

## Breakfast & Break

Available in Restaurant Everyday
<b>Breakfast</b>
Cereal with Milk £1
Porridge £1
1/2 Toasted Bagel <b>VE</b> 30p
Toast & Dairy Free Spread 20p
Jam Portion 10p
Sweet Waffle 70p
Vegan Pancakes 70p
Croissant 70p
Piece of Fruit 40p
Fruit Bag 60p
Yoghurt 60p
Cereal Bar 70p
<b>Drinks</b>
Apple Juice 60p
Orange Juice 60p
Viva Milk 60p
Water 60p
Flavoured Water £1
Tea or Coffee 50p
Hot Chocolate 50p

Available in Restaurant, Plaza, Mezzo & Gallery
<b>Break Menu (Items subject to Availability)</b>
Toast & Dairy Free Spread 20p
2 Vegan Hash Browns 70p
Sweet Waffle 70p
Blueberry Muffin 70p
Vegan Pancakes 70p
Cereal Bar 70p
Bacon Bap £1
Pizza Pocket £1.40
Vegan Sausage Bap £1
Cookie (Low Sugar) 60p
Yoghurt (Fat Free) 60p
Piece of Fruit 40p
Fruit Bag 60p
Fruit Juice 60p
<b>Drinks</b>
Milkshake (Low Sugar/ Low Fat) 60p
Fruit Water £1
Smoothies (Restaurant Only) £1

Available in Restaurant Everyday
<b>Breakfast Meal Deal - Choose any 5 for £2 (Includes Free Slice of Toast)</b>
Bacon 50p
Pork Sausage 50p
Quorn Vegan Sausage 50p
Baked Beans 40p
Mushrooms 50p
Egg 50p
Hash Brown 40p

Available Everywhere, All Day
Cookie 60p
Fruit 40p
Yoghurt 60p
Water 60p
Milkshake 60p
Fruit Juice 60p
Fruit Water £1
Radnor Can £1

# Lunch

Available In Restaurant Everyday
<b>Pasta king</b>
£1.80 Pasta King - Pasta of the Day or £2.40 Pasta of the Day Meal Deal Including drink & cookie or fruit

Available in Restaurant, Plaza, Mezzo & Gallery
<b>Sandwiches</b>
£1.45 Sandwich or £2.40 Sandwich Meal Deal Including drink & Cookie or Crisps or Fruit

Available in Restaurant Everyday
<b>Jacket Potato Bar</b>
Oven Roasted Jacket Potato Served with Butter and Salad 1 Filling £1.50 2 Fillings - £1.80
<b>Available Fillings (Extra fillings - 50p)</b>
Cheese
Coleslaw
Low Sugar & Salt Baked Beans
Tuna Mayo
Hot Filling of the day (Subject to Availability)

Available Everywhere, All Day
Cookie 60p
Fruit 40p
Yoghurt 60p
Water 60p
Milkshake 60p
Fruit Juice 60p
Fruit Water £1
Radnor Can £1

Grab & Go - Plaza, Mezzo & Gallery Lunch - £1.80				
Monday	Tuesday	Wednesday	Thursday	Friday
Vegetable Noodles Topped with a Spring Roll <b>V</b>	Chickpea Curry in Folded Naan Bread <b>VE</b>	Loaded Nachos with American Cheese & Salsa <b>V</b>	American Style Mac & Cheese Pot <b>V</b>	Vegan Nuggets & Chips
Chicken Burger	Chicken Tikka in Folded Naan Bread with Yoghurt Dressing	Mac & Cheese Pot with Garlic Bread	BBQ Chicken Loaded Waffle Fries	Southern Fried Chicken & Chips
Grab & Go - Plaza, Mezzo & Gallery Lunch - £1				
Lattice Fries Margherita Pizza Slice Special - Pork Sausage Roll	Lattice Fries Margherita Pizza Slice Special - Vegetable Samosa	Lattice Fries Margherita Pizza Slice Special - Pork Sausage Roll	Lattice Fries Margherita Pizza Slice Special - Vegetable Samosa	Chips Margherita Pizza Slice Special - Pork Sausage Roll

