

# Grab & Go

Options – Available every day

## Sandwiches

All served with or without salad

- Ham (1,6)
- Ham and Cheese (1,5,6)
- Cheese (1,5,6)
- Chicken Mayonnaise (1,3,6,10)
- Chicken Tikka Mayonnaise (1,3,5,6,10,14)
- Tuna Mayonnaise (1,3,6,7,10)
- Egg Mayonnaise (1,3,6,10)
- Turkey (1,5,6)

## Paninis

- Ham and Cheese (1,5)
- Tuna Melt (1,3,5,7,10)
- Spicy Chicken (1,5)
- Cheese and Tomato (1,5)

## Pasta Bowls

- Pasta served with a rich tomato sauce (1)
- Pasta served with a tomato and chicken sauce (1)

## Kando's Chicken Bowl

Marinated Chicken thigh (marinades change daily please ask a member of staff for allergens, always Gluten Free) served with Rice and BBQ Beans or Sweetcorn.

For Allergens see numbers in brackets next to each dish and refer to Allergens below.

-  1 GLUTEN
-  2 NUTS
-  3 EGG
-  4 SESAME
-  5 MILK
-  6 SOY
-  7 FISH
-  8 CELERY
-  9 CRUSTACEAN
-  10 MUSTARD
-  11 MOLLUSCS
-  12 LUPINS
-  13 PEANUTS
-  14 SULPHITE

## Pizza

Cheese and Tomato pizza (1,5) available everyday

- Monday** – Pepperoni (1,5)
- Tuesday** – Spicy Beef (1,5,10)
- Wednesday** – Spicy Chicken (1,5)
- Thursday** – Pepperoni (1,5)
- Friday** – Ham (1,5)

## Jacket Potatoes

Served with a choice of toppings; Cheese (5), Tuna Mayonnaise (3,7,10), Baked Beans

## Salad Bar

A choice of pickles, pasta salad, tuna pasta and salad vegetables. Please ask a member of staff for allergens.

## Traybakes

### Monday

Cherry Shortbread (1,3,14)

### Tuesday

All Butter Choc Chip Shortbread (1,5,6)

### Wednesday

Chocolate and Cranberry Crunch (1,3)

### Thursday

Chocolate Crackle (1,5,14)

### Friday

Banana Flapjack (1,14)