

# soul + grain

*Fuelled by freshness*

## *Cakes & Pastries*

Variety of Pastries  
Sunshine Muffin  
Blueberry Muffin  
Lemon Drizzle  
Rhubarb Slice

## *Sandwiches*

Marinated Vegetables & Hummus Roll  
Double Bacon & Tomato Chutney Roll  
Wiltshire Ham & Cheddar Sandwich  
Egg Mayo & Rocket Sandwich  
Curried Sweet Potato & Green  
Chickpea Wrap

## *Salads*

Pesto Chicken & Broccoli  
Falafel & Crunchy Greens  
Roast Chipotle Salmon & Mixed Bean

## *Pots*

Coffee & Dark Chocolate  
Flaxseed Bircher  
Chia Porridge with  
Blueberry & Coconut  
Turmeric, Flaxseed & Dried  
Raspberry Bircher  
Smoked Salmon & Egg Pot

## *Baguettes*

Chicken & Pesto Slaw  
Italian Tuna Mayo  
Chipotle Turkey & Slaw

## *Toasties*

Wiltshire Ham, Emmental &  
Dijon Mustard  
Goat's Cheese, Honey & Beetroot  
Roast Sweet Potato

*This is a sample menu, we have lots more available so come and visit us  
to see the full range!*

*Products will vary by location*