredients available at time of ordering.