

# GRAB AND GO LUNCH MENU

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## SANDWICHES

*All served on a multi-seed baguette. Please select two sandwich fillings for your group to choose from.*

Tuna and cucumber GF

Crayfish and rocket

Free-range egg and cress V

Cheddar ploughman's V GF VE

Pastrami, pickle and American mustard

Sticky miso mushrooms with cucumber and cress V VE

## SELECTION OF REAL HAND COOKED CRISPS

Sea Salt V GF VE

Sea Salt and Vinegar V GF VE

Strong Cheese and Onion V GF

Roast Ox V GF

Sweet Chilli V VE

## PIECE OF FRUIT

Apple V GF VE

Banana V GF VE

Orange V GF VE

## CHOCOLATE OR CEREAL BAR

Fulfil chocolate salted caramel vitamin and protein bar V

Mars Bar V

Snickers V

Kit Kat V

Twix V

## BOTTLED DRINKS

Innocent Mango and Passionfruit Smoothie

Innocent Strawberry and Banana Smoothie

Pepsi Max

Diet Pepsi

7up Sugar Free

Tango Sugar Free

## SELECTION OF WELLNESS DRINKS

£3.25 PER PERSON

Kombuchas - *Ginger* / *Raspberry* / *Passionfruit*

Dash Lime Sparkling Water

Jamu Wild Water Sparkling Raspberry

*Ask for Grab and Go lunch made gluten free GF or vegan VE - see symbols above for options available*



(V) No meat or fish | (VE) Vegan available | (GF) Gluten free available

Please note that some of our meat/fish dishes may contain bones. | Adults need around 2000 kcal a day.

### IMPORTANT ALLERGEN INFORMATION

Use the QR code to access important allergy information and to select suitable dishes for your specific food allergy or intolerance. It is your responsibility to ensure that dishes are suitable based on the information provided on the portal. Menu descriptions may not include all ingredients.