



Main Meals



Take-away available,
please ask colleague
when placing your order

Beer battered cod & chips

Served with peas

£6.30

729kcal / 3059kJ / 36% RI

Scampi & chips

Served with peas

£6.00

705kcal / 2963kJ / 35% RI

Ham, egg & chips

2 slices of British carvery ham, 2 eggs and chips

£6.00

536kcal / 2247kJ / 27% RI

Beef lasagne



Served with mixed leaves salad

£6.00

496kcal / 2079kJ / 25% RI

Vegetable lasagne



Served with mixed leaves salad

£6.00

291kcal / 1229kJ / 15% RI

BBQ chicken burger

BBQ sauce, coleslaw & mixed leaves. Served with chips

£6.00

734kcal / 3090kJ / 37% RI

No chicken burger*

Vegan garlic mayo, tomatoes & mixed leaves. Served with chips

£6.00

745kcal / 3123kJ / 37% RI

Margherita pizza

Stonebaked 10" pizza with tomato sauce & mozzarella

£5.20

908kcal / 3804kJ / 45% RI

Pepperoni pizza

Stonebaked 10" pizza with tomato sauce, mozzarella & pepperoni

£5.20

889kcal / 3732kJ / 44% RI

Steak & ale pie

Served with peas, mash and gravy

£6.20

866kcal / 3627kJ / 43% RI

Sausages & mash

3 sausages, mash, peas and gravy

£5.25

680kcal / 2846kJ / 34% RI

Shroomdog & mash



3 shroomdogs, mash, peas and gravy

£5.25

519kcal / 2177kJ / 26% RI

All day breakfast

2 sausages, 1 egg, 2 rashers of bacon, hash brown, fresh tomato, mushroom, baked beans and a slice of white toast

£5.25

805kcal / 3369kJ / 40% RI

Options: Multiseed bread (add 63kcal / 261kJ / 3%RI); scrambled egg (add 25kcal / 104kJ / 1%RI)

All day vegetarian breakfast

2 Shroomdogs, 2 eggs, mushroom, hash brown, fresh tomato, baked beans and a slice of white toast

£5.25

691kcal / 2898kJ / 35% RI

Options: Multiseed bread (add 63kcal / 261kJ / 3%RI); scrambled egg (add 50kcal / 209kJ / 2%RI)



This logo denotes a meal under 600 calories.
For full nutrition information on any of the
meals please ask a colleague



Seafood with this mark comes from
an MSC certified sustainable fishery.
www.msc.org MSC-C-50281

*Allergy information: Products from our cafes are not suitable for those with an allergy to Fish, Molluscs, Crustaceans, Milk, Egg, Cereals containing gluten (Wheat, Rye, Barley, Oats, Spelt, Kamut), Peanut, Soya, Nuts, Celery, Mustard, Sesame or Sulphites. Additionally, our 'Vegan and Plant Based Recipe' products are made using shared equipment with non-vegan products.

① Kids £1 meal terms: Children's £1 meal to be made in the same transaction as adult hot main meal from £5 - Available everyday from 11:30 until Café closure - Extra portions or trade ups not included

- Subject to availability.

Adults need around 2000kcal a day. Reference Intake (RI) of an average adult 2000kcal / 8400kJ.




Light Bites

i Take-away available, please ask colleague when placing your order

Jacket potato

With topping and side salad

- Beans
- Cheese
- Cheese & beans
- Tuna & sweetcorn 

£4.00

315kcal / 1330kJ / 16% RI
332kcal / 1393kJ / 17% RI
356kcal / 1497kJ / 18% RI
291kcal / 1219kJ / 15% RI

Fish finger sandwich

3 fish fingers and mixed leaf in white bread

£4.00

402kcal / 1699kJ / 20% RI

Tomato & basil soup

- Add a white plait roll & butter

£2.50

119kcal / 501kJ / 6% RI
+£0.70 314kcal / 1324kJ / 16% RI

Chips

£1.90

383kcal / 1608kJ / 19% RI



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Great for the Kids

Kids' meals come with a drink (blackcurrant water, apple juice, Happy Monkey chocolate milkshake or milk) and a piece of fruit.

Choose a main and 3 sides:

£3.25

Mains:

- | | | | |
|------------------------------------------------------------------------------------------------------------|-----------------|---------------------------|------------------|
| • Shroomdog | 68kcal / 286kJ | • Chicken nuggets | 160kcal / 667kJ |
| • Omega-3 fish fingers  | 98kcal / 413kJ | • Cheese and tomato pizza | 309kcal / 1304kJ |
| • Sausage | 122kcal / 508kJ | | |

Sides:

- | | | | |
|-----------------|----------------|----------------------|----------------|
| • Carrot sticks | 15kcal / 62kJ | • Baked beans | 86kcal / 366kJ |
| • Broccoli | 18kcal / 73kJ | • Half jacket potato | 94kcal / 395kJ |
| • Peas | 42kcal / 175kJ | • Mashed potato | 52kcal / 216kJ |

Children's lunch bag

£3.25

Choose a Just Cheese or Just Ham sandwich, ready salted crisps or cheese puffs, jelly pot, piece of fruit & a kids' drink (blackcurrant water, apple juice, Happy Monkey chocolate milkshake or milk)

Switch drink to a kids' Innocent Smoothie for an extra +£0.30

Special offer, Kids eat for £1! ①

Enjoy one children's hot main meal or lunch bag for £1 with the purchase of an adult hot main meal from £5.20 in the Sainsburys café. T&Cs Apply. ①