Break 2

Chicken Pots £1.35

Chicken Breast (58%) Batter (20%) (**Wheat Flour**, Maize Starch, Bulking Agents: Sodium Phosphates, Sodium Carbonates; Colour: Paprika Extract; Yeast Extract, Salt, Sugar, Rice Flour, Dried Dextrose Syrup, Capsicum Extract, Water) Palm Oil Tapioca Starch Modified Tapioca Starch Salt Wheat Flour Acidity Regulators: Sodium Citrates, Sodium Carbonates Maize Starch Water

Southern Fried Chicken Pots £1.35

Chicken Breast Meat (64%), Water, **WHEAT** Flour, Breadcrumb (**WHEAT** Flour, Water, Salt, Yeast Extract, Acidity Regulator (Sodium Phosphates), Raising Agent (Sodium Carbonates), **WHEAT** Starch), Sunflower Oil, Pea Fibre, Salt, Spices (Black Pepper, White Pepper), **WHEAT** Semolina, **WHEAT** Starch, **WHEAT GLUTEN**, Dried Vegetables And Spices (Onion, Garlic, Fennel, Nutmeg), Dextrose, Raising Agents (Sodium Phosphates, Sodium Carbonates), Yeast Extract, Acidity Regulator (Citric Acid), Onion, Flavouring (Salt, Yeast Extract, Flavouring (Contains Glucose), Flavour Enhancer (Disodium 5'- ribonucleotides, Guanylic Acid), Smoke Flavour), Spice Extract (Black Pepper).

Pizza £1.30

Base **WHEAT** Flour, Water, Yeast, Rapeseed Oil, Salt.
Tomato Pizza Sauce tomatoes (99.6%), Salt, Acidity Regulator (Citric Acid)
Grated Mature Cheddar Pasteurised cow's **MILK,** salt, starter culture (**MILK),** microbial rennet.

Pepperoni Turkey Meat , Beef fat (15%), Iodised salt(table salt, potassium iodate) , Maltodextrin, Spices, Dextrose,Spice Extracts, Flavour enhancer (E621), Acidifier (E575), Antioxidant (E392,E300/E301),Acidity Regulator (E325,E262), Preservative (E250), Mature culture, Smoke. **HALAL**

BBQ Chicken Nachos £1.30

Nachos (Maize, Sunflower Oil, Salt)

BBQ Chicken Chicken Water, Sugar, Tomato Paste, Spirit Vinegar, Glucose-Fructose Syrup, Modified Maize Starch, Bramley Apple Puree (contains Preservative (**SODIUM METABISULPHITE))**, Salt, Apple Juice Concentrate, Stabiliser (Xanthan Gum), Acidity Regulator (Acetic Acid), Colour (Ammonia Caramel), Smoke Flavourings, Preservative (Potassium Sorbate), Paprika, Dried Garlic, Dried Onion, Black Pepper, Cayenne Pepper.

Tomatoes* (32%), water, tomato puree* (11%), tomato paste* (9.9%), red onion (5%), green bell pepper (5%), yellow pepper (5%), red pepper (5%), onions (4%), spices (green chilli pepper (1.5%), garlic, cumin), rapeseed oil, green jalapenos (1.1%) (jalapeno pepper, water, spirit vinegar, salt), sugar, glucose-fructose syrup, modified corn starch, salt, coriander leaves, natural red pepper flavouring, acid (citric acid). *Made from sustainably grown ingredients.

Sour Cream (**MILK**, Cream (**MILK**), Skimmed **MILK** Powder, Cultures)

Cheddar Cheese **(MILK)** Anti -caking Agent (Potato Starch)

Chicken Fajita Hot Wrap £1.50

Fortified Wheat Flour (**WHEAT** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Vegetable Oils (Palm Oil, Rapeseed Oil), Sugar, Acidity Regulator (Malic acid), Raising Agent (Sodium Bicarbonate), Salt, WHEAT Starch. **EGG**

Onion (14%), Potato Starch, Paprika (12%), Garlic (10%), Sugar, Salt, Tomato, Cumin, Jalapeno Pepper, Chilli (4%), **MUSTARD**, Colour (Paprika Extract), Oregano, Anti-caking Agent (Silicon Dioxide), White Pepper (1%).

