

# 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)
- Chicken **Flatbread** Sandwich (1,3)

## Wraps

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

## Baguettes

- All served with or without salad
- Turkey (1)
- Ham and Cheese (1,5)
- Cheese (1,5)
- Tuna and Cucumber (1,3,7,10)
- Chicken Mayonnaise (1,3,10)
- Chicken Tikka Mayonnaise (1,3,5,10)

## Paninis

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

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**

## 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.

## 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)