

# Kids Breakfast

9.30-11.15am

## Hot Sandwich **£3.49**

Served on a White Teacake with a cup of Squash

Bacon | 224kCal      Veggie Sausage | 208kCal  
Sausage | 244kCal      Fried Egg | 257kCal | £3.29

## On Toast **£3.29**

One slice of Brown or White Bread

Baked Beans | 328kCal      Scrambled Egg | 428kCal  
Fried Egg | 313kCal

## Toast **£1.49**

With Butter 190kCal | Add Jam for 49p | 48kCal

## Crumpet **£1.99**

One Crumpet with Butter | 198kCal

## Porridge **£2.49**

Served with Jam | 253kCal

### Pancakes

One Pancake served with one topping

Syrup | 284kCal | £3.99

Banana & Nutella | 549kCal | £4.99

# Kids Lunch

12-1.45pm | 2.30-3.30pm

## Half Jacket Potato

Served with Salad Garnish and Butter

Baked Beans | 371kCal      £4.75  
Cheddar Cheese | 362kCal      £4.75  
Tuna Mayonnaise | 403kCal      £4.75  
Chicken & Bacon Mayonnaise | 447kCal      £4.95  
Coronation Chick Pea | 314kCal      £4.95  
Butter | 242kCal      £3.50

# Kids Lunch

12-1.45pm  
2.30-3.30pm

Peak Sessions

## Kids make their meal! **£5.99**

**1**

Hot Dog   572kCal	Chicken Nuggets   205kCal
Tomato Pasta   671kCal	Fish Goujons   290kCal
	Sausages   220kCal
	Veggie Sausages   192kCal

**2**

Chips   388kCal
Garlic Bread   92kcal
1/2 Jacket Potato   116kCal

**3**

Peas   48kCal
Beans   129kCal
Sweetcorn   25kCal
Cucumber & Tomato   14kCal

## Toddler Portion **£4.50**

Choose an item from steps one and three

## Munch Mix **£5.99**

### Sandwich

Ham   221kCal	Jam   275kCal
Cheese   244kCal	Tuna Mayo   334kCal
	Cheese Spread   239kCal

### Crisps

Pom Bears      Wotsits      Skips

### Snack

Mini pack of Biscuits      Pack of Raisins  
Piece of Fruit      Yoghurt

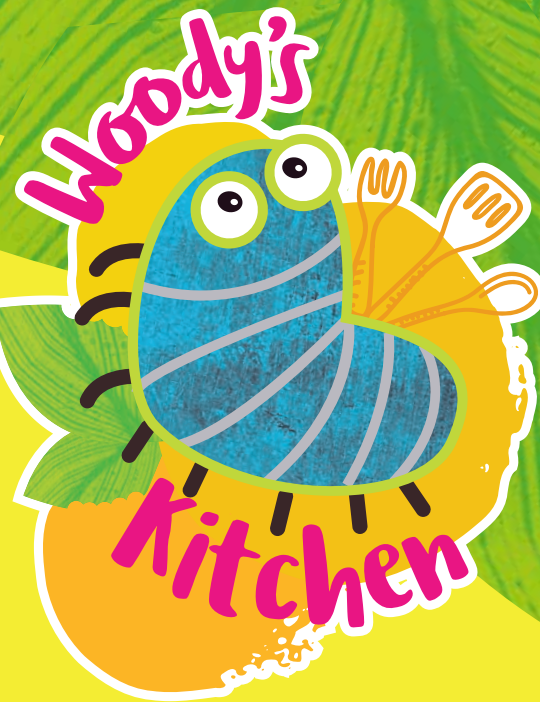
### Drink

Carton of Juice      Small bottle of Water

**GREEN card**

Sandwich and a cup of squash

**£2.50**



## Allergen Information

Choosing the food & drink that is right for you

All our food is prepared in a kitchen with shared equipment including fryers, where all allergens are present and our menu descriptions do not list all ingredients. Although we handle your meal with care and take every precaution to avoid cross-contamination we cannot guarantee that any of our food or hot drinks are allergen-free.

Our menu allergen guides are there to help you, if you have any specific allergen or dietary requirements, please inform a member of the team. Our team are here to help but cannot offer specific advice or recommendations beyond our menu allergen guides.