Sour Cream (**MILK**, Cream (**MILK**), Skimmed **MILK** Powder, Cultures)

Mixed Peppers

Chicken and Ham Slice £1.20

Water, **Wheat Flour (WHEAT Flour,** Calcium Carbonate, Iron, Niacin, Thiamin), Margarine (Palm Oil, Palm Stearine, Water, Salt, Rapeseed Oil, Emulsifier (Mono- and diglycerides of fatty acids), Acidity Regulator (Citric acid), Concentrated Lemon Juice), Cooked Chicken 11% (Chicken Breast, Salt), Ham 4% (Pork, Salt, Dextrose, Stabilisers (Triphosphates, Polyphosphates), Water, Antioxidant (Sodium Ascorbate), Preservative (Sodium Nitrite)), Béchamel Sauce (Modified Starch, Vegetable Oil (Palm Oil, Lactos**e (MILK), MILK Proteins), Full Cream MILK Powder, Cheese Powder (MILK),** Vegetable Bouillon (Salt, Potato Starch, Sugar, Roast Yeast Extract, Flavouring, Yeast Extract, Onion Powder, Leek Powder, White Pepper, **CELERY,** Citric Acid, Turmeric), **MUSTARD** Flour, Mushroom Powder, Yeast Extract), Chicken Skin, Glaze (Water, Modified Starch (Potato, Tapioca), Rapeseed Oil, **MILK** Proteins, Emulsifiers **(SOYA** Lecithins, Mono- and diglycerides of fatty acids), Acidity Regulator (Trisodium Phosphate), Colour (Carotenes)), Onion, Modified Maize Starch, Chicken Fat, Ham Stock (Dried Potato, Salt, Sugar, Yeast Extract, Ham (Pork, Water, Dextrose, Salt, Sodium Nitrite), Molasses, Smoke Flavouring, Concentrated Lemon Juice), Emulsifier (Hydroxypropyl Methyl Cellulose), Yeast Extract, Onion Powder, White Pepper

Katsu Chicken Rice Bowl £1.70

Long grain rice

Chicken Breast (58%), **WHEAT** Flour, Water, Palm Oil, Salt, **WHEAT** Gluten, Cornflour, Modified Corn Starch, Yeast, Dextrose, Raising Agents (Disodium Diphosphate, Sodium Bicarbonate, Monocalcium Phosphate), Thickener (Guar Gum), White Pepper, Onion Powder, Garlic Powder

Katsu Sauce Water Tomatoes (19%) Onion Purée (10%) Coconut Cream (9%) (Coconut, Water) Modified Maize Starch Ginger Purée Sugar Light Soy Sauce (Water, Salt, **Soya** Beans, **Barley** Malt Extract, Spirt Vinegar, **Wheat** Flour (with added Calcium, Iron, Niacin, Thiamin), Sugar) Rapeseed Oil Ground Spices Garlic Purée Carrot Purée Vegetable Bouillon (Salt, Dried Yeast Extract (contains **Barley**, **Wheat**), Leek Powder, Sugar, Onion Powder, Garlic Powder, Natural Flavouring) Acacia Fibre Salt Acidity Regulator (Citric Acid) Chilli Powder Garlic Powder Light Brown Sugar Onion Powder Dried Yeast Extract Ground Fenugreek Seeds Vitamin D Natural Flavouring

Ham and Cheese Toastie £1.30

Fortified **Wheat Flour (Wheat Flou**r, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Yeast, Salt, Spirit Vinegar, Rapeseed Oil, Preservative: Calcium Propionate; Soya Flour, Emulsifiers: Mono- and Diacetyl Tartaric Acid Esters of Mono- and Diglycerides of Fatty Acids, Mono- and Diglycerides of Fatty Acids; Palm Fat, Flour Treatment Agent: Ascorbic Acid; Palm Oil.

