



**SAND  
WICH  
AND C<sup>o</sup>**

ADULTS NEED AROUND  
2000 KCAL A DAY

# BREAKFAST

## BACON ROLL

3 RASHERS OF BACON ON LIGHTLY BUTTERED  
WHOLEMEAL BREAD

KCAL 630 **4.25**

## SAUSAGE ROLL

2 CUMBERLAND SAUSAGES ON LIGHTLY BUTTERED  
WHOLEMEAL BREAD (VEGGIE OPTION AVAILABLE )

KCAL 680 **4.25**

## EGG ROLL

2 FRIED EGGS ON LIGHTLY BUTTERED WHOLEMEAL  
BREAD

KCAL 330 **3.75**

## DOUBLE UP!

MIX AND MATCH ANY 2 ITEMS

**7.00**

## TRIPLE UP!

ENJOY BACON, SAUSAGE & EGG

KCAL 840 **8.50**



**COFFEE OR HOT TEA** (IF BOUGHT SEPARATELY) **2.20**

ALLERGIES: PLEASE SPEAK TO A MEMBER OF OUR STAFF IF YOU WANT TO KNOW ABOUT OUR INGREDIENTS



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## HERO HOT SANDWICH

HENSON'S PREMIUM SALT BEEF, CARAWAY SLAW,  
SLICED PICKLE, MATURE CHEDDAR, ENGLISH MUSTARD  
MAYO, SERVED IN A CHOICE OF BREADS

£9.75

kcal 782

### GOOD TO GO RANGE

**PULLED CHICKEN CAESAR** KCAL 686 **8.00**

PULLED CHICKEN CAESAR, HOUSE CAESAR DRESSING, CRISP LETTUCE, SHAVED PARMESAN

**TOMATO, BASIL, MOZZARELLA** KCAL 732 **8.00**

TOMATO, BASIL, MOZZARELLA, PESTO, LONDON BAKED FOCACCIA

**FULLY LOADED CBLT** KCAL 1197 **8.00**

STREAKY BACON, MATURE CHEDDAR, SOFT ROUND GREEN LETTUCE, BEEF TOMATOES,  
'SANDWICH & CO' MAYO, CRACKED PEPPER

**THE ULTIMATE CHEESE PLOUGHMAN'S** KCAL 920 **8.00**

SLICED MATURE CHEDDAR, PICKLES, RED ONION, BEEF TOMATO, TOMATO CHUTNEY

**THE ULTIMATE, VEGAN PLOUGHMAN'S** KCAL 414 **8.00**

SLICED VEGAN CHEDDAR, PICKLES, RED ONION, BEEF TOMATO, TOMATO CHUTNEY

 Vegan

# HOT DRINKS

## FRUIT TEAS

£2.90

CAMOMILE

CRANBERRY

RASPBERRY & ELDERFLOWER

GREEN TEA

LEMON & GINGER

PEPPERMINT

## CUP OF TEA

£2.20

## HOT CHOCOLATE

£3.00

## COFFEE

£2.20

