Allergen & Nutrition information

Dish	Calories	Protein (g)	Carbs (Sug) (g)	Fat (Sat) (g)	Cereals Containing Gluten	Crustaceans	Eggs	Fish	Peanuts	Soyabeans	Milk	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Mollusks
BREAKFAST																		
American pancakes - Banana	487	13	83(44)	11(5)	Wheat		*				*							
American pancakes - Fruit	598	13	98(57)	10(5)	Wheat		*				*							
Avocado toast topper	537	16	44(6)	30(8)	Wheat, Rye, Barley						*	Walnuts						
Bacon sandwich	457	24	37(2)	2(0.6)	Wheat, Rye, Barley, Spelt, Oats					*	*							
Breakfast roll – Chicken	534	30	62(4)	16(6)	Wheat, Rye, Barley, Spelt, Oats		*			*	*					*		
Breakfast roll – Veggie	536	25	62(5)	19(6)	Wheat, Rye, Barley, Spelt, Oats		*			*	*							
Cheese & ham croissant	402	20	35(6)	19(11)	Wheat		*				*							
Chicken sausage sandwich	460	32	52(3)	13(5)	Wheat, Rye, Barley, Spelt, Oats					*	*					*		
Chilli cheese eggs	674	39	41(5)	32(14)	Wheat, Rye, Barley, Spelt, Oats		*			*	*							
Classic porridge	349	13	52(22)	9(3)	Oats						*							
Full English	697	47	51(9)	31(10)	Wheat, Rye, Barley, Spelt, Oats		*			*	*					*		
Full English – Veggie	745	37	76(28)	30(7)	Wheat, Rye, Barley, Spelt, Oats		*			*	*							
Low carb	377	36	9(1.5)	21(6)			*				*					*		
Nutty granola	490	19	57(27)	18(5)	Wheat, Oats, Barley						*	Almonds, Brazil, Hazelnuts, Cashews, Pecans						
Scrambled eggs on toast	537	27	38(4)	23(8)	Wheat, Rye, Barley, Spelt, Oats		*			*	*							
Veggie sausage sandwich	465	21	51(4)	18(5)	Wheat, Rye, Barley, Spelt, Oats					*	*							

Dish	Calories	Protein (g)	Carbs (Sug) (g)	Fat (Sat) (g)	Cereals Containing Gluten	Crustaceans	Eggs	Fish	Peanuts	Soyabeans	Milk	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Mollusks
BREAKFAST ADD-ONS																		
2 Smoked back bacon	122	11	0.2(0)	9(2.8)														
3 Smoked streaky bacon	110	10	0.3(0)	8(3)														
Avocado ½	79	1	1(0.2)	8(1.6)														
Baked beans	96	6	15(6)	0.2(0)														
Chicken sausage	93	12	7.5(0)	2(0.4)												*		
Fried egg	65	7	0(0)	5(1.2)			*											
Grilled halloumi	330	23	4(2.7)	24(16)							*							
Malted sourdough toast	204	8	37(1.4)	2(0.6)	Wheat, Rye, Barley													
Vegan sausage	95	6.5	7(0.7)	5(0.4)														
PASTRIES																		
All butter croissant	266	7	34(5)	11(6)	Wheat		*				*							
Almond croissant	407	10	45(13)	20(11)	Wheat		*				*	Almonds						
Chocolate croissant	360	6	38(13)	18(10)	Wheat		*			*	*	Hazelnuts						
LUNCH																		
Baked potato – Beef chilli	558	28	76(10)	13(7)	Wheat						*					*		
Baked potato - Cheese beans	523	24	78(10)	9(6)							*							
Baked potato – Tuna mayo	605	35	64(5)	21(2)			*	*						*				
Cheese salad sandwich	476	20	54(10)	22(11)	Wheat, Rye, Barley, Spelt, Oats					*	*		*	*				
Cheese tomato toastie	374	22	39(4)	13(8)	Wheat, Rye, Barley, Spelt, Oats					*	*							
Chicken avocado sandwich	454	25	39(4)	20(2)	Wheat, Rye, Barley, Spelt, Oats		*			*	*			*				
Chicken caesar salad	558	45	16(5)	33(8)	Wheat		*				*							
Chicken chipotle toastie	501	36	45(4)	19(9)	Wheat, Rye, Barley, Spelt, Oats		*			*	*							
Club sandwich - Chicken	699	43	61(8)	29(8)	Wheat, Rye, Barley, Spelt, Oats		*			*	*			*				