**V - Vegetarian**

**VE - Vegan**

Week 1				
W/C - 8th April, 29th April, 20 <sup>th</sup> May				
Monday	Tuesday	Wednesday	Thursday	Friday
Sausage & Mash with Onion Gravy	Homemade Beef Lasagne	Homemade Jerk Chicken with Rice & Peas	Homemade Chicken Curry with Rice	Fish & Chips Or Southern Fried Chicken Strips
Vegan Sausage, Mash & Onion Gravy <b>V</b>	Homemade Vegetable Lasagne <b>VE</b>	Mac & Cheese <b>V</b>	Homemade Chickpea & Lentil Curry with Rice <b>V</b>	Vegan 'Chicken' Nuggets & Chips <b>VE</b>
Mixed Vegetables Baked Beans	Salad Carrots & Peas Baked Beans	Corn on the Cob Baked Beans	Homemade Bombay Potatoes	Peas Baked Beans
Creamy Mashed Potatoes	Oven Baked Lattice Fries	Rice & Peas	Rice	Chunky Chips
Crusty Bread	Garlic Bread	Garlic Bread	Naan Bread	Bread & Butter
Baked Beans Cheese Curry Sauce Potato Wedges	Baked Beans Cheese Curry Sauce Potato Wedges	Baked Beans Cheese Curry Sauce Potato Wedges	Baked Beans Cheese Curry Sauce Potato Wedges	Baked Beans Cheese Curry Sauce Potato Wedges
Flapjack Yoghurt Fruit	Waffle Surprise Vegetarian Sugar Free Jelly Yoghurt Fruit	Homemade Sponge & Custard Vegetarian Sugar Free Jelly Yoghurt Fruit	Dessert Pot of the Day Vegetarian Sugar Free Jelly Yoghurt Fruit	Cookie Vegetarian Sugar Free Jelly Yoghurt Fruit

Week 2  
W/C - 15th April, 6<sup>th</sup> May

Monday	Tuesday	Wednesday	Thursday	Friday
Pork Meatballs, Mash & Berry Sauce with Gravy	The Highfields Burger Bar, Flame grilled Beef Burgers with lots of Toppings	Grilled Cajun Chicken	Homemade Chicken Tikka Masala	Fish & Chips Or Southern Fried Chicken Strips
Vegan Meatballs, Mash & Berry Sauce with Gravy <b>V</b>	Spicy Bean Tower Burger	Falafel Stuffed Pitta with Mint and Chilli Sauce	Vegetarian Tikka Masala	Vegan 'Chicken' Nuggets & Chips <b>VE</b>
Mixed Vegetables Baked Beans Salad	Slaw Salad	Corn on the Cob Coleslaw Salad	Baked Beans Onion & Tomato Salad Corn on the Cob	Peas Baked Beans
Creamy Mashed Potato	Oven Baked Lattice Fries	Spicy Potato Wedges	Rice	Chunky Chips
Crusty Bread		Pitta Bread	Naan Bread	Bread & Butter
Baked Beans Cheese Curry Sauce Potato Wedges	Baked Beans Cheese Curry Sauce Potato Wedges	Baked Beans Cheese Curry Sauce Potato Wedges	Baked Beans Cheese Curry Sauce Potato Wedges	Baked Beans Cheese Curry Sauce Potato Wedges
Cookie Yoghurt Fruit	Low Sugar Muffin Vegetarian Sugar Free Jelly Yoghurt Fruit	Homemade Sponge & Custard Vegetarian Sugar Free Jelly Yoghurt Fruit	Flapjack Vegetarian Sugar Free Jelly Yoghurt Fruit	Cookie Vegetarian Sugar Free Jelly Yoghurt Fruit

Week 3 W/C - 22nd April, 13 <sup>th</sup> May				
Monday	Tuesday	Wednesday	Thursday	Friday
Spaghetti Bolognese	All Day Breakfast with Pork Sausage, Bacon, Egg, Baked Beans, Hash Brown	Piri Piri Chicken	Chicken Katsu Curry	Fish & Chips Or Southern Fried Chicken Strips
Vegan Spaghetti Bolognese	All Day Breakfast with 2 Quorn Vegan Sausages	Sweet Potato Cheesy Tray Bake <b>V</b>	Vegetable Black Bean Noodle with Spring Roll <b>V</b>	Vegan 'Chicken' Nuggets & Chips <b>VE</b>
Baked Beans Salad Sweetcorn & Peas	Baked Beans Salad	Mixed Vegetables & Corn on the Cob Coleslaw	Baked Beans Salad	Peas Baked Beans
Spaghetti	Hash Brown	Rice	Rice	Chunky Chips
Garlic Bread	Bread & Butter	Pitta Bread	Prawn Cracker	Bread & Butter
Baked Beans Cheese Curry Sauce Potato Wedges	Baked Beans Cheese Curry Sauce Potato Wedges	Baked Beans Cheese Curry Sauce Potato Wedges	Baked Beans Cheese Curry Sauce Potato Wedges	Baked Beans Cheese Curry Sauce Potato Wedges
Cookie Yoghurt	Flapjack Vegetarian Sugar Free Jelly Yoghurt	Sponge & Custard Vegetarian Sugar Free Jelly Yoghurt	Waffle Surprise Vegetarian Sugar Free Jelly Yoghurt	Cookie Sugar Free Jelly Yoghurt