



BITES

SANDWICHES AND WRAPS FROM £2.95

SAVOURY BAKES



4" Sausage Roll <i>246kcal</i>	£1.60
8" Sausage Roll <i>424kcal</i>	£2.50
Cheese & Bacon Turnover <i>456kcal</i>	£2.80
Cheese & Tomato Turnover  <i>428kcal</i>	£2.80
Traditional Cornish Steak Pasty <i>652kcal</i>	£3.70
Small Cornish Steak Pasty <i>327kcal</i>	£2.50
Keralan Cauliflower, Chickpea & Onion Bhaji Pasty  <i>822kcal</i>	£3.70
Peppered Steak Slice <i>499kcal</i>	£2.80
Peri Peri Chicken Slice <i>508kcal</i>	£2.80

SWEET BAKES

Muffins	FROM £2.50
Donuts	£2.00 EACH OR 3 FOR £5.00
Pastries	£1.95
Slices & Cakes	FROM £2.50

SNACKS

Fruit Pots	£2.95
Crisps	FROM 90p
Chocolate	FROM 75p
Ice Creams	FROM £1.55

Adults need around 2000kcal a day

BREWS



HOT

Espresso <i>6kcal</i>	£2.10
Americano <i>18kcal</i>	£3.00
Cappuccino <i>154kcal</i>	£3.50
Latte <i>151kcal</i>	£3.50
Flat White <i>135kcal</i>	£3.30
Mocha <i>219kcal</i>	£3.65
Hot Chocolate <i>180kcal</i>	£3.55
Tea <i>1kcal</i>	£2.40
Speciality Tea <i>1kcal</i>	£2.40

FRAPPÉ

Coffee Frappé & Cream <i>317kcal</i>	£4.25
Salted Caramel Frappé & Light Dairy Swirl <i>293kcal</i>	£4.25
Strawberry & Cream Frappé <i>433kcal</i>	£4.25
Chocolate Fudge Brownie Frappé & Light Dairy Swirl <i>368kcal</i>	£4.25
Tropical Mango Bubble Frappé <i>335kcal</i>	£4.25

OVER ICE

Iced Cappuccino <i>88kcal</i>	£3.50
Iced Latte <i>144kcal</i>	£3.50
Iced Speciality Coffee	£4.00

Choose from Vanilla (*190kcal*), Caramel (*184kcal*) or Hazelnut (*184kcal*).

Please ask a team member for season Fruit Cooler flavours.

Hot drinks and iced coffees are served with semi-skimmed milk.

SOFTS

SOFT DRINKS

Coca-Cola 16oz 207kcal	£2.70
Diet Coke 16oz 3kcal	£2.50
Coca-Cola Zero Sugar 16oz 2kcal	£2.50
Lemonade 16oz 85kcal	£2.50
Fanta Orange 16oz 98kcal	£2.50
J2O 275ml	£3.00
Capri Sun 200ml	£1.95
Smartwater 600ml	£1.95

See packaging for calorie information.

STARSLUSH	£2.25
REUSABLE STARSLUSH VESSEL	£2.95
REFILL	£1.95

See display unit for calorie information.



BAR



DRAUGHT BEER

Carling PINT/4% £4.65

Madri PINT/4.6% £5.15

BOTTLED BEER & CIDER

Rekorderlig 500ml/4% £5.50

Corona 330ml/4.5% £4.75

Sharp's Doom Bar 500ml/4.3% £4.75

Budweiser 330ml/4.5% £4.75

Magner's Cider 568ml/4.5% £5.30

WHITE WINE

Trebbiano, Fontana D'Italia 175ml/12% £4.65

Pinot Grigio, Principato 175ml/12% £5.60

RED WINE

Sangiovese, Fontana D'Italia 175ml/12% £4.65

Merlot, Andes Peak 175ml/13.5% £5.40

ROSE WINE

Rosato, Fontano D'Italia 175ml/11% £4.65

Zinfandel Rose, Pier 42 175ml/11.5% £5.30

PROSECCO

Prosecco, Chio 200ml/11% £7.50