

GRAB & GO

innovate
my goodness!

COLD OPTIONS

BAGUETTES

Egg Mayo & Salad V	£1.90
Cheese Salad V	£1.90
Houmous & Roasted Vegetable Ve	£2.00
Tuna Cucumber	£2.00
Chicken Mayo	£2.10
Chicken Tikka	£2.10
Caribbean Chicken & Mango	£2.60
Prawn Marie Rose Salad	£2.80
All flavours also available as mini baguettes	From £1.00

ROLLS

Ham	£1.30
Cheese V	£1.30
Chicken Mayo	£1.30
Tuna	£1.30

WRAPS

Southern Spiced Chicken	£2.00
Chicken Tikka	£2.00
Tuna, Cucumber & Sweet Pepper	£2.00
Chicken & Sweet Pepper Fajita	£2.10
Avocado & Spicy Bean Ve	£2.10
Falafel & Mint V	£2.10
Jerk Chicken & Pineapple Salsa	£2.60
Falafel Market Wrap Ve	£2.00

BLOOMERS

BLT	£1.85
Cheese Ploughmans V	£1.85
Egg Mayo & Crispy Bacon	£1.85
Houmous & Sundried Tomato Ve	£1.85
Chicken Bacon Club	£2.00
Mexican Chicken & Guacamole	£2.20
Prawn Mayo & Cucumber	£2.50

HOT OPTIONS

PANINI

Just Cheese V	£1.90
Chana Masala V	£2.00
Veggie Sausage V	£2.00
Chicken Tikka	£2.15
Ham & Cheese	£2.15
Chicken Katsu	£2.15
Tuna Melt	£2.15
Hot Meatball	£2.15

HOT WRAPS

Vegetarian Twister V	£1.60
Margherita Pizza Wrap V	£1.90
Ham & Cheese Pizza Wrap	£2.00
Chicken Tikka Pizza Wrap	£2.00
BBQ Chicken Pizza Wrap	£2.00
Chicken Mayo Twister	£2.10
BBQ Chicken Twister	£2.10

BURRITOS

Chicken OR Beef	£2.20
Vegetable V	£2.20

BURGERS

Chicken Burger	£2.10
V Burger Ve	£2.00
Cheese Burger	£2.20
Beef Burger	£2.00

PASTA POTS

Massala V	£2.20
Arrabbiata V	£2.20
Carbonara	£2.20
Toscana V	£2.20
Chicken Katsu	£2.20
Meatballs	£2.20
Basilico V	£2.20
Florentine V	£2.20
Mac 'n Cheese	£2.20

NOT ALL MENU ITEMS WILL BE
AVAILABLE ALL OF THE TIME.