

# Mid-morning break

## HOT TO GO

Spinach & Egg Muffin | Margherita Bagel Pizza | Cheese Panini | Toast with Spread 🌿 |  
Toasted Crumpet | Pancake | Waffle  
BBQ Chicken Wings | Spicy Piri Piri Chicken Wings

## FRUIT BASED

Pineapple Pot 🍷  
Grape Pot 🍷  
Granola Yoghurt and Berry Compote 🍷🌿

## SANDWICHES & BAGUETTES

Cheese Ploughman's | Tuna Mayo | Cheese and Tomato

## SMOOTHIES

Berry & Vanilla Oat Smoothie 🍷🌿  
Cinnamon & Vanilla Oat Smoothie 🍷🌿

## SALAD POTS

Indian Chickpea 🍷 | Pesto Pasta 🍷🌿  
Tuna & Sweetcorn Pasta | Greek Salad 🍷

## NEW

Cinnamon Pretzel

## AVAILABLE DAILY

Bananas, Apples and Oranges 🍷

## CHOOSE FROM

White or Brown Bread 🌿

## NEW

Pineapple & Spinach Smoothie 🍷🌿

## CRUDITES

Carrots & Houmous 🍷  
Cucumber & Houmous 🍷