Ham

Cheese **MILK**

Bechamel Sauce Reconstituted Skimmed **Milk** Water Cream **(Milk)** Palm Oil Modified Starch **Wheat Flour (Gluten**) Flavourings (contains **Milk)** Salt Coconut Oil Stabiliser (Pentasodium Triphosphate) White Pepper Colour (Beta Carotene) Nutmeg Oil

Chicken Salsa Hot wrap £1.50

Fortified Wheat Flour (**WHEAT** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Vegetable Oils (Palm Oil, Rapeseed Oil), Sugar, Acidity Regulator (Malic acid), Raising Agent (Sodium Bicarbonate), Salt, WHEAT Starch. **EGG**
Chicken

Chopped Tomato (53%), Water, Spirit Vinegar, Onion (7%), Green Peppers (7%), Sugar, Tomato Paste (4%), Thickener (Modified Maize Starch), Salt, Garlic Powder, Jalapeno, Oregano, Cumin Powder, Black Pepper, Chilli Powder.

Proper Cornish Sausage Roll £1.10

WHEAT Flour (**WHEAT** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Pork (15%), Vegetable Margarine (Vegetable Oils And Fats [Palm], Water, Salt, Lemon Juice), Seasoning Mix (Rusk [**WHEAT** Flour [**WHEAT** Flour, Calcium Carbonate, Iron, Niacin, Thiamin], Salt, Raising Agent [Ammonium Carbonate]] Salt, Sunflower Oil, Dried Onion, Flavourings, Herbs [Parsley, Sage], Stabiliser [Triphosphates], Dextrose, Sugar, Beetroot Powder, Yeast Extract, Spice [Pepper], Antioxidant [Ascorbic Acid], Citric Acid), White Shortening (Vegetable Oils And Fats [Palm, Rapeseed], Water, Salt, Lemon Juice), Glaze (**MILK** Protein, Dextrose, Vegetable Oil), Salt

Pasty £1.20

WHEAT Flour (Contains Calcium carbonate, Iron, Niacin, Thiamin), Margarine [Palm Oil, Palm Stearin, Water, Salt, Rapeseed Oil, Emulsifier (E471), Acidity Regulator (Citric Acid), Lemon Juice concentrate], Water, Minced Beef (11%), Potatoes (10%), Onions (4%), Carrots (4%), Swede (4%), Glaze [Water, Modified Starch (Potato, Tapioca), Rapeseed Oil, **MILK** Proteins, Emulsifiers **(SOYA** Lecithin (E332), E471), Acidity Regulator (E339iii), Colour (E160a)], Salt, Roast Beef Stock [Rehydrated Beef, Natural Flavouring, Water, Beef Stock (Beef Protein, Water), Salt, Potato Flakes, Sugar, Beef Fat, Lemon Juice Concentrate, Malt Extract (**BARLEY**), Yeast Extract, Dried Onion, Black Pepper], Modified Maize Starch, Dried Potato, Stabiliser (E460), Yeast Extract, Black

Pepper, Onion Powder, White Pepper, Caramelised Sugar**.**

Tomato, Chorizo and Cheese Hot Pasta Bowl £1.70

Durum **WHEAT** Semolina.

Water, crushed tomatoes (16%), concentrated tomato puree (15%), sugar, glucose syrup, dried onion, rapeseed oil, modified starch, basil (0.7%), salt, garlic puree (0.5%), acid (citric acid).

Pork Salt Red Paprika Lactose (**Milk**) Sugar Dextrose Dextrine **Milk** Protein Garlic Stabilizer (E450) Antioxidants (E331, E301) Spices Paprika Extract Preservatives (E250, E252) Colouring Agent (E120

Cheddar cheese (**milk**), potato starch.

Sweet Chilli Chicken Hot Wrap £1.50

Fortified Wheat Flour (**WHEAT** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Vegetable Oils (Palm Oil, Rapeseed Oil), Sugar, Acidity Regulator (Malic acid), Raising Agent (Sodium Bicarbonate), Salt, WHEAT Starch. **EGG**

Chicken , Water, Sugar, Pickled Chilli (8%) (Chilli, Salt, Acetic acid, Modified Tapioca Starch), Pickled Garlic (Garlic, Water, Sugar, Acetic acid, Salt), Acetic acid, Preservative (Sodium Benzoate), Thickener (Xanthan Gum).

