

# Price list

## BREAKFAST POTS

RASPBERRY & CHIA SEED SOYA YOGHURT (DF) (VE) 114 kcal	3.85
BLUEBERRY BIRCHER POT (V) 295 kcal	3.50
FRESH FRUIT SALAD (DF) (VE) (GF) 103 kcal	3.50

## HOT BREAKFAST

DOUBLE BACON BRIOCHE ROLL 659 kcal	5.50
MULTIGRAIN BREAKFAST BAGEL 643 kcal	4.95
SMOKED SALMON BAGEL 423 kcal	4.25
FRESH START BREAKFAST WRAP 643 kcal	5.75
HALLOUMI & AVO WRAP (V) 542 kcal	5.75
EGG, BACON & BEAN PROTEIN POT 286 kcal	4.55
PORRIDGE WITH BANANA & CINNAMON (DF) 273 kcal	3.40
Add Honey 66 kcal or seeds 28 kcal	0.25

## SNACK POTS

EGG, AVOCADO & SPINACH POT (V) (NGCI) 205 kcal	3.50
CHICKEN & EDAMAME BEAN PROTEIN POT 272 kcal	3.95
FALAFEL & HUMMUS MEZZE POT (V) 343 kcal	3.50
SWEET POTATO, KALE & HUMMUS PROTEIN POT (V) (NGCI) 348 kcal	3.50
GRAPE POT 111 kcal	3.50
MANGO, PASSIONFRUIT & LIME POT 92 kcal	3.50
SMOKED SALMON & EGG POT 137 kcal	3.95

## SANDWICHES & BAGUETTES

HUMMUS & MARINATED VEGETABLE TURMERIC ROLL (VE) 435 kcal	5.50
HUMMUS & GRILLED AUBERGINE BEETROOT ROLL (VE) 394 kcal	5.50
PESTO CHICKEN & BACON BAGUETTE 594 kcal	4.95
WILTSHIRE HAM & MATURE CHEDDAR BAGUETTE 497 kcal	4.80
MOZZARELLA, TOMATO & ROCKET FOCCACIA (V) 573 kcal	5.25
ITALIAN TUNA & ROCKET BAGUETTE 491 kcal	3.95
CHICKEN SALAD SOURDOUGH SANDWICH 370 kcal	5.00
EGG MAYO & SUNBLUSH TOMATO SOURDOUGH SANDWICH (V) 471 kcal	3.95
CHICKEN CAESAR & KALE WRAP 498 kcal	4.95
GREEN GODDESS WRAP (VE) 599 kcal	4.55
BACON, LETTUCE & TOMATO SOURDOUGH SANDWICH 466 kcal	4.45

## TOASTIES

MOZZARELLA & TOMATO FOCCACIA TOASTIE (V) 573 kcal	6.65
GOAT'S CHEESE, BEETROOT & HONEY SOURDOUGH TOASTIE (V) 487 kcal	6.65
WILTSHIRE HAM & MATURE CHEDDAR SOURDOUGH TOASTIE 512 kcal	6.85

## SALADS

GOAT'S CHEESE, SWEET POTATO & ROAST CAULIFLOWER SALAD (V) 459 kcal	6.65
RAW GREEN CRUNCHY SALAD (VE) 259 kcal	5.99
CHICKEN CAESAR & KALE SALAD 474 kcal	6.65

## HOT FOOD

ROASTED BUTTERNUT SQUASH & BASIL SOUP (V) 166 kcal	3.99
THREE BEAN CHILLI WITH ANCIENT GRAINS HOT BOX (VE) 428 kcal	6.95
KATSU CHICKEN & RICE HOT BOX 502 kcal	6.95
KALE & SWEET POTATO PASTA HOT BOX (V) 489 kcal	6.95
KOREAN STYLE CHICKEN & QUINOA HOT BOX 545 kcal	6.95