Adults need around 2000kcal per day

# Breakfast 9.30-11.15am

## Woody's Breakfast £8.99

One Sausage, Two Bacon Rashers, Baked Beans, Grilled Tomato, Hash Brown, with Fried or Scrambled Egg 969kCal

## Veggie Breakfast £8.99

Two Veggie Sausages, Baked Beans, Grilled Tomato, Two Hash Browns, with Fried or Scrambled Egg 940kCal

Enjoy Tea or Americano for an extra £1



## Hot Sandwich £5.49

Served on a White or Brown Teacake  
Bacon | 559kCal Veggie Sausage | 437kCal  
Sausage | 510kCal Fried Egg | 490kCal | £5.29

Enjoy Tea or Americano for an extra £1



## On Toast £5.29

Served on White or Brown Bread  
Baked Beans | 589kCal Scrambled Egg | 785kCal  
Fried Egg | 605kCal

## Toast £2.79

Two Slices with Butter 314kCal

## Toasted Fruit Teacake £3.49

Served with Butter | 374kCal

## Crumpets £3.49

Served with Butter | 346kCal

## Porridge £4.49

Granola & Honey | 570kCal

## Pastries £2.99

Pastry of the Day

## Pancakes

Three Pancakes served with one topping

Maple Syrup | 508kCal | £6.99  
Banana & Nutella | 770kCal | £8.99

Not a member? Join for FREE

# Lunch 12-1.45pm | 2.30-3.30pm

Peak Sessions

## Cold Sandwiches £8.49

Served on a White or Brown Bread with a Salad Garnish, Homemade Coleslaw & Crisps

Ham | 805kCal  
Cheese & Pickle | 714kCal  
Tuna Mayonnaise & Cucumber | 664kCal  
Egg Mayonnaise | 813kCal  
Chicken & Bacon Mayonnaise | 836kCal  
Coronation Vegetable & Chickpea | 618kCal



Sandwich & Regular Hot Drink for £9.99

## Wraps £9.99

Served with Salad Garnish, Crisps & Coleslaw.

Rainbow wrap | 809kCal  
Hummus & Feta, Spinach, Carrot & Beetroot.

Chicken Caesar Wrap | 869kCal  
Crispy Chicken Strips, Gem Lettuce, Caesar Style Dressing.

## Paninis

Served with Salad, Crisps & Coleslaw.

Tomato, Mozzarella & Pesto | 795kCal £9.99  
Cheddar Cheese | 839kCal £8.99  
Ham & Cheddar Cheese | 944kCal £9.99

Panini & Regular Hot Drink for £11.49



## Hot Sandwiches

Jumbo Hot Dog | 837kCal £8.99  
Served with Chips  
Fish Goujon Sandwich | 587kCal £8.99  
Served in White or Brown Bloomer Bread, with Salad Garnish & Tartare Sauce  
Chicken Burger | 1149kCal £12.99  
Served with Chips & Salad Garnish

## Pizza

Cheese & Tomato 12" | 1463kCal £10.99  
Pepperoni 12" | 1738kCal £12.99  
Vegetarian 12" | 1549kCal £12.99

Meat Toppings £1.99

Ham 196kCal, Pepperoni 253kCal

Vegetable Topping £1.79

Sweetcorn 30kCal, Pineapple 50kCal  
Peppers 32kCal, Onions 32kCal, Mushrooms 13kCal

## Jacket Potato

Served with Salad Garnish & Coleslaw.

Baked Beans | 649kCal £8.49  
Cheddar Cheese | 822kCal £8.49  
Tuna Mayonnaise | 756kCal £8.99  
Chicken & Bacon Mayonnaise | 930kCal £8.99  
Coronation Chickpea | 665kCal £8.49  
With Butter | 520kCal £6.79

Extra Filling £1.99

Cheddar Cheese 312kCal, Tuna Mayonnaise 145kCal,  
Baked Beans 138kCal, Chicken & Bacon Mayonnaise 435kcal

## Something Simple

Soup of the Day | White or Brown Bread £5.49

Soup & Half a Sandwich | Ham 315kcal £6.99

Cheddar Cheese 366kCal, Tuna Mayo 244kCal,

Cheese Toastie with One Filling | 497kCal £5.99

Ham 122kCal, Tuna 184kCal, Tomato & Onion 11kCal

Sandwich £5.29

Ham 477kCal, Egg Mayo 536kCal

## Extras

3 for £10

Garlic Bread Slices | 318kCal £3.49  
Chips | 458kCal £3.49  
Cheesy Chips | 883kCal £4.49  
Cheesy Chips & Gravy | 926kCal £4.69  
10 Onion Rings | 628kCal £3.49  
Potato Smiles | 484kCal £3.49  
Chip Butty | 890kCal £4.49  
Six Chicken Nuggets | 385kCal £4.49  
Hummus & Veggie / Bread Sticks | 345kCal £4.25



8<sup>th</sup> HOT DRINK FREE (For Grown Ups)



Join for FREE

PLUS DISCOUNTS in store, POINTS on purchases, FIRST TO KNOW and more!