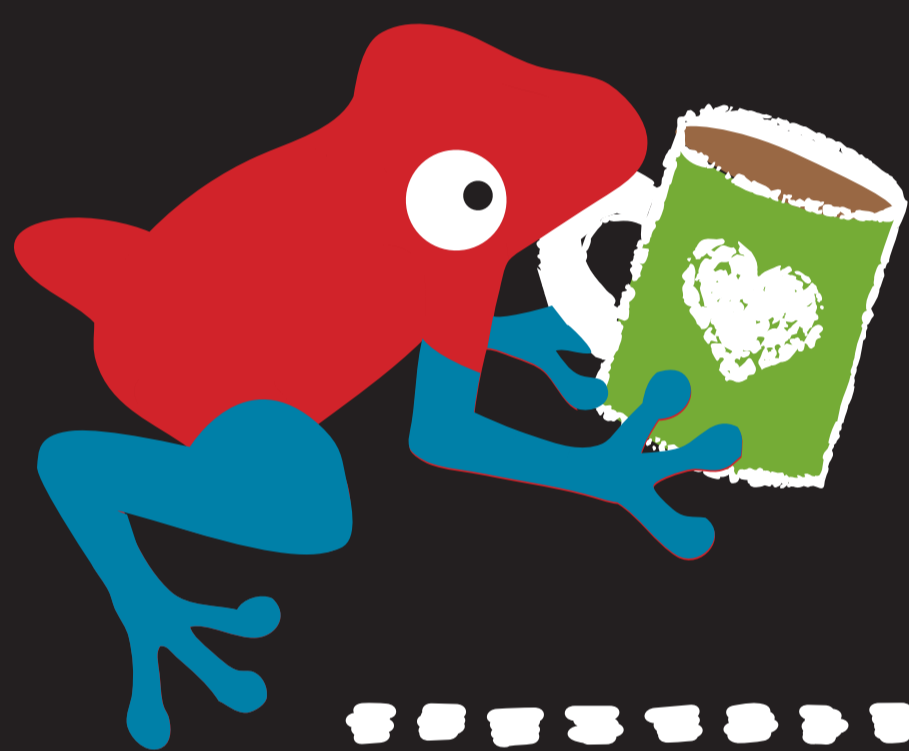




Hot Drinks

- GF** **V** Americano - 4 kcal **£2.90**
- GF** **V** Latte - 84 kcal **£3.00**
- GF** **V** Cappuccino - 49 kcal **£3.00**
- GF** **V** Hot Chocolate - 133 kcal **£3.00**
- GF** **V** Hot Chocolate Deluxe - 383 kcal **£4.50**
- GF** **V** Mocha - 114 kcal **£3.10**
- GF** **VG** Flavoured Tea **£2.20**
- GF** **V** English Breakfast Tea - 12 kcal **£2.10**
- Extras** **£0.70**
(syrup/cream/marshmallows/flake)



Reusable cup? Great!
We'll charge you 25p less when you use it

Cold Drinks

- GF** **VG** Coca Cola - 135 kcal **£2.30**
- GF** **VG** Coca Cola Zero - 1 kcal..... **£2.10**
- GF** **VG** Fanta Orange - 63 kcal **£2.10**
- GF** **VG** Fanta Lemon - 64 kcal **£2.10**
- GF** **VG** Water 500ml - 0 kcal..... **£2.95**
- GF** **VG** Franklins - 64-69 kcal **£3.30**
- GF** **VG** Frobisher's Juices - 93-108 kcal **£3.30**
- GF** **VG** Radnor Orange - 59 kcal **£1.70**
- GF** **VG** Radnor Apple - 60 kcal **£1.70**

KEY

- GF** Gluten Free
- FA** Farm assured
- V** Vegetarian
- HM** Home made
- VG** Vegan
- MSC** Marine stewardship blue label
- LS** Locally sourced

All our products are produced in an environment with all ingredients and possible allergens, therefore there is always a risk of contamination • Subject to availability • Card payments only
We use the same milk steamer for all milks. Therefore, there is a risk of cross contamination • Adults need around 2000 kcal a day
All calories are per portion unless otherwise stated
kcal is based on semi-skimmed milk

Savoury Snacks

- LS** **VG** Cheese & Bacon Turnover - 397 kcal **£3.95**
- LS** **VG** Spring Vegetable Roll - 497 kcal **£4.10**
- LS** Traditional Sausage Roll - 741 kcal ... **£4.10**
- V** Cornish Pasty - 744 kcal **£5.65**
- V** Cheese and Onion Pasty - 832 kcal **£5.65**
- GF** **V** Kids Picnic Box - 453-489 kcal **£5.80**
Gluten free and vegetarian options
- GF** **VG** Deli Sandwiches - 292-484 kcal **£4.60**
Gluten free and vegan options
- VG** Wraps or Bloomers - 290-489 kcal .. **£4.95**
Vegan options
- GF** **VG** Animal Adventure Crisps - 95 kcal **£1.00**
- GF** **VG** Crisps - 199 - 208 kcal **£1.10**
Gluten free and vegan options

Sweet Snacks

- GF** **VG** Banana & Cinnamon Cake - 358 kcal **£3.50**
- LS** **V** Lemon Drizzle Cake - 394 kcal **£3.50**
- V** Mint Tiffin - 388 kcal **£3.10**
- V** Rocky Road Slice - 430 kcal **£3.10**
- GF** **V** Gluten Free Chocolate Brownie 393 kcal **£3.10**
- V** Raspberry Millionaires - 429 kcal ... **£3.10**
- VG** Vegan Chocolate Orange Cake 309 kcal **£3.10**
- LS** **V** Viennese Whirl - 1033 kcal **£3.40**
- V** Double Chocolate Muffin 571 kcal .. **£3.00**
- V** Raspberry & White Chocolate Muffin - 488 kcal **£3.00**
- V** Luxury Blueberry Muffin - 477 kcal **£3.00**
- LS** **V** Animal Biscuit - 353 kcal **£2.90**
- V** Ginger Biscuits - 150 kcal **£2.20**
- V** Butter Shortbread Biscuit - 135 kcal ... **£2.20**