

# Break

All our ingredients are locally sourced and delivered fresh by local suppliers. Our eggs are free-range and Red Lion stamped, our fish is sustainably sourced and MSC approved and our meat is British Red Tractor accredited wherever possible.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>THE BAKERY</b>	SAUSAGE ROLLS	WAFFLES	PRETZELS	SAUSAGE ROLLS	WAFFLES
<b>PLANT BASED / VEGETARIAN</b>	MUSHROOM & CHEESE MELTS (V)	BEAN AND CHEESE MELT (V)	BEAN & HASH BROWN POT (V)	TOMATO & CHEESE MELT (V)	HASH BROWN AND BEAN WRAP (V)
<b>HOT BREADS &amp; SLICES</b>	HALF CHEESE BAGELS (V)	MARGHERITA PIZZA SLICE (V)	PEPPERONI PIZZA SLICE	HALF CHEESE BAGELS (v)	MARGHERITA PIZZA SLICE (V)
<b>THE HOT BAP PLACE</b>	BACON BAPS	SAUSAGE BAPS	BACON BAPS	SAUSAGE BAPS	BACON BAPS
<b>ON THE SIDE</b>	TOAST & JAM ON TOAST (V)	TOAST & JAM ON TOAST (V)	TOAST & JAM ON TOAST (V)	TOAST & JAM ON TOAST (V)	TOAST & JAM ON TOAST (V)
<b>FRUIT</b>	SELECTION OF FRUIT & DESSERT POTS (V)	SELECTION OF FRUIT & DESSERT POTS (V)	SELECTION OF FRUIT & DESSERT POTS (V)	SELECTION OF FRUIT & DESSERT POTS (V)	SELECTION OF FRUIT & DESSERT POTS (V)



**Fresh Fruit**



**Fresh Smoothie**