## Fuel Your Day Your Way

Fruit Pots
Melon Pots
Cereals \& Milk
Overnight Oats \& Mixed Fruits
Yoghurt Plain or Flavoured/Fruit Chilled Rice Pots with Fruit Compote
Hummus Pots Pitta Crisp/Veg Sticks Toasted Crumpet

Toast
Toasted Teacake
Breakfast Pizza Slice
Breakfast Pizza Wrap
Cheese on Toast
Toasted Bagel
Half Bagel
$1 / 2$ Filled Bagel
Loaded Potato Skins
Cheese Pasty
Sausage Roll
$1 / 2$ Bacon/Sausage Baguette (Friday)
Jam Portion
Sauce Portion

## Salads

Five Bean \& Spiced Lentil Salad (VG)
Cheese or Tuna Salad/Meat Salad
Pasta Salad Large (VG)
Pasta Salad Small (VG)

## Lunch

Pizza Slice
Meal Deals
Jacket Potato \& Side Salad
Jacket Potato +1 Filling+ Salad Jacket Potato Cheese \& Beans

Extra Jacket Fillings
Hot Pasta Pots
Chipped Potatoes
Jacket Wedges
Portion Veg/Baked Beans
Chip Butty
Large Pizza Slice

Students Staff

## Sandwiches

| £1.00 | £1.20 | Bread | £1.30 | £1.60 |
| :---: | :---: | :---: | :---: | :---: |
| £1.00 | £1.20 | Rolls | £1.50 | £1.80 |
| 90p | £1.10 | Wraps | £1.80 | £2.20 |
| £1.00 | £1.20 | Baguettes | £1.80 | £2.20 |
| £1.00 | £1.20 | Panini | £2.00 | £2.40 |
| £1.00 | £1.20 | Hot Sandwich / Hot Wraps | £1.90 | £2.30 |
| £1.00 | £1.20 |  |  |  |
| 45p | 55p | Puddings \& Treats |  |  |
| 25p | 30p | Hot Sweet of the Day | 75p | 90p |
| 60p | 70p | Cookies | 60p | 70p |
| £1.10 | £1.30 | Muffins/ Traybakes | 80p | £1.00 |
| £1.10 | £1.30 | Skinny Popcorn | £1.00 | £1.00 |
| 85p | £1.00 | Cheesecake | 85p | £1.00 |
| 70p | 85p | Instant Delight | 85p | £1.00 |
| 40p | 50p | Jelly | 60p | 70p |
| 85p | £1.00 | Fresh Fruit | 60p | 70p |
| £1.10 | £1.30 | Yoghurt Pots | £1.00 | £1.20 |
| £1.30 | £1.60 | Fruit Pots | £1.00 | £1.20 |
| £1.20 | £1.45 | Baked Doughnuts | 90p | £1.10 |
| £1.20 | £1.45 | Iced Fingers | 85p | £1.10 |
| 15p | 20p | Homemade Cake Slices | 80p | £1.00 |

## Hydration

|  |  | Radnor Fizz | $\mathbf{9 0 p}$ | $\mathbf{£ 1 . 1 0}$ |
| :---: | :---: | :--- | :---: | :---: |
| $\mathbf{£ 1 . 8 0}$ | $\mathbf{£ 2 . 2 0}$ | Radnor Still 45\% Fruit Juice | $\mathbf{9 5 p}$ | $\mathbf{£ 1 . 1 5}$ |
| $\mathbf{£ 1 . 8 0}$ | $\mathbf{£ 2 . 2 0}$ | 100\% Fruit Juice Cartons | $85 p$ | $\mathbf{£ 1 . 0 0}$ |
| $\mathbf{£ 1 . 8 0}$ | $\mathbf{£ 2 . 2 0}$ | Harrogate Water 330ml | $\mathbf{5 0 p}$ | $\mathbf{6 0 p}$ |
| $\mathbf{£ 1 . 5 0}$ | $\mathbf{£ 1 . 8 0}$ | Harrogate Water 500ml | $\mathbf{9 0 p}$ | $\mathbf{£ 1 . 1 0}$ |
|  |  | Radnor 125ml | 50 p | 60 p |
|  |  | Suso Cans | $\mathbf{£ 1 . 1 0}$ | $\mathbf{£ 1 . 3 0}$ |
| $\mathbf{£ 1 . 1 0}$ | $\mathbf{£ 1 . 3 0}$ | Aqua juice / Splash | $\mathbf{9 5 p}$ | $\mathbf{£ 1 . 1 5}$ |
| $\mathbf{£ 2 . 2 4}$ | $\mathbf{£ 2 . 7 0}$ | Calypso / Capri Sun | $\mathbf{9 5 p}$ | $\mathbf{£ 1 . 1 5}$ |
| $\mathbf{£ 1 . 0 0}$ | $\mathbf{£ 1 . 2 0}$ | Hot Chocolate | $\mathbf{8 0 p}$ | $\mathbf{£ 1 . 0 0}$ |
| $\mathbf{£ 1 . 6 0}$ | $\mathbf{£ 1 . 9 5}$ | Fresh Ice-Cold Milk 250ml | $\mathbf{5 0 p}$ | $\mathbf{6 0 p}$ |
| $\mathbf{£ 1 . 8 0}$ | $\mathbf{£ 2 . 2 0}$ |  |  |  |
| $\mathbf{6 0 p}$ | $\mathbf{7 0 p}$ | Meal Deals |  |  |
| $\mathbf{£ 1 . 8 5}$ | $\mathbf{£ 2 . 2 0}$ | Main Meal \& Hot Dessert | $\mathbf{£ 2 . 2 4}$ | $\mathbf{£ 2 . 7 0}$ |
| $\mathbf{£ 1 . 1 0}$ | $\mathbf{£ 1 . 3 0}$ | Hot Pasta Pot + Filling \& Salad | $\mathbf{£ 2 . 2 4}$ | $\mathbf{£ 2 . 7 0}$ |
| $\mathbf{£ 1 . 1 0}$ | $\mathbf{£ 1 . 3 0}$ | Baguette \& Traybake | $\mathbf{£ 2 . 2 4}$ | $\mathbf{£ 2 . 7 0}$ |
| $\mathbf{5 0 p}$ | $\mathbf{6 0 p}$ | Panini \& Piece of Fruit | $\mathbf{£ 2 . 2 4}$ | $\mathbf{£ 2 . 7 0}$ |

