

grab&go

PLOUGHMAN'S

Daily Ploughman's **£ 1.55**

PASTAS AND SALADS

Basic Mixed Salad - small **55p**

Plated Plain Salad **£ 1.00**

Daily Salad Special **£ 1.55**

PASTAS BOWLS OR POTS

Plain Pasta **£ 1.00**

Daily Pasta Special **£ 1.55**

Vegetarian choice available

Pasta King Pot - small **£ 1.30**

Pasta King Pot - large **£ 1.65**

BREAD BASKET

All available daily with a variety of fillings

Sandwiches, Rolls, Baps (granary or white) from **70p - £ 2.05**

Hot & Cold Baguettes or French Sticks from **£ 1.15 - £ 1.30**

Hot & Cold Wraps and Pitta Pockets from **£ 1.00 - £ 1.30**

Mediterranean Breads and Bagels from **85p - £ 1.30**

Garlic Bread **40p**

Plain Naan Bread **75p**

Croissants from **55p - 75p**

Crumpets from **50p - 65p**

Muffins from **65p - 90p**

HOT AND COLD DESSERTS

All homemade Cakes and Tray bakes **65p**

Cookies **60p**

Homemade Biscuits from **45p**

Fresh Fruit Bags **60p**

Fresh Fruit Platters **95p**

Fresh Fruit portion from **40p**

Yoghurt **55p**

Fruit Mousse **50p**

JACKET POTATOES

Jacket Potato - plain **65p**

Jacket Potato - plain with butter **75p**

Jacket Potato - with one choice of filling **£ 1.20**

Additional fillings - each

SAVOURY SNACKS

Mizzizzling Chicken in a Bun **£ 1.10**

Fresh Burger in a Bap **£ 1.10**

Pizza from **85p - 95p**

Jumbo Sausage **85p**

Sausage Roll - small **60p - 85p**

Hot Pies, Pasties incl. Vegetarian from **85p**

Cheese Savouries hot and cold from **85p**

COLD BEVERAGES

Milk Carton **20p**

1 Pint Milk Carton **40p**

Calypso - small pot **25p**

Abbeywell - Fruit sparkling or still **65p**

Calypso Mineral Water - small **45p**

Calypso Orange Juice Carton **65p**

Refresher (ice drink) **60p**

Oranka Orange Juice **30p - 70p**

Yazoo flavoured Milk - 500ml **60p**

Aquajuce - sparkling or still 200ml **65p**

Tropicana Go - bottle 200ml **50p**

Excite - bottle 300ml **50p**

Really Wild - can 200ml **50p**

Fruit Shoot 1005 Juice bottle **80p**

Orange Juice 100% - can 330ml **80p**

Coffee **55p**

Cappuccino **55p**

Hot Chocolate **55p**