

# EAT SMART

## Fuel Your Day Your Way

	Student	Staff
Fruit Pots	£1.00	£1.25
Melon Pots	£1.00	£1.25
Cereals & Milk	90p	£1.15
Overnight Oats & Mixed Fruits	£1.00	£1.25
Yoghurt Plain or Flavoured/Fruit	£1.00	£1.25
Chilled Rice Pots with Fruit Compote	£1.00	£1.25
Hummus Pots Pitta Crisp/Veg Sticks	£1.00	£1.25
Toasted Crumpet	45p	55p
Toast	25p	30p
Toasted Teacake	60p	75p
Breakfast Pizza Slice	£1.10	£1.35
Breakfast Pizza Wrap	£1.10	£1.35
Cheese on Toast	85p	£1.05
Toasted Bagel	70p	85p
Half Bagel	40p	50p
½ Filled Bagel	85p	£1.05
Loaded Potato Skins	£1.10	£1.35
Cheese Pasty	£1.30	£1.60
Sausage Roll	£1.20	£1.45
½ Bacon/Sausage Baguette (Friday)	£1.20	£1.45
Jam Portion	15p	20p
Sauce Portion	10p	15p

## Salads

Five Bean & Spiced Lentil Salad (VG)	£1.80	£2.20
Cheese or Tuna Salad/Meat Salad	£1.80	£2.20
Pasta Salad Large (VG)	£1.80	£2.20
Pasta Salad Small (VG)	£1.50	£1.85

## Lunch

Pizza Slice	£1.10	£1.35
Meal Deals	£2.24	£2.70
Jacket Potato & Side Salad	£1.00	£1.20
Jacket Potato +1 Filling+ Salad	£1.60	£1.95
Jacket Potato Cheese & Beans	£1.80	£2.20
Extra Jacket Fillings	60p	75p
Hot Pasta Pots	£1.85	£2.25
Chipped Potatoes	£1.10	£1.35
Jacket Wedges	£1.10	£1.35
Portion Veg/Baked Beans	50p	60p
Chip Butty	£1.60	£1.95
Large Pizza Slice	£1.70	£2.05

## Sandwiches

Bread	£1.30	£1.60
Rolls	£1.50	£1.85
Wraps	£1.80	£2.20
Baguettes	£1.80	£2.20
Panini	£2.00	£2.45
Hot Sandwich / Hot Wraps	£1.90	£2.30

## Puddings & Treats

Hot Sweet of the Day	75p	95p
Cookies	60p	75p
Muffins/ Traybakes	85p	£1.05
Skinny Popcorn	£1.00	£1.25
Cheesecake	85p	£1.05
Instant Delight	85p	£1.25
Jelly	60p	75p
Fresh Fruit	60p	75p
Yoghurt Pots	£1.00	£1.25
Fruit Pots	£1.00	£1.25
Baked Doughnuts	90p	£1.10
Iced Fingers	85p	£1.10
Homemade Cake Slices	80p	£1.00

## Hydration

Radnor Fizz	£1.00	£1.20
Radnor Still 45% Fruit Juice Can or 330ml	£1.35	£1.65
Radnor 200ml	90p	£1.10
Juice Burst 330ml	£1.60	£1.95
Orchard Apple & Orange Juice 200ml	80p	£1.00
100% Fruit Juice Cartons	£1.00	£1.20
Harrogate Water 330ml	55p	70p
Harrogate Water 500ml	90p	£1.20
Radnor 125ml	55p	70p
Suso Cans	£1.35	£1.65
Calypso / Capri Sun	£1.00	£1.20
Hot Chocolate	85p	£1.05
Fresh Ice-Cold Milk 250ml	60p	80p

## Meal Deals

Main Meal & Hot Dessert	£2.24	£2.70
Hot Pasta Pot + 1 Filling & Salad	£2.24	£2.70
Baguette & Traybake	£2.24	£2.70
Panini & Piece of Fruit	£2.24	£2.70