Dish	Calories	Protein (g)	Carbs (Sug) (g)	Fat (Sat) (g)	Cereals Containing Gluten	Crustaceans	Eggs	Fish	Peanuts	Soyabeans	Milk	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Mollusks
Club sandwich - Veggie					Wheat, Rye, Barley, Spelt, Oats		*			*	*			*				
Egg mayo sandwich					Wheat, Rye, Barley, Spelt, Oats		*			*				*				
Halloumi avocado salad											*	Walnuts						
Ham & egg salad sandwich					Wheat, Rye, Barley, Spelt, Oats		*			*				*				
New yorker toastie					Wheat, Rye, Barley, Spelt, Oats					*	*			*				
Nutty superfood salad	427	19	24(7)	30(10)	Wheat, Barley					*	*	Walnuts				*		
Soup - Butternut squash	145	3	17(11)	15(7)							*							
Soup - Vegetable	168	6	22(9)	5(0.3)														
Soup - Indonesian chickpea	237	6	20(9)	13(8)														
Soup - Leek & potato	129	3	18(4)	5(0.3)														
Soup - Smoky lentil	152	9	22(5)	1.6(0)														
Soup – Tomato basil	178	4	17(10)	9(5.6)							*							
Granary roll + butter	361	12	55(4)	9(3.6)	Wheat, Rye, Barley, Spelt, Oats					*	*							
Tuna crunch sandwich	419	28	38(4)	16(1)	Wheat, Rye, Barley, Spelt, Oats		*	*		*				*				
Tuna melt toastie	464	31	38(3)	20(8)	Wheat, Rye, Barley, Spelt, Oats		*	*		*	*			*				
LUNCH SIDES & ADD-ONS																		
Cajun spiced fries	283	4	42(0.6)	9(1.2)														
Chicken breast	176	34	1(1)	4(1)														
Garden salad	25	1	4(3.3)	0.3(0)														
Golden veg rice	280	7	56(2)	2(0.4)									*			*		
Halloumi	336	23	4(2.8)	25(16)							*							
Sweet potato mash	345	4	61(33)	8(5)							*							

Dish	Calories	Protein (g)	Carbs (Sug) (g)	Fat (Sat) (g)	Cereals Containing Gluten	Crustaceans	Eggs	Fish	Peanuts	Soyabeans	Milk	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Mollusks
SALAD DRESSINGS																		
French dressing	48	0	5(3.5)	3(0.3)	Wheat									*				
Honey & mustard	187	1	5(4.2)	18(3)										*		*		
Olive oil & balsamic	201	0	4(4)	20(3)												*		
CAKES																		
American pancakes - Banana	598	13	98(57)	11(5)	Wheat		*				*							
American pancake - Fruit	487	13	83(44)	11(5)	Wheat		*				*							
Carrot & orange cake	500	5	75(51)	21(5)	Wheat					*		Hazelnuts, WalnutS						
Maple flapjack	438	6	62(34)	18(9)	GF Oats													
Morello cherry blondie	391	6	43(30)	22(13)	Wheat		*			*	*							
Salted caramel brownie	437	5	45(34)	25(16)	Wheat		*				*							
Scone with jam & butter	628	10	99(40)	20(8)	Wheat						*							
Super dark brownie	343	3	35(25)	22(16)	Wheat													
Ultimate almond brownie	440	4	34(28)	30(22)			*					Almond						

