

# MID-MORNING BREAK

## HOT TO GO

Spinach and Egg Muffin  | Sausage and Cheese Muffin  
Margherita Bagel Pizza  | Cheese Panini   
Bacon Roll | Bacon Sandwich  
Garlic and Lemon Chicken Wings | BBQ Chicken Wings  
Spicy Piri Piri Chicken Wings  
Pancake  | Waffle 

## FRUIT BASED

Pineapple Pot    
Grape Pot    
Granola Yoghurt and Berry Compote   

## SANDWICHES & BAGUETTES

Ham | Tuna Mayo | Cheese and Tomato   
Toast with Spread   | Toasted Crumpet 




## HEALTHY

Berry and Vanilla Oat Smoothie    
Cinnamon and Vanilla Oat Smoothie    
Pineapple and Spinach Smoothie  

## SALAD POTS

Indian Chickpea   | Pesto Pasta     
Tuna and Sweetcorn Pasta  | Greek Salad  

## PRETZELS

Chocolate Coconut Pretzel   
Cinnamon Pretzel   
Cheesy BBQ Pretzel 

## AVAILABLE DAILY

Bananas, Apples and Oranges 

## CHOOSE FROM

White or Brown Bread 

## CORN POTS

Chipotle Corn Pot   
BBQ Corn Pot 

## CRUDITES

Carrots and Houmous    
Cucumber and Houmous  