

SPUDS, SOUP, SIDES & SWEETS

baked SPUDS

Low Fat, Mature Cheddar & Beans (V) (GF) £3.99

Cal 472 Pro 21g Carbs 53.9g (Sug 4.5g) Fat 9.4g (Sat 6g) WW Sm.Pts 15 / Syn 1

Cottage Cheese & Chives (V) (GF) £3.99

Cal 371 Pro 14g, Carbs 66g (Sug 11g) Fat 2.5g (Sat 0.3g) WW Sm.Pts 11 / Syn 0.5

Atlantic Tuna & Light Mayo with Lemon (GF) £4.99

Cal 408 Pro 30.3g Carbs 44.4g (Sug 2g) Fat 10.5g (Sat 1.5g) WW Sm.Pts 10 / Syn 2.5

Chicken, Avocado & Light Mayo (GF) £4.99

Cal 501 Pro 29.4g, Carbs 48.5g (Sug 3.1g) Fat 19.9g (Sat 2.9g) WW Sm.Pts 14 / Syn 5

Lean Beef Chilli, low fat Cheddar & low fat Sour Cream £4.99

Cal 446 Pro 29g Carbs 56g (Sug 7.5g) Fat 10g (Sat 5g) WW Sm.Pts 13 / Syn 2.5

daily SOUP

Check our Countertop sign for today's Meat and Veggie Soups

Veggie (V) or Meat Soup £2.99

Granary Roll £0.79

regular SIDES

Garden Salad (V) (Vg) (GF) £2.69

Cal 22 Pro 0.8. Carbs 3.3g (Sug 3.1g) Fat 0.2g (Sat 0g) 5a-day 2 WW Sm.Pts 0 / Syn 0

Wholegrain Rice with Garden Peas (V) (Vg) (GF) £2.69

Cal 315 Pro 7.8g Carbs 63.2g (Sug 3.5g) Fat 2.g (Sat 0.7g) 5-a-day 1 WW Sm.Pts 8 / Syn 0

Golden Vegetable Long-grain Rice (V) (Vg) (GF) £2.69

Cal 319 Pro 5.6g Carbs 64g (Sug 3.7g) Fat 3.4g (Sat 1.1g) 5-a-day 1 WW Sm.Pts 9 / Syn 0

Broccoli with Flaked Parmesan & Chilli Flakes (GF) £2.69

Cal 82 Pro 6.8g Carbs 10.5g (Sug 2.5g) Fat 2.8g (Sat 1.5g) 5-a-day 1 WW Sm.Pts 1 / Syn 1.5

Edamame Beans in the Pod (V) (Vg) (GF) £2.69

Cal 75 Pro 6.5.g Carbs 3.5g (Sug 0g) Fat 3.4g (Sat 0.4g) 5-a-day 1 WW Sm.Pts 0 / Syn 0

premium SIDES

Protein Pasta, our Italian Sauce & Green Olives (V) £3.19

Cal 256 Pro 23.8.g Carbs 25.7g (Sug 3.7g) Fat 5.5g (Sat 1.1g) 5-a-day 0 WW Sm.Pts 6 / Syn 0.5

Sweet Potato & Chives Mash (V) (GF) £3.19

Cal 195 Pro 3.6g Carbs 25g (Sug 6.2g) Fat 7.4g (Sat 4.7g) 5-a-day 1 WW Sm.Pts 8 / Syn 3.5

Sweet Potato Chunks (V) (Vg) (GF) £3.19

Cal 195 Pro 3.6g Carbs 25g (Sug 6.2g) Fat 7.4g (Sat 4.7g) 5-a-day 1 WW Sm.Pts 8 / Syn 3.5

Egg & Edamame Bean Mini Protein Salad (V) £3.19

Cal 168 Pro 13g Carbs 3.7g (Sug 2.5g) Fat 7g (Sat 1.6g) 5-a-day 1 WW Sm.Pts 5 / Syn 0

california PANCAKES

American Pancake Duo (V) £2.99

with buttermilk, light and fluffy

Cal 222 Pro 10g Carbs 28g (Sug 1g) Fat 7g (Sat 1.7g) 5-a-day 0 WW Sm.Pts 7 / Syn 7

Vanilla Protein Pancakes Duo (V) £3.99

with vanilla whey protein

Cal 200 Pro 25g Carbs 17g (Sug 5.4g) Fat 3g (Sat 1.6g) 5-a-day 0 WW Sm.Pts 5 / Syn 5

WITH YOUR CHOICE OF SAUCE:
MAPLE SYRUP, HONEY, GOLDEN
SYRUP, CHOCOLATE SAUCE
EXTRA TOPPINGS? SEE
PORRIDGE ON BREAKFAST MENU