Dish	Calories	Protein (g)	Carbs (Sug) (g)	Fat (Sat) (g)	Cereals Containing Gluten	Crustaceans	Eggs	Fish	Peanuts	Soyabeans	Milk	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Mollusks
PROTEIN																		
Cajun chicken – 1 breast	233	35	5(2)	7(2)														
Cajun chicken – 2 breasts	434	69	5(4)	12(3)														
Cajun chicken tuna salad	351	53	9(3.5)	10(2)			*	*		*								
Lemon chicken – 1 breast	183	34	2(1.5)	4(1)												*		
Lemon chicken – 2 breasts	363	68	4(3)	8(2)												*		
Mexican chicken – 1 breast	419	54	15(8)	15(7)	Wheat						*					*		
Mexican chicken – 2 breasts	627	90	16(9)	21(10)	Wheat						*					*		
Power porridge	424	37	45(13)	9(3)	Oats					*	*							
Protein pancakes	439	31	64(40)	6(3.6)	Wheat		*			*	*							
Surfer burger – Beef	690	45	66(13)	25(7)	Wheat, Rye, Barley, Spelt, Oats		*	*		*	*			*		*		
Surfer burger – Chicken	709	59	73(19)	18(7)	Wheat, Rye, Barley, Spelt, Oats					*	*					*		
Superfood salad - Chicken	539	44	25(8)	31(10)	Wheat, Barley					*	*	Walnuts				*		
PROTEIN SIDES & ADD ONS																		
Broccoli parmesan	120	11	5(2.8)	5(3.3)							*							
Cajun spiced fries	283	4	42(0.6)	9(1.2)														
Grilled halloumi	336	23	4(2.8)	25(16)							*							
Golden veg rice	280	7	56(2)	2(0.4)									*			*		
Protein salad	111	10	4(2.2)	6(1.5)			*			*								
3 Smoked streaky bacon	110	10	0.3(0)	8(3)														
Sweet potato mash	345	4	61(33)	8(5)							*							

Dish	Calories	Protein (g)	Cabs (Sug) (g)	Fat (Sat) (g)	Cereals Containing Gluten	Crustaceans	Eggs	Fish	Peanuts	Soyabeans	Milk	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Mollusks
VEGAN BREAKFAST																		
Beans on toast	492	19	68(15)	13(3)	Wheat, Rye, Barley, Spelt, Oats					*								
Breakfast roll	541	28	63(5)	18(3)	Wheat, Rye, Barley, Spelt, Oats					*								
Full English	728	35	77(28)	28(5)	Wheat, Rye, Barley, Spelt, Oats					*								
Pancakes – Vegan & fruit	405	7	86(46)	3(0.3)	Wheat, Oats													
Porridge	361	9	54(20)	10(1)	Oats													
Sausage sandwich	491	21	51(4)	22(4)	Wheat, Rye, Barley, Spelt, Oats					*								
VEGAN LUNCH																		
Baked potato – Bean chilli	531	19	96(18)	4(0.8)	Wheat											*		
Baked potato – Cheese beans	495	13	85(10)	9(7.5)														
Cheese salad sandwich	437	9	52(9)	20(10)	Wheat, Rye, Barley, Spelt, Oats					*			*	*				
Cheese & tomato toastie	314	9	45(4)	10(8)	Wheat, Rye, Barley, Spelt, Oats					*								
Club sandwich	603	20	67(6)	25(10)	Wheat, Rye, Barley, Spelt, Oats					*				*				
Londoner toastie	369	15	46(4)	11(8)	Wheat, Rye, Barley, Spelt, Oats					*				*				
Nutty superfood salad	148	8	23(7)	5(1)	Wheat, Barley					*		Walnuts				*		
Vegan ham avocado salad	187	11	4(4)	11(2)														
VEGAN SIDES & ADD-ONS																		
Cajun spiced fries	283	4	42(0.6)	9(1.2)														
Garden salad	25	1	4(3.3)	0.3(0)														
Golden veg rice	280	7	56(2)	2(0.4)									#			*		

Dish	Calories	Protein (g)	Carbs (Sug) (g)	Fat (Sat) (g)	Cereals Containing Gluten	Crustaceans	Eggs	Fish	Peanuts	Soyabeans	Milk	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Mollusks
VEGAN DRESSINGS																		
French dressing	48	0	5(3.5)	3(0.3)	Wheat									*				
Olive oil & balsamic	201	0	4(4)	20(3)												*		
VEGAN CAKES																		
Carrot & orange cake	500	5	75(51)	21(5)	Wheat					*		Hazelnuts, Walnuts						
Maple flapjack	438	6	62(34)	18(9)	GF Oats													
Super dark brownie	343	3	35(25)	22(16)	Wheat													

