











**IN SPICY CRUNCH DELI SWMS ENERGY CRUNCH EXCITING NUTRITIOUS DELICIOUS FUN**  
**FOURITES WEEK ONE WINGS & THINGS CRUNCH EXCITING TANGY FUSION LUNCH SOCIAL**

**FAST BREAKFAST**  
**HEALTHY FRESH NUTRITIOUS**  
**WE SERVE**

**MONDAY**  
**TUESDAY**  
**WEDNESDAY**  
**THURSDAY**  
**FRIDAY**

<b>DEEP SOUTH DINER</b> <b>Choose a main:</b> New Yorker Quorn Dog ✓ Cajun Wedges Chop Chop Salad	
<b>WINGS &amp; THINGS</b> <b>Choose a main:</b> Smokey Cauliflower Cheese ✓ Garlic Bread BBQ Beans	
<b>DEEP SOUTH DINER</b> <b>Choose a main:</b> Ultimate Cheese Burger <b>OR</b> Sweet Potato & Squash Stew ✓ Paprika Wedges Peas	
<b>WINGS &amp; THINGS</b> <b>Choose a main:</b> Veg & Bean Quesadilla ✓ Tomato & Herb Rice Caesar Salad	
<b>DEEP SOUTH DINER</b> <b>Choose a main:</b> Veggie Quarter Pounder ✓ Chips Pineapple Coleslaw	

<b>CARIBBEAN</b> Jerk Beef Wrap Carnival Salad Sweetcorn	
<b>CHINESE</b> Aromatic Soy Pork with Egg Noodles Wok Tossed Oriental Vegetables	
<b>BRITISH</b> Roast Turkey Peas & Carrots Roast Potatoes	
<b>INDIAN</b> Beef Keema Balti Curry Cucumber Raita Naan Bread	
<b>BRITISH</b> Home-made Battered Fish Fillet Chips Peas	

<b>SPEEDY ITALIAN</b> Veggie Supreme Pizza ✓ Speedy Pasta Margherita Pizza ✓	
<b>SPEEDY ITALIAN</b> Bacon Pizza Speedy Pasta Margherita Pizza ✓	
<b>SPEEDY ITALIAN</b> Hawaiian Pizza Speedy Pasta Margherita Pizza ✓	
<b>SPEEDY ITALIAN</b> 3 Cheese Sicilian Pizza ✓ Speedy Pasta Margherita Pizza ✓	
<b>SPEEDY ITALIAN</b> Veggie Hot One Pizza ✓ Speedy Pasta Margherita Pizza ✓	

**WINGS & THINGS**  
**CRUNCH EXCITING**  
**DEEP SOUTH DINER**  
**THE SPEEDY ITALIAN**  
**BALANCED**  
**FRESH**  
**SNAKES**  
**WINGS & THINGS**

**WE SERVE** a selection of delicious **baguettes, paninis, toasties and sandwiches** and **NEW exciting salad pots** every day.  
 Fruit, Yoghurt & Granola Pots are Available to Enjoy Daily.

Look out for **MUNCH** - our mid-morning break offer available for you to enjoy Monday-Friday