Spinach leaves

Mixed Peppers

Loaded Ham & Cheese Wedges £1.60

Mature Cheddar cow's **MILK,** salt, starter culture (**MILK**), microbial rennet, Potato, E252 E250**Soyabean** Oil (produced from genetically modified soybeans), Antifoaming Agent (E900) Cooked Gammon Ham Pork leg, Salt, Emulsifiers E451(i) & E450, Sugar, Preservative E250, Preservative E251, Antioxidant E300

Chicken Fajita Pasta Bowl £1.70

Chicken

Durum **WHEAT** Semolina.

Onion (14%), Potato Starch, Paprika (12%), Garlic (10%), Sugar, Salt, Tomato, Cumin, Jalapeno Pepper, Chilli (4%), **MUSTARD**, Colour (Paprika Extract), Oregano, Anti-caking Agent (Silicon Dioxide), White Pepper (1%).

Mixed Peppers, Red onion
Cheddar cheese (**milk**), potato starch.
Cream **MILK**
Chicken Stock (Water, Chicken Stock), Flavouring, Glucose Syrup, Salt, Yeast Extracts, Sugar.

Sausage Baguette £1.70

Bread: (**WHEAT**, Flour(with Calcium, Iron, Niacin, Thiamin) Water, Yeast, Salt, Dextrose, Flour treatment agents(E300))

Sausage: pork(65%), water, rusk(**WHEAT** flour, calcium carbonate, iron, niacin, thiamin, salt), pea starch, black pepper(2%) salt, spices, sodium diphosphate (e450), flavour enhancer (e621), preservative (e223) (**SULPHUR DIOXIDE**), flavourings (spice & herb extracts), antioxidant (e300).

Bacon Baguette £1.70

Bread: (**WHEAT**, Flour(with Calcium, Iron, Niacin, Thiamin) Water, Yeast, Salt, Dextrose, Flour treatment agents(E300))

Bacon Pork, water, salt, E252 E250

Salami and Cheese Baguette £1.70

Bread: (**WHEAT**, Flour(with Calcium, Iron, Niacin, Thiamin) Water, Yeast, Salt, Dextrose, Flour treatment agents(E300))

Cheddar Cheese:(**(MILK)** Anti -caking Agent (Potato Starch).

Salami Slices: Pork, Salt, Sugar, Dextrose, White Pepper, Antioxidant: Sodium Ascorbate: Starter Culture, Garlic, Preservative: Potassium Nitrate, Sodium Nitrite.

Cheese Baguette £1.50

Bread: **WHEAT**, Flour(with Calcium, Iron, Niacin, Thiamin) Water, Yeast, Salt, Dextrose, Flour treatment agents(E300),

Cheddar Cheese: **(MILK)** Anti -caking Agent (Potato Starch)

Meatball & Cheese Baguette £1.70

Bread:(**WHEAT**, Flour(with Calcium, Iron, Niacin, Thiamin) Water, Yeast, Salt, Dextrose, Flour treatment agents(E300))

Cheddar Cheese: (**(MILK)** Anti -caking Agent (Potato Starch).

Meatballs: (Pork (81%), onions, breadcrumbs (**WHEAT** flour, water, salt, yeast), skimmed **MILK** powder, salt, spices, stabilisers (E450, E451). Fried in rapeseed oil)

Arrabbiata Sauce: (Water, tomatoes* (29%), tomato paste* (15%), red bell pepper (7.0%), onions (3.0%), sugar, glucose fructose syrup, modified maize starch, rapeseed oil, dehydrated onion (0.6%), basil, salt, garlic, black pepper, oregano, parsley, red chilli pepper, lemon juice concentrate, chilli extract.

Garlic and Honey Chicken Noodles £1.70

Chicken, Soy sauce, **Soybeans Wheat** Salt, Garlic, Rehydrated Garlic (98%), Acidity Regulator (Citric Acid). Sweet chilli sauce, Water, Sugar, Thickener (Modified Starch), Chilli Flakes 2%, Acidity Regulator (Acetic Acid), Salt, Garlic, Colour (Paprika Extract), Spices, Preservatives (Potassium Sorbate, Sodium Benzoate), Sweetener (Sucralose).

Cornflour, Honey, Mixed peppers , Noodles. **WHEAT** Flour (**WHEAT** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), **EGG** (5%), Salt, Water, Colour (Beta-Carotene), Firming Agents (Potassium Carbonate, Sodium Carbonate), Acidity Regulator (Citric acid).