Dish	Calories	Protein (g)	Cabs (Sug) (g)	Fat (Sat) (g)	Cereals Containing Gluten	Crustaceans	Eggs	Fish	Peanuts	Soyabeans	Milk	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Mollusks
GLUTEN FREE BREAKFAST																		
Bacon roll	400	14	28(3)	24(7)			*				*							
Beans on toast	436	14	57(13)	12(4)							*							
Breakfast roll	436	22	36(3)	22(5)			*				*					*		
Chilli cheese eggs	644	33	30(4)	34(13)			*				*							
Full English	682	44	45(8)	32(10)			*				*					*		
Lo carb	377	36	9(1.5)	21(6)			*				*					*		
Scrambled eggs	507	22	27(2)	26(8)			*				*							
Vegan full English	713	32	72(28)	30(4)						*								
Veggie breakfast roll	438	16	35(3)	25(6)			*				*							
Veggie full English	730	35	70(27)	32(7)			*				*							
GF BREAKFAST ADD-ONS																		
Avocado (1/2)	79	1	1(0.2)	8(1.6)														
Baked beans	96	6	15(6)	0.2(0)														
Chicken sausage	93	12	7(0)	2(0.4)												*		
Halloumi	336	23	4(3)	25(16)							*							
Smoked back bacon	122	11	0.2(0)	9(3)														
Smoked streaky bacon	110	10	0.3(0)	8(3)														
Toast	87	1.3	13(0.5)	2(0.2)														
Vegan sausage	95	7	7(1)	5(0.4)														
GLUTEN FREE LUNCH																		
Cajun chicken & tuna salad	351	53	9(3.5)	10(2)			*	*		*								
Cheese & tomato toastie	344	17	28(2.4)	15(8)							*							
Cheddar & beans baked pot	548	25	83(14)	10(6)							*							
Chicken & avocado baked pot	694	29	69(9)	31(3)			*							*				
Chicken chipotle toastie	471	30	33(3)	22(9)			*				*							
Club sandwich	654	35	45(5)	32(7)			*				*			*				
Halloumi & avocado salad	583	28	8(7)	46(20)							*	Walnuts						
New yorker toastie	388	23	31(5)	16(8)							*			*				
Soup - Butternut squash	140	3	17(11)	7(4)							*							
Soup – Country vegetable	168	6	22(9)	9(5)														

Dish	Calories	Protein (g)	Carbs (Sug) (g)	Fat (Sat) (g)	Cereals Containing Gluten	Crustaceans	Eggs	Fish	Peanuts	Soyabeans	Milk	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Mollusks
Soup - Chickpea & coconut	237	6	20(9)	13(8)														
Soup – Leek & potato	129	3	17(4)	4(0.3)														
Soup – Smoky lentil & pepper	162	9	22(4)	1.6(0)														
Soup Tomato & basil	178	4	17(10)	9(5)							*							
GF Roll + butter portion	263	3	28(3)	14(3)			*				*							
Tuna melt toastie	260	23	2(0.4)	18(8)			*	*			*			*				
Tuna mayo baked pot	630	35	68(8)	21(2)			*	*						*				
Veggie club sandwich	596	21	45(4)	31(7)			*				*			*				
GF SALAD DRESSINGS																		
Honey & mustard	187	1	4(4)	18(3)										*		*		
Olive oil & balsamic	201	0	4(4)	20(3)												*		
GF SIDES & ADD-ONS																		
Cajun spiced fries	283	4	42(0.6)	9(1.2)														
Chicken breast	176	34	1(1)	4(1)														
Golden veg rice	280	7	56(2)	2(0.4)									*			*		
Halloumi	336	23	4(3)	25(16)							*							
Sweet potato mash	345	4	61(33)	8(5)							*							
GLUTEN FREE CAKES																		
Almond brownie	440	4	35(28)	31(22)			*					Almond						
Maple flapjack	438	6	62(34)	19(9)	GF Oats													