

## MENU AND PRICE LIST

\*Vegetables or side salad available with each main meal \*Vegetables are locally sourced where possible  
\*Desserts contain low sugar/salt \*We are a nut-free company \*Allergies are listed on the menu boards

V-vegetarian VE-vegan G-gluten D-dairy E-egg L-lupin/legumes C-celery F-fish S-soy M-mustard

**LUNCH BREAK** - Please note that all take away packs are 100% compostable

### Daily specials 18

Non vegetarian/vegetarian – served with side salad or seasonal vegetables

**Pasta VE/G with protein rich tomato sauce VE 16**

**Pasta VE/G with beef Bolognese 18**

**Baked potato VE – 20 pre-order first break**

Cheddar cheese VE tuna mayo F/E/M/S baked beans VE/L chunky coleslaw V/E/M/S barbeque chicken G/M/S chicken mayo G/M/S sweetcorn VE

**Soup with complementary soup roll V/G/D – 15**

Chunky vegetable VE tomato & mozzarella V/D mushroom V/D chicken noodle G/E broccoli & cauliflower VE cauliflower cheese V/D carrot & coriander VE spiced pumpkin VE lentil VE/L minestrone VE/L and more

**Salad pre-pack selection – 18**

Mixed bean and date in olive oil and honey dressing VE/L Pesto pasta with salad in olive oil lemon dressing topped with parmesan V/G/D Tuna egg and sweetcorn with balsamic dressing F/E Moroccan chicken and couscous with dried apricots and olive oil dressing G Greek quinoa V/D Greek V/D Tandoori chicken and egg G/E Beetroot and feta V/D Chicken Caesar G/D/E Italian pasta V/G/D and more





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### HOT SNACKS available 1<sup>st</sup> & 2<sup>nd</sup> break

#### Toasted Whole-wheat panini selection - 18

Cheese V/G/D cheese & tomato V/G/D cheese & onion V/G/D Roast vegetable, cheese V/G/D BBQ chicken G/D/S/M turkey cheese G/D tuna melt F/G/D Nando's chicken G/D chicken tikka G/D Sweet chili chicken G/D

#### Tuck-muffin selection – 15 - Served in an English muffin

Chicken patty, egg, cheese G/E/D double egg, cheese V/G/D hash-brown, egg, cheese V/G/D

#### Quesadilla selection – 8

Chicken G/D vegetable V/G/D

#### Pitta pizza with blended tomatoes, vegetables & lentils in the sauce – 8dhs

Margarita V/G/D/L/C

#### Potato rosti – 3

#### Croissant selection – 8

Plain, cheese, (staff chocolate) V/G/D/E/S

#### Cheese twist V/G/D/E/S – 10

#### Whole-wheat pancake with sauce – 8 V/G/D/E

### Pre-packed

#### Popcorn – 6 VE

#### Sunbites – 4

Olive V/D/G/S Cheese V/D/G/C

#### Koala Picks organic range - 12

Baked healthy treats – cookies. Fruit rolls, balls, rainbow sticks



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### COLD SNACKS - available 1<sup>st</sup> & 2<sup>nd</sup> break

#### Whole-wheat sandwich selection (with salad) – 15

Chicken mayo **G/E/M/S** coronation chicken **G/D/E/M/S** cheese **V/G/D/E/M/S** cheese & turkey **G/D**  
chicken tikka **G/D/L/C** egg **V/G/E/S/M** tuna mayo **F/G/E/M/S** sweet chili chicken **G** Roast veg &  
humus **VE** BBQ chicken **G/E/M/S** Nut free pesto chicken **G**

#### Whole-wheat wrap selection (with salad) – 17

Chicken mayo **G/E/M/S** coronation chicken **G/D/E/M/S** cheese **V/G/D/E/M/S** cheese & turkey **G/D**  
chicken tikka **G/D/L/C** egg **V/G/E/S/M** tuna mayo **F/G/E/M/S** sweet chili chicken **G** Roast veg &  
humus **VE** BBQ chicken **G/M/S** Nut free pesto chicken **G**

#### NEW Protein Pots/Pasta Pots – 12-15

Asian edamame **VE/L/S** Egg & baby spinach **V/E** chicken & tabbouleh **G** baked falafel & tabbouleh  
**G/L** Feta & tabbouleh **V/G/D** humus & crudities **VE/L** edamame beans sea salt **VE/L** Chicken pasta **G**  
Veggie pasta **VE/G** Tuna mayo pasta **G/F/M/S** Corn & veg

#### Fresh Fruit Pot – 6-12 VE

Mixed fruits, watermelon, pineapple, orange, sweet melon, kiwi, strawberry, apple, mandarin

#### Whole fruits – 3 VE

Apple, banana, mandarin

#### Banana bread (Refine sugar free) **V/E/D/G** – 8

#### Freshly made bakes (Refine sugar free) **V/E/D/G** – 8

#### Freshly made cookie selection **V/E/D/G** – 8

#### Cereal selection with fresh milk **V/D/G** – 9

#### Granola, fruit & yogurt **V/D/G** – 9

#### Chia overnight oats **VE/G** – 9

Apple & cinnamon, banana berry, strawberry & coconut, carrot cake,

#### House of Pops **VE/G** – 10

Strawberry, mango passionfruit, kiwi, acai banana, mandarin





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**CHILLED DRINKS** available 1<sup>st</sup> & 2<sup>nd</sup> break

**Recycled PET plastic water bottle – 3**

**Organic Sunblast selection – 4 VE**

**Organic strawberry/chocolate milk – 10 V/D**

**Al rawabi selection – 5 VE**

**Essentially juice 20 VE**

*Essential green, Orange, Root reboot, Pomegranate, Pineapple powwow, Beet aid, Pink lemonaid, blulemonaid, Sunny days*

## Smoothie Bar

**Fruit smoothies 22 - 16oz – VE 8oz option for primary - 11**

*Mango paradise, raspberry love, green machine, strawberry split, Caribbean kiss, acai kick, pink dragon, Tropica colada, Beet the heat, Refresh'mint*

## **Coffee Shops/Events**

**Premium fruit smoothies VE**

*Black detox, Aloe-ha*

**Milkshakes 25**

*Vegan power shake VE Dark cherry chocolate V/D banana salted caramel V/D Oreo V/G/D Vanilla V/D*

**IPRO Sports pouch 10 VE**

**IPRO Sports bottle 20 VE**

*Berry mix, mango, orange & pineapple VE*

